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EMERGENCY CONTACTS

You will need to download the UNH Global – Emergency Contacts v-card to your smart phone at pre-departure orientation. Here are the instructions:

1. Start a text to phone number 444-999
2. For the message, type UNHEA
   - No spaces – don’t let autocorrect interfere
3. Tap the link that is texted to you
4. Fill out required info in your internet browser
5. Click “Download card,”
   - iPhones - “Open in Contacts;” make sure you hit Save to store the contact
   - Androids - download the card; press “Open” on the bottom right; store the card in the “Phone” option
6. Check to make sure contact is searchable on your phone
7. If you have any issues, go to https://www.unh.edu/global/risk-management-tools or call 603-862-2398

This allows you to have all your international 911 contacts in one place at the touch of your finger. It also allows UNH Global to contact you by text, email and Facebook messenger in the event of an emergency abroad. Be sure to respond immediately so we can confirm your safety.

Below is an abbreviated list of some of the emergency resources:

1. Your on-site program coordinator emergency contact:
   - First contact the people nearest to you who can help the quickest.
   - My site coordinator’s contact number is:
   - International SOS is on call 24/7/365.
   - While they are helping you, they will also notify UNH.
   - Call International SOS if you can’t reach your site coordinator or you are traveling outside of your host city.
3. UNH Police Dispatch: +1-603-862-1427
   - UNH Police Dispatch is always on call.
   - They can be your back-up, if you cannot reach your site coordinator or International SOS.
4. UNH crisis and counseling services remain available to students abroad
   - Sexual Harassment and Rape Prevention Program: +1-603-862-SAFE (7233) - This is a 24-hour crisis line
   - UNH Counseling Center: +1-603-862-2090
   - UNH Health Services: +1-603-862-1530
5. Global Education Center: +1-603-862-2398 or study.abroad@unh.edu
   - During business hours, we can be reached Monday – Friday 8:30 am to 4:30 pm EST or EDST

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Call our medical and travel security experts 24/7. Call for preventive or emergency enquiries. Call before, during and after travel or assignment.

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UNIVERSITY OF NEW HAMPSHIRE
Membership No: 11BCAS000009
Dedicated Tel: +1 215 942 8478

Call our medical and travel security experts 24/7. Call for preventive or emergency enquiries. Call before, during and after travel or assignment.

Download the free Assistance App from app.internationalsos.com
THE TEN COMMANDMENTS OF A GOOD STUDY ABROAD STUDENT

1. Don’t expect things to be like they are at home. This is the whole point: you’ve left home to find DIFFERENCES in far-off lands.

2. Count every moment as PRECIOUS and use it well because you might not have the same opportunities to engage your host culture again in such an in-depth way.

3. This is your opportunity to experience the world. Log off Facebook, shut down Twitter, and spend that time living in this experience: ENJOY YOURSELF.

4. Take HALF as many clothes as you think you need and TWICE as much money.

5. Know at all times where your PASSPORT and DOCUMENTS are because a person without a passport is a person without a country.

6. If we had been expected to stand or sit all day we would have been created with roots. GET OUT AND EXPLORE.

7. No worries; those who worry take no pleasure in the details of the experience. Cultivate a POSITIVE ATTITUDE.

8. When in a foreign country, you should DO AS THE LOCALS DO. You will LEARN many new things this way.

9. DO NOT JUDGE the people of the country by the person with whom you’ve had trouble.

10. Remember YOU ARE A GUEST in other lands. THOSE THAT TREAT THEIR HOSTS WITH RESPECT will be treated with RESPECT in turn.
CONGRATULATIONS!

You are ready to leave for the study abroad program of your choice! We know you have put a lot of effort in the process of selecting a program and applying to it. Now, as the time of your departure comes closer, the Global Education Center (GEC) would like to share with you some information, which we hope will be useful to you now as you’re preparing to leave, while you’re overseas, and when you return home.

In this handbook we have included excerpts from the Safety Handbook, published by the Safety Abroad First-Educational Travel Information (SAFETI) Clearinghouse of the University of Southern California’s Center for Global Education. The full version of the book, as well as lots of other useful information is available on the web - http://www.studentsabroad.com/handbook/introduction.php?country=General

Please remember to always consult the GEC website. It contains a lot of valuable information that will help you before, during, and after you study abroad. There is even a page entitled While Abroad: https://www.unh.edu/global/while-abroad.

Also on the website is a section just for parents, including the Parents’ Guide to UNH Study Abroad. Please refer your parents to: https://www.unh.edu/global/parents.
STUDY ABROAD REGISTRATION AND FEES

STUDY ABROAD REGISTRATION

Most students studying abroad through GEC will be registered in one course called simply INCO 686/687 (Study Abroad) or INCO 586 (Foreign Exchange).

Each of the study abroad courses usually carries 12-16 credits for a semester or 6 credits for a J-term/summer, to ensure your full time status. If you are taking more than 12 credits abroad during the semester or more/less than 6 during the summer, PLEASE DON'T PANIC; the INCO courses are merely place holders! The actual number of credits you earn abroad will transfer once we receive your official transcript. Please share this information with your parents to avoid any confusion.

UNH STUDY ABROAD MANDATORY FEES

For Academic Year 2019-2020, the following study abroad fees will apply:

- **UNH Technology fee** $102.50 per semester, lower in summer
- **UNH International Travel Insurance Fee:**
  - Summer/J-term/Spring break/Maymester: $70
  - Semester: $150
- **UNH Study Abroad Administration Fee***:
  - Summer/J-term/Spring break/Maymester: $100
  - Semester UNH Managed and Exchange Programs: $200
  - Semester UNH Approved Programs: $300

*Students who are continuing on the same study abroad program in the same location for a consecutive term will not be charged the Study Abroad Administrative Fee the second time.

*If a student withdraws from a study abroad program, the UNH Study Abroad Administration fee will be reduced according to the UNH withdrawal schedule of tuition and mandatory fees found online at https://www.unh.edu/business-services/polnproc. The UNH International Travel Insurance Fee will not be refunded once the student has departed from the United States.*
COURSEWORK ABROAD

Before you leave you will have completed a Study Abroad Planning Form listing the courses you expect to take while abroad. Take a copy of this form with you! Sometimes your choice of courses may change once you have arrived at your host institution. Expected courses may not be offered, additional courses may now be available, the exact listing of courses may now be posted, or you may just change your mind. If you want to take a course that was not pre-approved at UNH, go to the GEC website and fill out the On-Line Replacement Course Approval Form: https://www.unh.edu/global/study-abroad-course-approval-form.

Please keep in mind that it may take weeks for your new courses to be approved on campus!

UNH COURSE REGISTRATION FOR FALL 2020

Semester study abroad students: Before you leave campus, talk to your UNH Academic Advisor about the courses you will need to take upon your return (Fall 2020). Your Academic Advisor will email you your RAC number. If you do not anticipate reliable access to internet, your UNH Academic Advisor will be able to register you for classes; just make sure to discuss this with him/her beforehand! Note: Paul College students will not receive their RAC number; their Academic Advisor will register students for classes.

TRANSCRIPTS, GRADES AND CREDITS

At the end of your term abroad, your UNH academic record will show one grade – ‘IA’, which indicates that no transcript has yet been received. Make sure that an official transcript is sent to us (GEC) as soon as possible. Do not have it sent to the Registrar’s Office!

It can take two to three months after your semester has ended before we receive your transcript. Once your transcript is received by GEC, it is reviewed and evaluated and then forwarded to the Registrar’s Office where the ‘IA’ grade is removed and the course titles, grades and credits are entered into your academic record. To check on the status of your transcript, look up your record on Blackboard. If your record does not show courses you have taken abroad, it means your transcript has not been processed yet. In this case, check with GEC to see if we have received your transcript.

Credit transfer: Study abroad courses that are not taught by UNH faculty members are treated as transfer credits according to UNH policy.

- GEC processes transfer credit from institutions that are UNH-Approved or UNH-Exchange programs.
- The grade received in transferred coursework will appear on your official UNH transcript, but will not factor into your UNH grade point average.
- Only courses with grades of the equivalent of a U.S. ‘C’ or better will be accepted for transfer credit. Graduate students require grades of ‘B’ or better.
- A course must be valued at a minimum of three U.S. credits to satisfy General Education/Discovery credit.
- If your transcript for study abroad is issued by an accredited US institution, credits will transfer one for one. A course taken for 3 semester hours will be worth three credits when transferred to UNH.
- If your transcript comes directly from a foreign institution, courses measured in quarter hours, term hours, or course units will be converted to semester hours as a basis for determining the UNH credit award. Foreign grades will be converted too, using established grade conversion charts.
- No credit will be awarded for courses that review or repeat those taken at UNH or another institution.
- No credit will be awarded for language study which is part of a study abroad orientation.
- No credit will be awarded for pass/fail courses.
- Study abroad fulfills (waives) Discovery Global Cultures if your study abroad program is at least eight weeks in length, but no extra credit is awarded for it, unless you have taken a culture course. There are no ‘magical’ credits given for simply studying abroad.

Keep and bring back to UNH all course syllabi, notes, exams, and other materials to make sure there are no complications with transfer of credits after your return. This is especially important if your Study Abroad Course Planning Form reflects that a course is ‘at risk’. This means that the department must review your course materials before a determination about any credit can be made. This is also the case for all foreign language coursework.

8 Updated October 2019
CONDUCT

The UNH Student Rights, Rules, and Responsibilities apply to you even while you are abroad. By electing to participate in a UNH approved, exchange, or managed program, you are obliged to abide by the host institution rules and the laws governing the host country and to uphold the expectations outlined in the UNH Student Rights, Rules and Responsibilities.

Students shall adhere to the academic policies of both UNH and their host institution while abroad or face the consequences up to and including dismissal. Cheating, plagiarism, misrepresentation and all forms of academic dishonesty will not be tolerated while you are studying abroad.

Remember: you are a guest: your host country is graciously allowing you to spend some time there. Make sure you know the relevant laws for each country to which you plan to travel. Foreign laws apply to visitors, regardless of the visitor’s country of citizenship.

