Student Handbook for Northwestern Summer Study Abroad Programs

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We are grateful to the following Universities for their permission to adapt some of the materials used in this handbook:

Kalamazoo College Study Abroad Office
Study Abroad Handbook 2001-2002
http://www.kzoo.edu/clip

North Carolina State University Study Abroad Office
Study Abroad Handbook 2003-2004
http://www.ncsu.edu/studyabroad/
Introduction to the Summer Study Abroad Handbook

You are about to begin what will probably be one of the most exciting adventures of your life—studying abroad. With your departure fast approaching, you have likely begun to wonder what you should pack, what health precautions you should take before departing, and what it will be like living and studying in your host country. This handbook will help answer some of those questions.

Please read the information in this handbook very carefully, and take it abroad with you, as it contains valuable information about your summer program. It should be used in conjunction with your program handbook, which provides more detailed information.

Ultimately, no written materials or suggestions are going to fully prepare you for what lies ahead. The best that you can do is to commit yourself to keeping an open mind, remaining flexible, and being patient with yourself as you’re adjusting to your new environment. Always remember the amazing opportunities available to you as a student abroad: immerse yourself in the local culture, meet new people, explore new places, taste new foods, and observe new traditions. Think about who you are, where you come from, and what you hope to take from your experience.

We wish you great success during your studies abroad. When you return to campus, we hope you’ll continue to be involved with study abroad by participating in returnee events, mentoring prospective students, and continuing to internationalize your life.

Sincerely,

The Northwestern Study Abroad Office
630 Dartmouth Place
Evanston, IL 60208-4195
(847) 467-6400
<table>
<thead>
<tr>
<th><strong>Contacts within Northwestern</strong></th>
<th><strong>Location</strong></th>
<th><strong>Contact Information</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Study Abroad Office</td>
<td>Voice</td>
<td>847.467.6400&lt;br&gt;<a href="mailto:studyabroad@northwestern.edu">studyabroad@northwestern.edu</a></td>
</tr>
<tr>
<td></td>
<td>Fax</td>
<td>847.467.6410</td>
</tr>
<tr>
<td>Dana Bumpus, Summer Program Coordinator</td>
<td>Direct Office</td>
<td>847.467.2947</td>
</tr>
<tr>
<td></td>
<td>Cell</td>
<td>608.438.9988</td>
</tr>
<tr>
<td>Bill Anthony, Director of Study Abroad</td>
<td>Direct Office</td>
<td>847.491.8293</td>
</tr>
<tr>
<td></td>
<td>Home</td>
<td>847.674.3007</td>
</tr>
<tr>
<td></td>
<td>Cell</td>
<td>224.522.9252</td>
</tr>
<tr>
<td>Sue Kwan, Assistant Director of Financial Aid</td>
<td>Direct Office</td>
<td>847.491.7400</td>
</tr>
<tr>
<td>Northwestern University Police</td>
<td>Voice</td>
<td>847.491.3254</td>
</tr>
<tr>
<td>HTH Worldwide Insurance</td>
<td>Voice</td>
<td>703.322.0048</td>
</tr>
<tr>
<td></td>
<td>Fax</td>
<td>703.322.1636</td>
</tr>
<tr>
<td>Medex Emergency Services</td>
<td>In Baltimore, MD</td>
<td>410.453.6330</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Referral service for finding on-site English-speaking health providers</strong></td>
</tr>
<tr>
<td>International Program Development Office</td>
<td>Voice</td>
<td>847.467.6953 (work)&lt;br&gt;773.218.5959 (Vic: cell)&lt;br&gt;847.922.9368 (Devora: cell)</td>
</tr>
</tbody>
</table>

**Academics**

While study abroad is intended to be a fun and exciting experience, your first responsibility is to your studies. The Study Abroad Office expects you to take your class work and field trips seriously; class attendance is mandatory.

The Office of International Program Development (IPD) will take care of your registration, and, unless given explicit approval, all students must take all four courses offered by their respective program. All courses must be taken for credit and a letter grade.

All course and program requirements must be completed before leaving the program site. Exceptions may be made in special cases, such as illness or other circumstances beyond your control.

Upon completion of the program, IPD will receive a transcript from the host institution. Credit and the appropriate grade will be entered for each course taken. Upon your return, you must fill out a Study Abroad Program Evaluation Form and email that to the IPD office at international@northwestern.edu. Only then will NU students have their transcript forwarded to the NU Registrar. All students must also complete a 'petition for credit' with the department and college/school that will evaluate and designate the kind of credit you receive.

Non-Northwestern students who study on Northwestern summer programs must also complete the Evaluation before a transcript can be mailed to your home institution. While IPD will assist you through the evaluation process at your home institution, it is the student who is primarily responsible for correct credit assessment.
Billing
Invoices for summer study abroad will be sent in mid-May. All fees, including tuition, program, and administrative charges, will be posted to this invoice. Any financial aid or scholarship awards will also be indicated. **Balances due must be paid by the June 1 deadline.** Failure to remit payment in full may result in holds on your registration or transcript. Questions regarding billing for summer study abroad programs should be directed to the Student Accounts Office at 847.491.5224. Questions regarding financial aid should be directed to Sue Kwan, Assistant Director for Financial Services, at 847.491.7400 or s-kwan@northwestern.edu.

Non-Northwestern students will be billed directly by the IPD office. If your home institution prefers to send the payment to us, arrangements must be made between the two universities prior to June 1.

Things to Do...

Immediately

- **Passport**
  If you do not already have a passport that will be valid for at least six months after your return to the U.S., apply for one. See the Passport section of this handbook for details.