STUDENT CONDUCT & STUDY ABROAD: FAQs

1. What is the UNH Student Rights, Rules, and Responsibilities document?
The Student Rights, Rules, and Responsibilities outlines the expectations (rules) that UNH has for its community members. More information can be found here: https://www.unh.edu/student-life/2017-2018-student-rights-rules-and-responsibilities.

2. Do the UNH Student Rights, Rules, and Responsibilities apply to me while I am studying abroad?
Yes. The UNH Student Rights, Rules, and Responsibilities apply to all persons who have a continuing relationship with the University of New Hampshire regardless of where learning occurs.

3. Does this mean I do not have to abide by the rules of my host institution or laws of my host country?
By electing to participate in a UNH approved, exchange, or managed program, you must abide by the host institution rules, the laws governing the host country, and uphold the expectations outlined in the UNH Student Rights, Rules, and Responsibilities.

4. What happens if I violate the UNH Student Rights, Rules, and Responsibilities, my host institution rules, or my host country laws?
Depending on the alleged violation(s), one of two processes will likely be followed. For less serious violation(s) where a separation sanction is not a possibility, the violation may be documented on a violation form. For more serious violation(s) where a separation sanction is a possibility, a student may be required to attend a formal hearing. A violation of the host institution rules or host country laws will be applied to the UNH Student Rights, Rules, and Responsibilities and Student Code of Conduct.

5. How will the UNH Student Rights, Rules, and Responsibilities about alcohol be applied abroad?
Although the possession and consumption of alcohol may be legal in most countries, the UNH Student Rights, Rules, and Responsibilities prohibits, among other things, public intoxication, excessive consumption, and consumption leading to injury or illness. In the wake of even one incident of public intoxication or a call to the emergency room, study abroad staff may inform a student that the incident constitutes a violation. This may result in a requirement to abstain entirely from consuming alcohol. Violation of the terms of probation could result in the student’s dismissal from the program and suspension from UNH. As described elsewhere in this FAQ, the hearing on the charge leading to dismissal may be by electronic means while the student is still abroad.

6. What is a violation form and how will the process work when I am studying abroad?
A violation form is a means to resolve less serious violation(s) of the UNH Student Rights, Rules, and Responsibilities in an informal process. The form will contain information about the alleged violation(s). The student may choose to resolve the matter by accepting responsibility and the prescribed sanctions as outlined on the form. The form is then forwarded to the UNH Office of Community Standards where it will be kept on file.
If the student does not agree with the alleged violation(s) and prescribed sanctions, the student will have the ability to meet with the person alleging the violation(s) to discuss the incident. Once this meeting has occurred, if the student still does not agree with the alleged violation(s) or prescribed sanctions, the student may request a formal review of violation form ONLY if sanctioned with probation. If the student is not sanctioned with probation, the violation form is final and the process ends.

If the student is out of the country, this process may be handled electronically. The student would receive an electronic copy of the violation form in his or her UNH e-mail account and any meetings will take place via e-mail, iChat, AIM, Skype, or similar technology. In some instances, the formal conduct and mediation process could start when the student returns to Durham.

7. What is a formal hearing and how will the process work when I am studying abroad?
In an incident involving serious violation(s) of the UNH Student Rights, Rules, and Responsibilities, or in the event that the new violation could result in a separation sanction, the student shall have the right to a hearing to determine responsibility for the charges and impose the appropriate sanctions. The student will be formally notified of the charges by receipt of a form called an incident report, and the student will be asked to meet with the person alleging the violation(s) to discuss the incident within a specified timeframe. After this meeting, the incident report will be forwarded to the UNH Office of Community Standards to start the formal hearing process. For more specific information regarding the hearing process, visit the UNH Office of Community Standards website at https://www.unh.edu/ocs/.

If the student is out of the country, correspondence regarding this process will be handled electronically. A meeting with the person alleging violation(s) may take place via e-mail, iChat, AIM, Skype, or similar technology. The formal hearing will take place using Skype or similar technology. The Office of Community Standards will work with the student through this process.

8. What is probation?
Probation is a written reprimand for violation of specified regulations. Probation is for a designated period of time and serves as a reminder that any further misconduct could lead to additional and more serious sanctions being imposed. Being on probation may also impact participation in activities such as studying abroad.

9. Can I be sanctioned with probation while I am studying abroad?
Yes.

10. What is a separation sanction?
A separation sanction means that the student is separated from the University in some manner. Examples of separation sanctions include, but are not limited to, eviction from housing, expulsion from housing, separation from the study abroad program, suspension, and dismissal.

11. Can separation sanctions apply to me while I am studying abroad?
Yes.

12. Whom can I contact if I have questions regarding the student conduct process and how it applies to me while I am abroad?
You may contact the Office of Community Standards via e-mail at judicial.clerk@unh.edu or phone at (603) 862-3377.
PROGRAM WITHDRAWAL OR CURTAILMENT

Your health, safety, and wellbeing are of paramount importance to UNH both on campus and off. As such, if it becomes necessary, due to external factors or medical concerns, for a student or group of students to cut their study abroad short, all reasonable accommodations will be made by UNH to facilitate a student’s safe return. You can read the policy on Suspending an Education Abroad Activity online at: https://www.unh.edu/global/suspending-education-abroad-activity.

There will be academic consequences for an early withdrawal from a program to take into account. A withdrawal, initiated by the student for whatever reason, will almost certainly result in no credit for the program and most likely no refund for the program cost. Additionally, if a student received financial aid for the program, a certain amount of that aid would have to be given back depending on the type of aid and the date of withdrawal. Each program will have its own policies concerning early withdrawal for medical, or other reasons, and it is your responsibility to know and understand these details.

A curtailment of a program, initiated by an institution or program due to external factors, is typically handled in a different fashion. A refund might not be a possibility but programs will typically work with students to address the academic credit issues. For example, if a program is cut short due to a university strike, then program and institutions may make arrangements for students to submit final projects or take finals even after they return home. Each situation is different but generally, your program would make every effort to accommodate the situation.

In the event of an outright dismissal from a program due to an individual student’s behavior, no refund or credit would be issued on the part of the program or UNH. The student will be responsible for all additional costs including but not limited to accommodation and flights.
HEALTH AND SAFETY

UNH Policy on International Travel Risk

UNH policy prohibits student activities in U.S. State Department Level 3 and 4 countries (https://www.unh.edu/global/policy-international-travel-risk-review-itrr). Students who want to study abroad in a Level 3 or 4 country must submit a petition to the International Travel Risk Review Committee.

The U.S. State Department issues Travel Advisories for every country (https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html). Countries are rated for safety on a scale of 1-4 (see graphic on left). Before traveling to any country, check its State Dept. Travel Advisory to review the risk rating; read the travel information; and, follow their advice. You have a link to this website in the UNH Global - Emergency Contacts that you downloaded into your phone contacts at pre-departure orientation.

You need to read the entire Travel Advisory because countries may contain areas of increased risk, even if they have an overall rating of Levels 1 or 2. For example, Costa Rica is a Level 1 country. However, the Advisory declares, Do not travel to (i.e., Level 4) Poas Volcano National Park due to a natural disaster. Registering with the State. Dept. Smart Traveler Enrollment Program (https://step.state.gov/step/) will help to keep you up-to-date.

UNH International Travel Assistance & Insurance Program

UNH provides international travel assistance, emergency services, and insurance to all students, undergraduate and graduate, traveling abroad on University-related activities. Some examples of covered activities include: studying abroad on a UNH Managed, UNH Exchange, or UNH Approved program; interning or researching abroad for credit, fulfilling a UNH requirement or assisting UNH faculty; presenting your UNH research at a conference; or, traveling abroad with a UNH Recognized Student Organization.

You will be covered only while enrolled in your official UNH program or activity and only when you are outside the U.S. You will not be covered for personal travel before the program/activity begins or after the program/activity ends. Therefore, UNH recommends that you maintain your domestic coverage to ensure continuation of coverage and care before the program begins, after it ends, and upon returning to the U.S.

There are two parts to this program:

1. Assistance & Services—International SOS

International SOS is the premier international services provider, who will be there for you when emergency medical, personal, travel, legal, and security assistance services are needed when traveling abroad on UNH-related activities. One phone call connects you to the International SOS Network of staff trained to help resolve these issues. Services range from telephone advice and referrals to full-scale medical and security evacuations by private air ambulance. The International SOS Network of specialists operates 24 hours a day, 365 days a year from their Alarm Centers around the world. Since its founding in 1974, they have performed thousands of evacuations and repatriations.

Accessing International SOS information is easy and available on your membership card provided by UNH, by downloading the International SOS app, and online at www.internationalsos.com. At the prompt for the Members’
website log in, enter your UNH International SOS membership number: 11BCAS000009. The Alarm Center phone number is +1.215.942.8478 and can be called collect from anywhere in the world.

2. **Insurance—University Health Plans**

UNH has worked with its insurance broker, University Health Plans, to establish a unique international insurance program with Nationwide Life Insurance Company for UNH students abroad on UNH-related activities, which works in concert with International SOS. This insurance program is primary in all cases, but International SOS must provide all emergency services in order for the insurance to pay out the insurance benefits. Because of the special relationship between International SOS and the Plan Administrators, emergency management and health care decision-making is simplified.

The Summary of Benefits and the full Evidence of Benefits that includes all definitions and exclusions is available online: [http://unh.edu/cle/international-travel-assistance-insurance-program](http://unh.edu/cle/international-travel-assistance-insurance-program).

**Fees**

All undergraduate students traveling abroad on University-related activities will be charged an International Travel Insurance Fee of $70 for international activities that take place during the summer, J-term, spring break or Maymester, and $150 for semester programs. Graduate students will be charged this fee for UNH coursework abroad or study abroad programs, but not for research activities.

**Extended Personal Travel**

UNH travelers are covered only while traveling for UNH-related activities. Coverage is not extended to leisure or vacation travel that you may arrange to coincide with your UNH-related activity. You may purchase coverage for your extended personal travel online directly from International SOS’s consumer products at a discount. View the [International SOS UNH personal travel page](http://www.unh.edu/global/insurance) for more information.

Insurance coverage includes up to 7 days of personal deviation coverage. Personal deviation is defined as travel prior to or after the school-sponsored trip. Any personal deviation travel in excess of the 7 days is not covered and requires you to purchase your own personal travel insurance should you wish to be covered.

**Additional Information** — More details on the UNH international travel & insurance program can be found on this webpage: [http://www.unh.edu/global/insurance-0](http://www.unh.edu/global/insurance-0).

**Top Safety Tips:**

1. Make sure you have the UNH Global – Emergency Contacts v-card on the smart phone you will be using abroad. Instructions for downloading to a phone abroad or for updating a new SIM card international number is in the 444-999 text thread or online at [https://www.unh.edu/global/risk-management-tools](https://www.unh.edu/global/risk-management-tools).
2. Download the International SOS app or sign up for International SOS email alerts at: [https://www.internationalsos.com/member-zone](https://www.internationalsos.com/member-zone).
   - At the prompt for the Members’ website log in, enter your UNH International SOS membership number 11BCAS000009.
4. Register with the U.S. State Dept.
   - The Smart Traveler Enrollment Program (STEP): [https://step.state.gov/step/](https://step.state.gov/step/)
5. Be aware of the crime/safety/health issues in the places you will be visiting.
   • Read the International SOS travel reports and U.S. State Department Travel Advisories.
6. Know your programs’ emergency procedures and FOLLOW THEM.
   • Carry your emergency contact numbers with you at all times, including your International SOS member card.
7. Have a Personal Emergency Action Plan (template following) for when you are traveling independently.
8. Do not leave your common sense behind.
   • If you wouldn’t do it in Durham, don’t do it abroad.
9. Be aware of your surroundings. Avoid dark, deserted places. Stay low key; don’t be flashy (jewelry, etc.); do not leave bags out of sight.
10. Do not operate a motor vehicle. Vehicular/traffic accidents are the #1 cause of accidents, injuries, and deaths for Americans abroad. If an accident were to occur, it would be exceedingly difficult for students to settle the matter satisfactorily. If students elect to rent or drive a vehicle for their personal use, the University will not be responsible for any damage or bodily injury.

**Before You Go**

1. Get basic check-ups prior to leaving - dental, eyes, medical so you don’t need to do these abroad.
2. Know the immunization requirements and recommendations for your destination countries:
   • Visit the International SOS website ([https://www.internationalsos.com](https://www.internationalsos.com)) for specific information.
   • UNH Health Services Travel Clinic has immunizations available at reduced cost.
   • Be up-to-date on standard immunizations like tetanus and flu.
   • Carry a copy of your immunization card with you when you travel.
3. Find out the host country regulations & availability of your medications—prescription and over-the-counter—by calling International SOS (215-942-8478).
   • Check to make sure you medication is legal in the countries you are traveling to (for example: Adderall and Ritalin is illegal in Japan).
   • Make sure you know how to maintain your supply of for the full length of your trip.
   • Continue to take all your medications while abroad as prescribed.
   • Keep meds in original packaging; bring prescriptions; keep in carryon luggage when traveling.
4. Don’t forget to take spares of glasses and/or contacts just in case they get lost or broken.
5. Know about health issues (outbreaks, epidemics) in host country and/or other countries you might visit. Visit the International SOS ([https://www.internationalsos.com](https://www.internationalsos.com)) and the Center for Disease Control and Prevention ([https://www.cdc.gov/](https://www.cdc.gov/)) websites.
6. Have an emergency kit that includes: money (a combination of cash, ATM card, and credit card with cash advance access), copies of your important documents (passport picture page, visa, insurance card, credit cards), first aid (bandages, antibiotic cream, pain reliever/fever reducer, prescription meds), and charged phone battery.

**While Abroad**

1. During your flight, drink plenty of water and walk around the plane when possible.
2. Addition of stress, little sleep, faster pace, classes and socializing can impact immune system.
   • Do the basics of trying to get the sleep you need, eat well, drink plenty of water.
4. Know what your program recommends for medical emergencies.
5. Remember that language may be a barrier to receiving care.
   • Utilize the staff from your program to assist with assessing care, if needed. International SOS can also provide translation services.
6. Food/water safety:
   - Know conditions of countries you will visit (can you drink from the tap, eat food off the street, eat raw foods, etc.?).
   - Think about how food is prepared. For example, fruit juices may be mixed with water that you are not supposed to drink without boiling, fruits may be cleaned or ice made with water that has not been purified.
   - Ask program staff.

7. Chronic health issues (diabetes, asthma, Crohn’s, eating disorder, anxiety/depression, celiac, etc.): Traveling is stressful for any of us, but those of us with chronic health issues are particularly vulnerable.
   - Illness/issues can be triggered (change of diet, air quality, eating behaviors, stressors, etc.).
   - Talk with your health care provider prior to leaving and let them know you are traveling abroad and discuss possible issues, self-care, health care responses if needed, and support systems.
   - Tell your program provider about any chronic health issues so they can provide appropriate support and information, if needed.
   - Don’t stop or adjust medications without medical consultation/support.
   - Maintain your support network even from far away and seek local support where you are.

8. TB (tuberculosis): Traveling to a country where there is a high-incidence of TB: China, India, South Africa and Vietnam. It is recommended that you get tested 8-10 weeks after leaving one of these countries to see if you have been exposed to TB.

**Risk Factors and Strategies to Reduce Risk**

Most of the incidents resulting in injury or death of students while participating in study abroad involve:
- travel/traffic accidents
- use and abuse of drugs or alcohol
- sexual harassment and assault
- crime/petty theft
- mental health issues/stress
- diseases and illnesses that exist in the host country

1. Precautions When Accepting Food and Drink: Be cautious about accepting drinks (alcoholic or non-alcoholic) from a stranger. Use the same caution you would have about accepting a drink from a stranger in the U.S. while you are overseas. Also be cautious about accepting food from a stranger. Do not leave your drinks unattended.

2. Risk upon Arrival: Travelers, especially those having just arrived abroad, are often targets of crime and at higher risk of harm, because they:
   - Are unfamiliar with their surroundings
   - Might not speak the local language well
   - Are clearly recognizable as foreigners
   - Have not yet learned the social norms or unwritten rules of conduct
   - Are eager to get to know new people and the local culture
   - Are naive to the intentions of people around them
   - Are carrying all their valuables with them when they first step off the plane, train, or boat

3. Keeping in Control: In addition to the circumstances involved with being new in a foreign country, which are often beyond one’s immediate control, there are many situations that students can control. Some controllable factors that place students at greatest risk include:
   - Being out after midnight
   - Being alone at night in an isolated area – Never abandon your friends or allow them to go off alone.
   - Being in a known high crime area
   - Sleeping in an unlocked place
   - Being out after a local curfew
   - Being under the influence of alcohol or drugs
4. Verbal and Non-verbal Communication: Non-verbal communication (body language and hand gestures) considered harmless in the U.S. may be offensive to people in other countries. The list of gestures and phrases considered rude in other countries can grow beyond the obvious. For more help communicating abroad, please see the Communication Sheets [http://www.studentsabroad.com/handbook/communication-info-sheets.php?country=General].

5. Sexually Transmitted Diseases: Keep yourself free from sexually transmitted diseases by using protection (like condoms or abstinence). Also, remember that “no” may not always be interpreted as “no” in other countries. Inform yourself about the types of diseases prevalent in the area in which you are traveling.

6. International Sources of Information: Inform yourself as much as possible about your new environment, use many different sources - online, in the library, television and radio news programs, and the newspaper. Don’t limit yourself to U.S. sources. Instead, contrast the U.S. information with that provided by other countries.

7. Understanding Locals: Beyond tuning into yourself, make it a point to try and understand what locals are communicating to you, how they feel about you and U.S. citizens in general, how you are fitting with their values, and how well you understand them. Obviously a stronger grasp of the native language will help you with these things, but even knowing a few essential phrases can be immensely beneficial. Please see the Communication Sheets for Helpful Words and Phrases you should know before you travel: [http://www.studentsabroad.com/handbook/communication-info-sheets.php?country=General].

8. How to Dress: It is often best to dress conservatively - by local standards, so you can’t be identified on sight as a tourist or a U.S. citizen. Be cautious with how you display valuables (does it look like you’re flaunting wealth?). Leave your good jewelry at home, and keep money in a safe place like a money belt or hidden pouch under your clothes.

9. Becoming Aware of Your Surroundings: Remember to:
   • Pay attention to what people around you are saying
   • Find out which areas of the city are less safe than others
   • Know which hours of night are considered more dangerous
   • Stay and walk only in well-lit areas
   • Avoid being alone in unfamiliar neighborhoods
   • Know where to get help (police station, fire station, phones, stores, etc.)
   • Do not touch suspicious items like letters or packages mailed to you from someone you don’t know
   • Know what is ‘normal’ and ‘not normal’ to see on a daily basis in the areas you frequent
   • Do not respond to explosions or gunfire by going to a window; seek cover away from windows and exterior walls

10. Political Rallies and conversations: Avoid political rallies which can increase tensions and emotions or breed angry mobs for which a U.S. citizen may serve as a scapegoat. Try not to engage in conversations about contentious political issues with locals and avoid retaliating against hostile or bigoted remarks about Americans.

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**Personal Emergency Action Plan**

Knowing the answers to the questions below is the first step in helping you stay safer in the event of an emergency. As part of your personal emergency action plan, write in answers to all questions below and consider drawing a map and finding escape routes to meeting places you set up with your program leader/group.

**Know Your Emergency Information**

In addition to your personal emergency contacts, we also recommend you look up, or ask, for the following individuals and agencies nearest your study abroad and/or travel location(s).

- Host city’s 911 equivalents:
- Lawyer:
- Study Abroad Program/School: International SOS: +1-215-942-8478
- Police:
- Hospital:
1. **Who will you call first, second, and third in an emergency?**
   Remember that your first calls should be to those who are nearest (in distance) to you and can help you the quickest.
   1.
   2.
   3.

2. **What are the most common security and safety threats where you will be traveling (theft, assault, mugging, etc.)?**
   How will you avoid these situations and what should you do if they occur?

3. **What are the most common natural disasters (flooding, hurricanes, earthquakes, etc.) where you will be traveling?**
   What will you do in the event of a disaster to be safe and to communicate with the leader/group?

4. **Independent Travel**—Who will know your departure and return dates and destinations in the event of an emergency?

5. **Know Where to Go**—Where should you go first in an emergency, and what method of transportation will you use to get there—remembering that some modes of transportation may not be useable?

6. **Plan B**—If the situation does not permit you to follow the original emergency plan, what is your back-up plan?

**Emergency/First Aid Kit**

1. **Which items do you need in your emergency/first aid kit before it is fully stocked and ready?**

2. **Do you have emergency cash reserves?**—In case banks/ATMs are disabled or you cannot use your ATM or credit card.

3. **Using the emergency supplies and reserve money you have set aside, for how many days would you be able to sustain yourself, and what would you use each day?**

4. **Do your emergency contacts:**
   - Have each other’s phone numbers so they can communicate and relay information about you to each other?
   - Have a valid passport in case they need to travel quickly?
   - Know what your wishes are in the event of your serious injury or death?

5. **What are some alternate ways of communicating with your emergency contacts?**—The following are some communication options you may have available: Telephone (land line), cell phone/texting, satellite phone, email/internet, fax, smart phone, post office/express mail service, wire service.

6. **Be aware of all your emergency transportation options**—Know the numbers and locations of all transportation options (see below). This information can usually be provided by your program or found in travel guides.

   - **Airport:**
   - **Subway Stations:**
   - **Bus Station:**
   - **Rent-a-car:**
   - **Train Station:**
   - **Boat/Ferry/Port Authority:**

If you have difficulty answering any of these questions, contact your study abroad program provider or advisor.
SEXUAL ASSAULT, STALKING AND INTIMATE PARTNER VIOLENCE RESOURCES

Sexual Assault is defined in the United States as nonconsensual sexual penetration or attempted penetration by physical force, threat of bodily harm, or when the victim is incapable of giving consent by virtue of mental illness, intellectual disability, or intoxication. Sexual assault committed by someone you know carries the same penalties as an assault committed by a stranger.

Sexual Assault can happen anywhere and to anyone. This may include when you are studying in a foreign country. Being the victim of a sexual assault is always traumatic; having an assault happen when you are away from home adds additional complications and stress to an already difficult situation.

If you or someone you care about has experienced a traumatic event, you have a right to information and support. The Sexual Harassment and Rape Prevention Program (SHARPP) can be a resource for you, even when you are studying abroad. SHARPP can help you by providing support, information and options for healing.

SHARPP provides services to female, male, or transgender survivors who have experienced sexual violence, relationship abuse, sexual harassment, or stalking. We will do our best to provide you with information about your rights, medical and legal options as well as support and options to assist you in your healing. In addition, SHARPP offers assistance to survivors’ loved ones and friends who are impacted by these issues. SHARPP’s services are free and confidential and available to all members of the UNH community—students, staff, and faculty.

To contact SHARPP when you are abroad, access us at https://www.unh.edu/sharpp/. In addition to the information on our website, we can arrange a call via Skype or phone.

In addition, a SHARPP staff member can be reached Monday – Friday, 8:00 am – 4:30 pm: 603-862-3494.

HOW FOREIGN LAWS APPLY TO YOU

In this section, you will find information on what you should know about the legal system of the countries to which you will be traveling. The U.S. Embassy or Consulate abroad is limited in what it can do to assist you if you should get into legal trouble abroad. As a foreigner in a foreign land, you are obligated to act in accordance with foreign law.

- **Know the relevant laws** for each country you plan to travel to. Foreign laws apply to visitors, regardless of the visitor’s country of citizenship.
- **Read travel warnings and consular information sheets** from the State Department on the legal systems in the countries to which you will be traveling.
- **Embassy or Consulate assistance**: If you find yourself in legal trouble abroad (for example, arrested), the U.S. Embassy or Consulate (or that of the country where you are a citizen) may only be able to assist you in the following ways:
  - Visit you in jail after your arrest
  - Give you a list of local attorneys
• Notify your family and friends and relay request for money and other aid
• Intercede with local authorities to help ensure your proper treatment under the law and in accordance with internationally recognized standards
• Protest mistreatment

- **Legal representation:** You will be responsible for bearing the financial burden of your legal representation as well as the outcome of a trial.
- **Constitutional rights:** You cease to be protected by U.S. law and Constitutional rights once you leave the country.
- **Unfair imprisonment:** If you feel you have been unfairly imprisoned by another country’s government, the U.S. State Department can provide some assistance. It may be necessary to hire a local attorney as well.
- **Hostage situations:** If you are taken hostage by a terrorist organization, the U.S. State Department may help negotiate for your release. Check with your insurance provider to see if you can purchase additional hostage, terrorist, or emergency assistance insurance.

**THE U.S. EMBASSY AND YOU**

Overseas Citizens Services (OCS) in the State Department’s Bureau of Consular Affairs is responsible for the welfare and whereabouts of U.S. citizens traveling and residing abroad.

**Consular information**
- **Travel warnings:** Issued to recommend against travel to an entire country.
- **Travel Alerts:** Issued for short-term concerns in a country such as a hurricane, demonstrations, a bomb threat, regional concerns or a general worldwide caution.
- **Country Specific Information:** Travel information for every country in the world.
- **Messages for U.S. Citizens:** Issued by a U.S. Embassy or Consulate to the local American community.

**How to access Consular Information from the State Department**
- www.travel.state.gov
- Register your trip and sign up to receive the latest consular information announcements from The Smart Traveler Enrollment Program (STEP)

**Contact Overseas Citizens Services:**
- From within the U.S. 1-888-407-4747
- From outside the U.S. 1-202-501-4444

**U.S. consulates abroad assist American citizens in cases of:**
- Death
- Destitution
- Disappearance
- Detention
- Medical Emergency
- Child Abduction
- Victim of a Crime
- Citizenship/Passports
- Voting
- Adoption
- Judicial Assistance
- Crisis

**ELECTRONICS SECURITY**

- First and foremost: if you don’t NEED it, don’t bring it!
• If you need to bring a laptop and/or phone and have “clean” ones available, use them.
• Disable file and printer sharing and Bluetooth.
• Back up and then wipe (sanitize) your laptop, phone, and any other electronics to ensure that no sensitive or personal data is on them while traveling.
• Carry laptop in a protective sleeve in a backpack/purse/bag that does not shout “there’s a computer in here.”
• DO NOT EXPECT PRIVACY, ANYWHERE.
• Do not leave your electronic devices unattended.
• Do not use local computers to connect to UNH’s secure network.
• Clear your temporary files, including: temporary internet files, browser history, caches, and cookies after each use.
• Consider opening a new e-mail account (Gmail, Yahoo, Hotmail, AOL, etc.) for use during your trip.
• Ensure you update your computer’s security software (antivirus, firewall, etc.) and download any outstanding security patches for your operating system and key programs.
• Avoid public wireless access.
• Always lock your screen when not using your device.
• Upon return, change all of your passwords for devices and accounts (including voicemail) used while traveling and run a full in-depth scan for malware, using antivirus and anti-spyware tools. If any malware infections are detected then follow the remediation steps recommended by the antivirus tool.
HANDLING BUSINESS AT HOME WHILE OVERSEAS

While you are overseas, you will need to take care of certain civil, financial, and legal matters in the United States. Advance planning in these areas will make life easier.

**Power of Attorney:** Power of attorney gives a designated person (family member or trusted friend) the power to act on your behalf in case a legal document, such as financial aid, requires your signature while you are away. Checks that you receive to cover educational costs must be endorsed by you before they can be deposited. It may also be helpful when completing and signing other financial aid forms, such as your FAFSA (Free Application for Student Aid), that must be taken care of while you are gone. For a list of offices where you can get power of attorney taken care of, go to www.unh.edu/student-senate/legal-services.

**Filing income tax (Spring):** If you currently pay income tax and will be out of the U.S. during spring semester, you can request an extension of the deadline for filing federal, state, and local tax returns. If you choose to file from abroad, you can ask your family or friends to send you the necessary paperwork, or an American embassy or consulate may have the forms.

**U.S. Customs and Duties:** Save receipts for major purchases made overseas, as you may be able to get reimbursed for the taxes (VAT) paid. You are allowed to bring up to $400.00 of gifts and souvenirs duty free. Above that amount, you will be charged an import duty equivalent to ten percent of the value of the items. A good publication to get before you leave is “Know Before You Go” which can be obtained from the U.S. Customs website: https://www.cbp.gov/travel/us-citizens/know-before-you-go.

**MONEY MATTERS**

Consider using several different forms of payment for your expenses. Traveler’s checks, credit cards, ATM cards, and cash can all be used effectively depending on the country.

**Pre-arranging money matters:** The major costs of your study abroad program (tuition and fees, housing, sometimes food and occasionally international airfare) are usually billed and paid prior to departure to the sponsoring institution. Be sure you know exactly what is covered and what is not covered so that you are prepared to cover all other expenses. It is a good idea to make a budget and then live by it so you don’t run out of money.

**ATM and credit cards:** A debit/check card is typically the main way you will access money while abroad. Notify your bank and credit card company that you will be abroad, so that they won’t block your card! Check before you leave to be sure that your PIN can be used overseas. You may need to change it to four digits and memorize it as numbers and not by letters. You may also need a PIN code for your credit card. More and more countries require credit cards to have a chip-check with your bank/credit card company. Additionally, be aware of your bank’s regulations and fees for using foreign ATMs. The exchange rate between banks via ATM may be the best but transaction fees may be high. Credit cards can be used abroad for purchases. They are accepted in most countries, but may not be accepted as widely as in the US.

**Currency exchange:** Traveling with large amounts of cash is not recommended but it is always good to have some local currency when you arrive on site (around $200 is a good amount). Currency exchange upon arrival at the international arrival airport is handy but has the highest commissions. It is recommended that you exchange cash at the major national banks throughout the world.

You can also obtain traveler’s checks in U.S. dollars and some foreign currencies at most banks and travel agencies. Some of the companies that offer traveler’s checks are American Express, Citicorp, Thomas Cook, etc. Traveler’s checks usually are the most expensive to exchange but have the added value of safety if lost or stolen so it is important to keep the serial number list separate from the actual checks. It is best to get the checks in $100.00, $50.00, and $20.00 denominations. That way you can regulate the amount of money you want rather than changing huge denomination checks. Check with your program to see if traveler’s checks are easily exchanged in your host country.
METHODS OF COMMUNICATION WHILE ABROAD

- **Cell phone:** Known internationally as mobile phones. There are a variety of ways to organize cell phones while studying abroad. Some programs provide local phones for your host country, so check with your program provider first. Other options include: purchasing or renting a cell phone upon arrival; getting an international calling plan for your U.S. cell; or, purchasing an international mobile phone or SIM card before departing the U.S. from a company such as PicCell Wireless or T-Mobile. Each option has different costs and benefits, so you will need to research the best option for you taking into consideration how you plan to use the phone and with whom you’ll be communicating most.

- **E-Mail:** For security purposes, you may want to open a new account with Google, Yahoo, or Hotmail and use that as your primary email communication. Please check your UNH account regularly, however, as that is the one that GEC will use to send important announcements or other updates.

- **Skype/Face-Time:** This is a convenient and cheap method for communicating but keep in mind that you might not have as much high-speed internet access abroad as you are used to at home.

- **Telephone:** It is important to know the telephone numbers for the program administration abroad and in the U.S. both during business hours and in case of an emergency. Make sure you and your family know the number for getting an international line (when making an international call from the US, dial 011 first), the country code (when you call the U.S. from abroad you will need to dial “1” before the area code), and then the area code of your host city.

- **International calling cards:** There are a variety of cards and services that can be purchased in the U.S. and abroad. They can be a cheaper option for making international calls from a local cell phone abroad.

- **Mail:** Find out the mailing address for both the program administrative offices in the U.S. and abroad, as well as the mailing address for students (housing and administrative office when available) before you go abroad. The national mail system of other countries may not be as fast as the U.S. mail service, so allow for extra time when mailing from abroad.

STAY IN TOUCH WITH US!

GEC can best serve you if we are able to contact you in a timely fashion. Make sure you update your trip information details in the UNH International Travel Registry.

- Go to [www.unh.edu/global/international-travel-registry](http://www.unh.edu/global/international-travel-registry)
- Select “Register/Edit a Trip”
- Click on the “Edit a Trip” button on the lower right
- Go to the “General Traveler Information” section
  - Add your mobile number abroad
- Go to the “Lodging Information” section and complete all fields
- Go to the “Local Emergency Contacts Abroad” section and complete all fields.
- Review & Save all information on the last page. You must click the “Submit” button on the bottom of the last page to have your information saved.
- Follow the same steps to go back in at a later date to add or change your information as needed, for example your mobile number while abroad.

Upon arrival, learn how to use the telephone system and how to reach emergency services. Learn how to contact your local program support staff. Determine the time difference between your location and UNH, friends and family by going to this website: [http://www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock).

To contact GEC while abroad:
You can reach us by phone, fax or e-mail
- **GEC phone:** +1(603) 862-2398 – Monday through Friday 8:30 am to 4:30 pm
- **GEC fax:** +1(603) 862-0169
- **GEC e-mail:** study.abroad@unh.edu

In the event of an emergency, contact:
- **International SOS:** (215-942-8478) or [https://www.internationalsos.com](https://www.internationalsos.com)

Remember: this info is on the UNH Global Emergency Contact v-card that you downloaded on your phone!
CULTURAL ADAPTATION

Experiencing new cultures, and obtaining a better understanding of your own culture, can result in some of the most positive, life-altering experiences students have while studying abroad. When going abroad, students will experience differences in manners, beliefs, customs, laws, language, art, religion, values, concept of self, family organization, social organization, government, behavior, etc. All of these elements combine to form culture.

While the introduction to new and foreign cultures greatly benefits students, it can also be overwhelming. Cultural differences can be so great that a student may need extra time to adjust. This is normal. The new cultural elements a student encounters may be so different that they seem “shocking” in comparison to cultural norms they are used to at home. A student’s reaction of feeling “shocked” by a culture’s attributes can manifest itself in mood swings ranging from anger, to depression, to panic. It can be difficult to explain culture shock, especially if you have never been through it. As Bruce La Brack wrote in his article “The Missing Linkage: The Process of Integrating Orientation and Reentry”:

“Just as you can’t really describe the taste of a hot fudge sundae to someone who has never experienced one, it is difficult to actually convey just how disorienting entering another culture can be to a student without any cross-cultural experience.”

Prepare yourself for some down times; they happen to practically everyone trying to make it in a culture they have never lived in before. Realizing that what you are feeling is natural and that other students are probably experiencing the same thing, will help you to avoid discouragement. Culture shock has its ups and downs, good days and bad—but you will pull through. Many students studying abroad experience times when they feel depressed. However, the overwhelming majority come away from their experience abroad even stronger and better adapted for living and working with others.

Culture shock and its effects can occur in a number of stages. However, culture shock is not an exact step-by-step process; not every student experiences culture shock the same way or at the same time. When things are going well, a student may feel comfortable, adjusted and relaxed. When negative or stressful situations spring up, a student often lapses back into feeling depressed rather than happy and well-adjusted. Sometimes a “normal” level of stress that a student can easily deal with at home suddenly turns into a high-stress situation abroad because a student is outside of his/her comfort zone. The following 10 steps of cultural adjustment outlined by Steven Rhinesmith show how culture shock can be like a roller coaster ride of emotions:

Riding the roller coaster of culture shock, a student actually follows a natural pattern of hitting peaks and valleys. The high points of excitement and interest are succeeded by lower points of depression, disorientation, or frustration. Each student will experience these ups and downs in different degrees of intensity and for different lengths of time. The process is necessary in order to make the transition from one culture to another; it helps a student or traveler to balance out and adjust.

**Rhinesmith’s Ten Stages of Adjustment**

1. initial anxiety
2. initial elation
3. initial culture shock
4. superficial adjustment
5. depression-frustration
6. acceptance of host culture
7. return anxiety
8. return elation
9. re-entry shock
10. reintegration

Prior to going abroad, students may be excited about new adventures to come. The student arrives and perhaps begins to develop increasing independence as he/she starts to experience a country’s culture. At first, a student’s

expectations may be too high. Through close contact with orientation advisors, introduction to housing, and supported group tours, a student may see things almost as a tourist would during the first few weeks abroad.

A student may be heavily comparing and contrasting his/her home culture with the culture abroad. It is common for students to focus on what they see as weaknesses in foreign cultures. Students tend to point out what a foreign culture lacks; this often leads to feelings of frustration over what is “missing” or what can’t be obtained abroad the same way as at home. Students may be challenged on a regular basis by different ways of living abroad (banking, eating, relationships, etc.). Negative feelings and frustrations may reach a level where you begin to recognize you are going through “culture shock”.

As a student gets used to the ways abroad, things that seemed like a “crisis” may now simply be seen as different ways of doing things. Most students gradually adjust their lifestyles to be balanced with a country’s own cultural norms. The cultural traits that once annoyed or bothered a student generally come to be accepted as normal. Students usually begin to understand and appreciate the cultural differences between the U.S. and abroad. However, if significant problems arise, a student may briefly return to the “frustration” stage of culture shock.

As a student begins to adapt more and more, he/she may have a new set of friends, may be traveling more, and may even be dreaming in another language. The culture abroad may now become the “normal” way of living. The challenge here is that the better a student becomes integrated to the ways of a country’s culture, the more difficult it may be to re-adapt to the U.S. upon return home. The U.S. just won’t look the same way it did before leaving to study abroad; a student may see home with new eyes and may also be more critical of U.S. cultural traditions once thought to be “normal”. This is called reverse culture shock. Fear of experiencing reverse culture shock should not deter students from trying to integrate as fully as possible while abroad. No matter how integrated a student becomes while abroad, he or she will probably still be “shocked” by differences noted at home after so much time spent abroad.

Making friends
While abroad, try to make friends with locals. These people can help explain cultural practices and customs. Learning about a country’s culture firsthand from the locals may make you more tolerant and lessen your culture shock. They can help you with the language and introduce you to things that tourists and vacationers never experience. They also protect you from the worst blows of culture shock that come from the temptation to only hang around with other Americans. Above all, pay attention to the unique viewpoints you bring with you. Just as a foreign culture will offer new insight to you, so too can you offer new insight to locals you meet. Making friends while abroad can help foster the international camaraderie that overseas living is all about.

Stress
Stress has many definitions. Stress affects everyone differently. The additional/new kinds of stress you may encounter abroad may lead to anxiety/panic disorders, depression, paranoia, eating disorders, and other phobias. Any mental health challenges you have prior to going abroad may become more severe once you experience the effects of culture shock. Even mental fatigue from constant language immersion and time change may cause the symptoms of culture shock to seem overwhelming. It is okay and normal to get stressed out abroad. Do not keep this stress to yourself. Seek help by speaking to your resident director or send an e-mail to counseling services at UNH.

Worldwide concern
The symptoms of cultural adjustment a student experiences may be more intense due to the events of September 11th and other worldwide threats. Students, parents, and administrators may have additional anxiety; they may also take studying abroad and safety abroad more seriously than they did prior to September 11th. Any added feelings of panic or fear related to the international war against terrorism can directly affect how well a student deals with culture shock. Because terrorism is an international phenomenon, terrorist threats in one part of the world—away from where you are studying—may create a chain reaction with consequences for the country in which you are studying. A threat to one country may be taken as a threat to all.

It is important to remember not to fear another country’s culture; no culture is wrong or bad—it’s just different from your own. If you let world events turn your culture shock into culture fear, you will not be able to fully adapt or integrate into the culture of the country in which you are studying. Remember, counseling is always a good option; talking to someone can usually help to work through anxiety or fears. Students can also talk to a study abroad staff member.
about their challenges in cultural adjustment abroad. For some students, the process is relatively simple, others may need counseling to help deal with their mental health challenges and stress abroad.

**PRESCRIPTIONS FOR CULTURE SHOCK**

1. Pursue information gathering.
2. Look for logical reasons; make sense of your environment.
3. Don't disparage the host culture.
4. Make friends with a local.
5. Use all the wisdom and patience that you have.
6. Use your sense of humor.
7. Have faith in yourself and your hosts.
8. Don't fall into self-pity.
9. Be active—mentally, physically and socially.
10. Get sufficient rest.
11. Maintain a regular, well-balanced diet.
12. Have a sense of adventure—take reasonable risks.
14. Use your friends and family as an emotional support group.

**STAGES TO BECOMING A GLOBAL CITIZEN**

A developmental model of intercultural sensitivity: This model by noted interculturalist Milton Bennett describes ethnocentricity as the idea that one's own culture is superior, at one end of a spectrum with "ethnorelativism," a successful blending of more than one culture, at the other end. The model has many stages and people often move subconsciously through these stages as their international and intercultural experiences grow.

**Ethnocentric states**

I. Denial of difference. No recognition of cultural difference because of isolation or intentional separation. Attribution of deficiency in intelligence or personality to culturally deviant behavior. Tendency to dehumanize outsiders.

II. Defense against difference. Recognition of cultural difference coupled with negative evaluation of most variations from native culture— the greater the difference, the more negative the evaluation. Evolutionary view of cultural development with native culture at the acme. A tendency towards social/cultural proselytizing of "underdeveloped" cultures.

III. Reversal. Tendency to see another culture as superior while maligning one's own.

IV. Minimization of difference. Recognition and acceptance of superficial cultural difference such as eating customs, etc., while holding that all human beings are essentially the same. Emphasis on the similarity of people and commonality of basic values. Tendency to define the basis of commonality in ethnocentric terms (i.e. everyone is essentially like us).

V. Physical universalism. Emphasis on commonality of human beings in terms of physiologic similarity.

VI. Transcendent universalism. Emphasis on commonality of human beings as subordinate to a particular supernatural being, religion, or social philosophy.

**Ethnorelative states**

I. Acceptance of difference. Recognition and appreciation of cultural difference in behavior and values. Acceptance of cultural differences as viable alternative solutions to the organization of human existence. Cultural relativity.
II. Adaptation of difference. The development of communication skills that enable Intercultural communication. Effective use of empathy, or frame of reference shifting, to understand and be understood across cultural boundaries.

III. Integration of difference. The internalization of bi-cultural or multicultural frames of reference. Maintaining a definition of identity that is “marginal” to any particular culture.


**TAKING PHOTOS IN OTHER COUNTRIES AND CULTURES**

(Adapted from Pacific Lutheran University)

REFLECT ON WHY YOU’RE TAKING A PHOTO
Is it because you want to remember something, create a record of a place or people, or because taking pictures just seems natural? Many people take photos when they travel because they need to feel busy or to put something between them and their new surroundings. Take time to simply enjoy the experience and realize different types of photos require time and care to take.

BE INTERACTIVE
Try to take more interactive photos compared to objective ones. Try to ask permission when taking pictures of people. Getting a person’s name and story as well as his/her photo can be a meaningful experience. It also will give more meaning to your photo when you bring it back and helps avoid the objectification of people that can commonly happen in photos of unfamiliar places, especially ones we think of as more “exotic”.

WHAT’S IN AND WHAT’S OUT?
Think about what you want to include in your pictures, and then look at what you might be leaving out. Are you ignoring part of a person’s life or the story of a town because you don’t think it is “picturesque enough”? Realize that no photo is going to capture the reality of any place you visit, so think about how you can strive to show many different aspects of a place or culture, not just the tourist spots or well-known parts of a culture that everyone photographs.

CONSIDER AND RESPECT HISTORICAL AND CULTURAL ASPECTS AND LAWS
Most people know to ask permission to take photos in sacred or religious sites, but many countries also have laws against taking photos of government buildings, etc. Even if there is no law against taking a photo, be respectful of the culture - a city, village, or landscape is not there for you to consume through your camera, it is part of the lives of those in your host country. **Think about it: if you don’t take a picture of a homeless person here in the U.S., why would you do it while abroad?**

SHOW PEOPLE YOUR CAMERA AND PHOTOS
Sharing your camera and digital pictures with people encourages interaction. Kids especially like to see themselves on the camera screens. Letting people you meet play with your camera can be a hit, too.

PHOTO EXCHANGE
When possible, try to find a way to give copies of your photos to the people you photograph. Getting their (email) address and sending them photos might be an option. If you are meeting people through an organization or traveling with a company, think about sending them the photos to distribute. You could also bring photos of yourself or your family to share with people when you take their photo or meet them.

THINK ABOUT YOUR CAPTIONS
When you present a photo, be purposeful about captions and how you choose to label and title a photo. When possible, give names, details and a greater context to the photo. Be careful about what you are/aren’t comparing the people or place to. Photos should be part of a story you can share with people once you return home.
Unite for Sight has a page on Ethics and Photography in Developing Countries: http://www.uniteforsight.org/global-health-university/photography-ethics
RETURNING HOME

DUTIES AND CUSTOMS

- **Accepting things from others:** Under no circumstances should you ever take anything from, or hold anything for, anyone who asks you to do so. If anyone does ask you, simply say “no” and walk away. Don’t be afraid to say “no” to family and friends. Think about the potential consequences before you hold anything for anyone.
- **Clearing customs:** Follow the directions given to you by flight attendants and your program for the process of clearing customs.
- **Declaration forms:** In most cases, you will be given a card to fill out that will require your passport information, items you have purchased overseas and are bringing back into the country, and the cost of these items.
- **Receipt of purchase:** Retain all receipts, or make an itemized list of purchases, prior to customs inspection.
- **Taxes:** If the total cost of your purchases exceeds a certain amount, you will be asked to pay a tax on all items over the allotted amount.
- **Items you cannot bring into the U.S.:**
  - Plants, animals (especially those on endangered species lists), and all live birds, unless you have a valid certificate or license from the U.S. Centers for Disease Control and Prevention (CDC).
  - Drugs – even if a drug was legal overseas, it may not be legal to bring it back to the U.S. If you are carrying prescription drugs, it is important to have your prescription with you for proof.
  - Firearms, knives, explosives, and gas canisters.
- **Items you can bring into the U.S.:** There are limits on bringing in substances that are not illegal, such as alcohol or tobacco. Check with customs for updates on these legal quantities. Even if a minor can purchase alcohol and tobacco abroad, he or she cannot bring these substances back into the U.S.
- **Smuggling:** What may be legal in other countries may not be legal in the U.S., and vice versa.
- **Watch your bags:** Once you have picked up your bags from baggage claim, and are on your way to customs, be sure to keep a close eye on all of your luggage so that no one but you has access to it.
- **Random baggage searches:** If you are stopped and asked to open your luggage, cooperate with the customs officials. Customs officials often conduct random baggage searches; just because your luggage gets searched, it doesn’t mean you have done something wrong.
- **Carry-on luggage:** Check with your airline to find out its regulations for what you can and cannot pack in your carry-on bags.

RE-ENTRY CULTURE SHOCK

The process of re-entry
One of the biggest challenges for students who participate in study abroad can be the difficulty in re-adapting to the realities in the U.S (otherwise known as “re-entry”). Many students who studied abroad went through many changes, re-examining their priorities, their values, and what they think of themselves and the U.S. The “return culture shock” may be more difficult than the “culture shock” they felt when abroad. (See “culture shock” for more information about the challenges of adapting to a new culture.) If return culture shock is severe, it is important that students are able to seek help/counseling to help them through this.

So what is reverse culture shock? First, let’s examine the process of re-entry. There are usually two elements that characterize a study abroad student’s re-entry:

1. an idealized view of home
2. the expectation of total familiarity (that nothing at home has changed while you have been away)

Often students expect to be able to pick up exactly where they left off. A problem arises when reality doesn’t meet these expectations. Home may fall short of what you had envisioned, and things may have changed at home: your
friends and family have their own lives, and things have happened since you’ve been gone. This is part of why home may feel so foreign.

**Feelings you may experience**
The inconsistency between expectations and reality, plus the lack of interest on the part of family and friends (nobody seems to really care about all of your “when I was abroad” stories) may result in: frustration, feelings of alienation, and mutual misunderstandings between study abroad students and their friends and family. Of course, the difficulty of readjustment will vary for different individuals, but, in general, the better integrated you have become to the culture abroad and overseas lifestyle, the harder it is to readjust during re-entry. This is where reverse culture shock (sometimes called re-entry shock) comes in.

**Reverse culture shock**
Reverse culture shock is usually described in four stages:

1. Disengagement
2. Initial euphoria
3. Irritability and hostility
4. Readjustment and adaptation.

**Stage 1** begins before you leave the host country. You begin thinking about re-entry and making your preparations for your return home. You also begin to realize that it’s time to say good-bye to your overseas friends and to the place you’ve come to call home. The hustle and bustle of finals, good-bye parties, and packing can intensify your feelings of sadness and frustration. You already miss the friends you’ve made, and you are reluctant to leave. Or, you may make your last few days fly by so fast that you don’t have time to reflect on your emotions and experiences.

**Stage 2** usually begins shortly before departure, and it is characterized by feelings of excitement and anticipation – even euphoria – about returning home. This is very similar to the initial feelings of fascination and excitement you may have when you first entered the country where you studied. You may be very happy to see your family and friends again, and they are also happy to see you. The length of this stage varies, and often ends with the realization that most people are not as interested in your experiences abroad as you had hoped. They will politely listen to your stories for a while, but you may find that soon they are ready to move on to the next topic of conversation.

This is often one of the transitions to **Stage 3** of Reverse Culture Shock, which parallels the Culture Shock you may have experienced when you first entered the country where you studied. In fact, your transition into Stage 3 might occur sooner than it did when you first went overseas. You may experience feelings of frustration, anger, alienation, loneliness, disorientation, and helplessness and not understand exactly why. You might quickly become irritated or critical of others and of American culture. Depression, feeling like a stranger at home and the longing to go back overseas are also not uncommon reactions. You may also feel less independent than you were abroad.

Most people are then able to move onto **Stage 4**, which is a gradual readjustment to life at home. Things will start to seem a little more normal again, and you will probably fall back into some old routines, but things won’t be exactly the same as how you left them. You have most likely developed new attitudes, beliefs, habits, as well as personal and professional goals, and you will see things differently now. The important thing is to try to incorporate the positive aspects of your international experience with the positive aspects of your life at home.

**MAKING THE STUDY ABROAD EXPERIENCE COUNT AT HOME**

**UNH Global Ambassadors**
Apply for the position of a GEC Global Ambassador and help us promote study abroad! Act as a peer mentor to students planning to study abroad, help us with classroom and hall presentations, the pre-departure orientation, organize workshops for prospective study abroad students, set up an event for study abroad alumni, etc. Join the fun and become a UNH Global Ambassador! Contact leo.meijer@unh.edu for more information.
Study Abroad Re-entry Conference
Typically held in Boston in February. For more information:
http://nestudyabroadreentryconference.wordpress.com/

Buddies Without Borders
BWB fosters friendship among international students and American students. For more information: http://www.unh.edu/global/buddies-without-borders

Study Abroad Re-visited
Some students choose to continue participation in study abroad, either through the same program or through a new program or location. If you are unable to go abroad for another whole semester, there are a variety of programs offered during the summer that range from 3 weeks to 3 months. Talk to your academic advisor about what other programs might benefit you. For more help, refer to our ‘Getting Started’ section: http://unh.edu/global/start.

Also, if you’re interested in continuing your study abroad experience, there are many ways to fund research or post-undergraduate studies. For example, the Department of State Fulbright Program, the National Security Education Program (NSEP), Rotary International, the Rhodes Scholarship Program, the Luce Scholarship Program, and the Marshall Scholarship Program are excellent ways to fund your studies overseas.

Independent travel
Independent travel is an option for students who feel that they are confident enough to tour on their own. If you decide to travel independently, your student travel office or a travel agent can be helpful. There are numerous travel guidebooks and resources on the Internet. Also, ask friends (and the UNH Travel Bugs!) who have traveled independently to find the best places to go and tips on what to do while you’re there. See our “Resources” section for links to purchasing guidebooks and booking tours.

CAREERS AND RESUMES

Marketing Your International Experience presentation – When you start looking for a job or career, think of the professional and personal growth you’ve undergone while overseas. If you can present these skills on your resume and in your interview(s) well, you can impress almost any employer.

Make sure your international experience gets noticed by formatting your resume to highlight the overseas institutions at which you studied, or with separate categories such as “International Education” or “International Experience”. List any languages that you speak, internships, major projects, or field experience you had, in the appropriate categories. Also briefly describe what you did and the skills and attributes you learned while abroad. If possible, try to incorporate into your interview some of the significant learning, communication, problem-solving, etc. experiences you had.

Cross-Cultural Skills and Attributes
Below are some examples of the skills that individuals gain and cultivate from a study abroad experience.

1. Tolerance for ambiguity
2. Low goal/task orientation
3. Demonstration of an open-mind
4. Non-judgmental
5. Empathy
6. Ability to communicate
7. Flexibility/Adaptability
8. Intellectual curiosity
9. Sense of humor
10. Warmth in human relationships
11. Motivation
12. Self-reliance
13. Strong sense of self
14. Tolerance for differences
15. Perceptiveness
16. Ability to fail

Career Development
If you are considering a career with an international component, or looking for a job overseas, we also recommend that you visit Career and Professional Success (CaPS). They provide various services for students seeking employment, and this is generally a good place to start looking for international job opportunities. If your career plans require a higher degree of education, you might consider graduate school, either in the U.S. or abroad. Your academic and career counselors should be helpful in providing you with information about career requirements and a head start on your job search.

RESOURCE WEBSITES

**General Opportunities Abroad Resource Websites**

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
<th>Website</th>
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<tbody>
<tr>
<td>Across the Pond</td>
<td>Graduate school programs in the UK</td>
<td><a href="http://www.studyacrossthepond.com/">www.studyacrossthepond.com/</a></td>
</tr>
<tr>
<td>Abroad View</td>
<td>Global education magazine for students</td>
<td><a href="https://abroadviewmagazine.com/">https://abroadviewmagazine.com/</a></td>
</tr>
<tr>
<td>Matador Creators Community</td>
<td>Stories from abroad</td>
<td><a href="https://matadoru.com/">https://matadoru.com/</a></td>
</tr>
<tr>
<td>GoAbroad.com</td>
<td>Comprehensive international education and alternative travel databases</td>
<td><a href="http://www.goabroad.com/">www.goabroad.com/</a></td>
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<tr>
<td>Institute of International Education</td>
<td>International search engine</td>
<td><a href="http://www.iie.org/">www.iie.org/</a></td>
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<tr>
<td>MONETOS</td>
<td>Provides information on the intricacies of European social and financial systems to give an overview of European society</td>
<td><a href="http://www.monetos.co.uk/service/">www.monetos.co.uk/service/</a></td>
</tr>
<tr>
<td>Transitions Abroad</td>
<td>Resource for working, studying, traveling or living abroad</td>
<td><a href="http://www.transitionsabroad.com/">www.transitionsabroad.com/</a></td>
</tr>
<tr>
<td>mastersportal.eu</td>
<td>Search engine for English-taught Master’s Programs in Europe</td>
<td><a href="http://www.mastersportal.eu/">http://www.mastersportal.eu/</a></td>
</tr>
<tr>
<td>University of California, Irvine CIE International Opportunities Program</td>
<td>Information on international work, volunteer, internship, teach and research options</td>
<td><a href="http://www.cie.uci.edu/prospective/iopother/index.shtml">www.cie.uci.edu/prospective/iopother/index.shtml</a></td>
</tr>
<tr>
<td>University of Michigan International Center (Getting Started)</td>
<td>Advice and tools on how to begin considering and evaluating the best options for you</td>
<td><a href="https://internationalcenter.umich.edu/abroad/swt">https://internationalcenter.umich.edu/abroad/swt</a></td>
</tr>
<tr>
<td>University of Michigan International Center (International Experience Options)</td>
<td>Definitions and links for a variety of international opportunities</td>
<td><a href="http://internationalcenter.umich.edu/swt/work/">http://internationalcenter.umich.edu/swt/work/</a></td>
</tr>
<tr>
<td>University of Minnesota Learning Abroad Center</td>
<td>Online resources for work, volunteer, internship and teach abroad</td>
<td><a href="http://www.umabroad.umn.edu/">http://www.umabroad.umn.edu/</a></td>
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</table>

**Intern/Research/Work Abroad Programs & Resources**

Internships and Research Abroad
Interning and conducting research abroad allows you to gain hands-on work experience related to your major or future career. Some programs are attached with study programs, so that credit and financial aid is available. Other
Internships and research projects are not attached to study programs and are often unpaid, but may offer compensation like room and board. More information can be found here: http://www.unh.edu/global/international-experience-opportunities.

**Careers Abroad**

Some students decide to change their field of study to an area such as international relations, which includes a broad background in international policies, politics and history. If changing your major is a little extreme, try taking some international studies classes or focus in on an aspect of your major that could somehow be incorporated into a career overseas. Many international career opportunities lie in the areas of industry, education, government and the non-profit sector. In many cases, you can begin by seeking employment domestically with a company, firm, or group that has international branches. To gain information on career opportunities abroad, talk with a career counselor at your university, and figure out what path will work best for you as an individual.

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<tr>
<th>Resource Websites</th>
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<tbody>
<tr>
<td><strong>AIESEC</strong></td>
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<td><strong>Going Global</strong></td>
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<td><strong>Idealist</strong></td>
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<td><strong>Riley Guide</strong></td>
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<td><strong>State Department</strong></td>
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<td><strong>Help Exchange</strong></td>
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<td><strong>Gumtree</strong></td>
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<th>University Resource Websites</th>
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<td><strong>UNH- IROP</strong></td>
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<td><strong>UNH-SURF</strong></td>
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<td><strong>John Hopkins University</strong></td>
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<td><strong>University of California- Irvine</strong></td>
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<td><strong>University of Michigan</strong></td>
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<td><strong>University of Minnesota</strong></td>
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<tr>
<td><strong>Monterey Institute</strong></td>
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</table>

**General List of Internship Providers**

| Arcadia | http://www.arcadia.edu/abroad/default.aspx?id=6995 |
| Boston University | http://www.bu.edu/abroad/find-programs/by-internship/ |
| BUNAC | http://www.bunac.org/ |
| Cultural Vistas | https://culturalvistas.org/ |
| Center for Cross-Cultural Solutions | https://www.spanishstudies.org/ |
| CIEE | http://www.ciee.org/#work |
Teaching English as a second language is a great way to work abroad and get paid. Many programs require a BA; however, some do not require any teacher training/certification or language proficiency other than English. Most of the positions are available in Asia and Eastern Europe. Volunteer programs are also offering teaching opportunities.

<table>
<thead>
<tr>
<th>Resource Websites</th>
<th>General List of Programs</th>
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<tbody>
<tr>
<td>Bridge TEFL</td>
<td><a href="http://www.bridgetefl.com">www.bridgetefl.com</a></td>
</tr>
<tr>
<td>TAUGHT Magazine</td>
<td><a href="http://www.taughtmag.com">www.taughtmag.com</a></td>
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<tr>
<td>CIEE Teach Abroad</td>
<td><a href="http://www.ciee.org/teach">www.ciee.org/teach</a></td>
</tr>
<tr>
<td>Cross-Cultural Solutions</td>
<td><a href="http://www.culturalprogram.org/">www.culturalprogram.org/</a></td>
</tr>
<tr>
<td>Department of Defense Education Activity</td>
<td><a href="http://www.dodea.edu/home/">www.dodea.edu/home/</a></td>
</tr>
<tr>
<td>Educators Abroad</td>
<td><a href="https://educatorsabroad.org/home/">https://educatorsabroad.org/home/</a></td>
</tr>
<tr>
<td>Fulbright Teaching Program</td>
<td><a href="http://us.fulbrightonline.org/thingking_teaching.html">http://us.fulbrightonline.org/thingking_teaching.html</a></td>
</tr>
<tr>
<td>Global Student Teaching and English Language Teaching Assistant Program</td>
<td><a href="http://www.morris.umn.edu/GST/">www.morris.umn.edu/GST/</a> and <a href="http://www.morris.umn.edu/ELTAP/">www.morris.umn.edu/ELTAP/</a></td>
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<tr>
<td>International Schools Services</td>
<td><a href="https://www.iss.edu/">https://www.iss.edu/</a></td>
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<tr>
<td>International Teaching Program in Chile</td>
<td><a href="http://www.centrodevoluntarios.cl">www.centrodevoluntarios.cl</a></td>
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<tr>
<td>JET Program</td>
<td><a href="http://jetprogramme.org/en/">http://jetprogramme.org/en/</a></td>
</tr>
<tr>
<td>Spain’s Cultural Ambassador Program</td>
<td><a href="http://www.mecd.gob.es/eeuu/convocatorias-programas/convocatorias-eeuu/auxiliares-conversacion-eeuu.html">http://www.mecd.gob.es/eeuu/convocatorias-programas/convocatorias-eeuu/auxiliares-conversacion-eeuu.html</a></td>
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<tr>
<td>Marshall University Teach in china Program</td>
<td><a href="http://www.marshall.edu/gochina/">www.marshall.edu/gochina/</a></td>
</tr>
<tr>
<td>Teaching programs in France</td>
<td><a href="http://highereducation.frenchculture.org/teach-in-france">http://highereducation.frenchculture.org/teach-in-france</a></td>
</tr>
<tr>
<td>Teaching programs in Korea</td>
<td><a href="http://www.talk.go.kr/">www.talk.go.kr/</a></td>
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Volunteer Abroad Programs & Resources

Volunteering is another great way to go abroad again. There are opportunities available worldwide. In many cases, only short-term commitments are required. However, there are organizations, such as the Peace Corps, that can allow for years of rewarding work abroad. Volunteering can be a good way to defer college loans for a while. Some volunteer opportunities even give you a modest monthly stipend.

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<tr>
<th>Resource Websites</th>
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<tbody>
<tr>
<td>Idealist</td>
<td><a href="http://www.idealist.org/if/as/vol">http://www.idealist.org/if/as/vol</a></td>
<td>Volunteer search engine</td>
</tr>
<tr>
<td>IVPA</td>
<td><a href="http://volunteerinternational.org/">http://volunteerinternational.org/</a></td>
<td>List of resources from an alliance of non-governmental organizations involved in international volunteer work and internship exchanges</td>
</tr>
<tr>
<td>University of California- Irvine</td>
<td><a href="http://www.cie.uci.edu/prospective/lopoth/er/volunteer.shtml">http://www.cie.uci.edu/prospective/lopoth/er/volunteer.shtml</a></td>
<td>Volunteering abroad information and a list of programs</td>
</tr>
<tr>
<td>University of Minnesota</td>
<td><a href="http://www.umabroad.umn.edu/programs/wiv.php">http://www.umabroad.umn.edu/programs/wiv.php</a></td>
<td>Volunteering abroad information, resources and programs</td>
</tr>
<tr>
<td>VolunteerAbroad.com</td>
<td><a href="https://www.goabroad.com/volunteer-abroad">https://www.goabroad.com/volunteer-abroad</a></td>
<td>Volunteer search engine</td>
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**General List of Programs**

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<tr>
<th>Program</th>
<th>Website</th>
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<tbody>
<tr>
<td>Habitat for Humanity</td>
<td><a href="http://www.habitat.org/lvp/default.aspx?qs=OS8xLzlwMTAgMTA6NDc6MjkgQU0%3d">http://www.habitat.org/lvp/default.aspx?qs=OS8xLzlwMTAgMTA6NDc6MjkgQU0%3d</a></td>
</tr>
<tr>
<td>GoAbroad</td>
<td><a href="https://www.goabroad.com/volunteer-abroad">https://www.goabroad.com/volunteer-abroad</a></td>
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<td>-----------------</td>
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</tr>
<tr>
<td>Volunteer in Asia</td>
<td><a href="http://www.viaprograms.org/">http://www.viaprograms.org/</a></td>
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</table>
STUDY ABROAD DO’S AND DON’TS

Advice from students who have studied abroad

DO:

- Write down a list of goals (learning a new language, embracing the new culture) and focus on meeting them.
- Journal and/or blog; it will help you remember what you do and help you through emotional tough spots.
- Research before you go: Look up cultural greetings, learn about where you are going, how to dress like a local - not a tourist.
- Use the resources available to you! If you need help, there are program leaders there and people here.
- Spend as much time as you can with your host family and locals.
- Give some effort to your classes; you really could learn a lot.
- If you are in a country where they speak a language other than English, try as much as you can to immerse yourself in it.
- Put yourself outside of your comfort zone, take chances and say yes to putting yourself out there.
- Work and save as much money as you can before going.
- Go to cultural activities - really try to get to know the people, customs, and lifestyle of the country you are in.
- Become friends with locals - they know the best/cheapest places to go, eat, and see. Locals also have interesting stories to share.
- Bring a camera and take lots of pictures.
- Keep track of your money! When you are traveling ALL the time - it gets spent quickly!
- Four months goes by faster than you think; take advantage of your time!
- Research the weather in the place that you will be going (know if it is the rainy season, summer, winter, etc.).
- Know the excursions that your program will be providing. Know when the dates are and plan around them.
- Change your debit card pin to a 4 digit number if it is not already.
- Be patient with yourself and others. It is challenging to travel and you have to go with the flow.
- Pack and dress in layers; this works best for traveling.
- Trust your instincts!
- Participate in as many school activities, whether it’s a club or sport. Join exchange programs through your school to help you meet locals who also want to meet Americans.
- Travel a lot, but not too much! Many of my friends traveled so much that they never got to explore the country they were living in! Make sure you save several weekends to experience the country/city you live in.
- Introduce yourself to your professors if possible and let them know you are there studying abroad.
- Live in a homestay, if possible.
- Immerse yourself in the foreign language, or learn the ‘slang’.
- Use a map and be sure you know where you are going.
- Get to know and use public transportation systems.
- Make copies of important documents: passports, license, social security, credit/debit cards. You never know when you will need them.
- Buy a travel adapter before leaving (for plugging in cameras, computers, etc.). Some equipment may need an additional converter.
- Practice safe sex.
- Savor every moment: these months will fly by and you’ll never get this chance back. Do as much as you can while you’re there and have the time of your life!
DON'T:

• Don't worry! There is a lot to prepare and lots of new changes are on the way, but it will all work out!
• Don't be afraid to talk to locals! They are usually really nice and want to spend time with you. And if they speak a foreign language, they'll help you learn it faster than at school. They can also turn out to be a great source of information on the best restaurants, shops, etc.
• Don't spend the entire time looking for Internet. Sometimes it's not readily available; that means go out and enjoy your country!
• Don't go to class in sweats. The US is one of the very few countries (if not the only one) where wearing pajamas all day, in public, is somewhat socially acceptable.
• Don't penny-pinchoo much. We are all college students and we need to save money, but going abroad is one of those times where you shouldn't count your pennies every step of the way. Go ahead and give yourself that one 'extraordinary' moment; you'll never know when you'll be back.
• Don't spend more than an hour a day e-mailing, on Skype, or Facebook.
• Don't room with friends from home or cling to friends from home- your exchange will be a million times more fun if you meet others from different parts of America or the world!
• Don't be scared to try new things (food, activities) - some of the best parts from my experience were when I went outside my comfort zone and tried new things I would never do in America.
• Don't be the drunk, stereotypical American- Americans are notorious for getting drunk and being obnoxious. Don't keep the stereotype going!!!
• Don't go on Facebook!! I never had WIFI at my apartment and I never Skyped once. Your experience will be ten times better if you never go on Facebook and you spend less time stalking your friends from home and more time exploring!
• Don't go anywhere alone- always find a friend to travel with, especially at night or in places where you are not familiar. Be aware of your surroundings.
• Don't keep your wallet in outside pockets.
• Don't go out partying till 2am and sleeping in till 1pm; you'll miss your whole time abroad.
• Don't be disrespectful to your families or the locals. They live there; you don't.
• Don't bring a hairdryer, hair straightener or electric razor- buy them there. This equipment requires the use of a converter and could blow the fuse!
• Don't forget to make copies of your passport, license, and other important documents!
• Don't pack heavy; bring 1 suitcase, make sure you can layer your clothing.
• Don't stay in your room/apartment all day, go explore!!
• Don't be afraid to put yourself out there and get out of your comfort zone, your experience will only be better the more you try and do!
• Don't be picky about where you travel. If your budget is something you're worried about, the cheaper option may not be exactly where you wanted to go, but it will still be a great experience!
• Don't procrastinate on your homework.
• Don't travel alone at night in a place you are unfamiliar with.
• Don't spend all your money at once; make a budget.
• Don't party every night; you can do that anywhere, and it is expensive.
• Don't get homesick. But if you do, don't sit in your room all day; go out and explore!
• Don't fail your classes.
• Don't be afraid to email us! Use resources available to you, we can be helpful!
HAVE A GREAT TIME!

Finally, we wish you the best on your adventure abroad. All of us here at GEC studied abroad too and it remains the highlight of our years. We are sure that this time will be challenging. But it will also be the most fun and interesting experience of your UNH years. Have a good flight and a wonderful adventure!