- **Visa**
  CHINA: If you are a U.S. citizen and are going on the China program, you will need a visa. If you are not a U.S. citizen or are going to another country, you should consult your host country’s embassy to find out whether you will need a visa to enter China. The IPD office will facilitate all visa applications, pay the standard fees for processing, and then return your passport to you prior to departure. Any student needing special arrangements (such as staying on in China after the program, must work closely with IPD to make those arrangements possible. It is not Northwestern’s responsibility to procure evidence of other study abroad programs you may participate in.

  MEXICO: No visa is required for travel to Mexico. Your program orientation will spell out specifically the forms and identification you will need. We do however, strongly encourage students to travel with a passport. By 2006, this will be required by the US Government.

- **Make Flight Arrangements**
  The IPD office will make all arrangements for your travel. The student may elect to do their own travel plans, but those must be coordinated with the arrival of the main group. Any student arriving at a time quite different than the group is responsible for making their own arrangements to meet up with the program director at the host institution.

- **Read**
  Read this handbook, your program handbook, information on your host country and culture, and all other materials given to you.

- **Photocopy Important Documents**
  Make two photocopies of your passport, visa (if applicable), plane ticket, credit cards, and any other important documents. Leave one set of photocopies with a family member or friend in the U.S. and keep the other set with you, separate from the originals.

- **Submit Pre-Departure Forms to the appropriate office**
If you haven’t already done so, you MUST submit the following pre-departure forms to the Study Abroad Office as soon as possible:
1. Health History Form
2. Emergency Contact Information Form
3. Health Insurance Receipt: HTH insurance
4. Code of Conduct

As Soon as Possible
☐ Schedule Travel Clinic Appointments
   At least eight weeks prior to departure, make an appointment with the Northwestern University Travel Clinic to receive any necessary immunizations. When you schedule your appointment, tell them where you’ll be studying, and which other countries you’ll be visiting while you’re abroad (if you know), so they know which immunizations you’ll need. To set up an appointment, call 847.491.2204 during regular business hours. See the Health section of this handbook for further details.

☐ Make Money Arrangements
   If you plan to use your debit or credit card from a U.S. bank account at overseas ATM machines, check with your bank to verify the locations of ATMs overseas that will accept your card. See the Money section of this handbook for further details.

☐ Check on Long-Distance Service
   If you plan to use a U.S. long-distance calling card overseas, contact your long-distance phone company to get access codes and telephone numbers you’ll need in order to use their services. See the Keeping in Touch section of this handbook for further details.

☐ Research Your Host Country
   Learn as much as possible about your host country. You will be going to a place where many things are different (yes, even those of you going to London!) — the food, the customs, the weather, the toilet paper, the electrical outlets, and the clothes. The more you learn about your destination, its history, its culture, and its people, the better prepared you’ll be to enjoy the differences rather than be overwhelmed by them.

At Least 6 Weeks Prior to Departure
☐ Prepare Your Prescriptions
   Get copies of all medical and vision prescriptions to carry with you. If possible, have your doctor fill your prescriptions to cover your entire stay abroad. Be sure that all of your prescriptions are in labeled containers and if necessary, request a doctor’s note explaining the need for your prescriptions.

☐ Start Your Packing List
   Begin putting together a packing list. See the Packing section of this handbook for suggested items.

In the Final Week Prior to Departure
☐ Rest
   Preparing to go abroad can be exhausting. Get plenty of rest before you go.

☐ Pack Your Suitcase and Carry-On

Once You Arrive Overseas
☐ Call or Email Home
You may not be able to call home immediately upon arrival, but call as soon as possible to let your family know you’re safe. Field Directors will assist you in this important notice. Don’t let your families worry about you!
Things to Bring With You

Luggage
Most students suggest buying a quality internal frame backpack from a luggage or travel store. Uncle Dan’s Great Outdoor Store in Evanston (847.475.7100) has many different brands and sizes from which to choose, as does REI.

Some luggage combinations suggested by previous students:
- One small “wheelie” suitcase with a collapsible handle, one internal frame backpack, one small carry on.
- One internal frame backpack with one carry on bag (small to medium size).

If you will be taking intercontinental flights, check with your airline about luggage restrictions since many airlines allow only one checked bag on flights within Europe, Asia, or Latin America.

We recommend that you pack all of your important items (handbooks, passport, ticket, prescriptions, arrival and contact information) as well as some basics (change of underwear, toiletries, toothbrush) in your carry-on bag. These items should not be packed in your checked luggage, in case your luggage is lost.

Consider purchasing baggage insurance, which is available through banks, travel agencies, some credit cards if you purchase your airline tickets with the card, and International Student Identity Cards.

Packing
Pack as lightly as possible. Experienced international travelers pack their luggage and then remove half of the contents, reevaluate, and remove half again. Do not take more than you can move or are able to carry. How can you tell if you have packed too much? Take your luggage and walk with it for a block or so. If it’s too heavy for you, lighten your load. You’ll also want to allow some room for personal and gift purchases you will make during your time abroad. We recommend that you leave valuable or sentimental items, such as jewelry, at home.

- Label all luggage inside and outside with your name and permanent address.
- Be respectful of the security procedures when you land in an international airport. It is not unusual for customs and immigration officers to ask detailed questions and/or to open and search luggage.
- Consider taking clothes that can be layered, as it may get cool in the evening, but hot during the day. Homes and residence halls abroad are often not air conditioned during the summer. Also, consider packing clothes that can be mixed and matched, instead of bringing several individual outfits. This will be more efficient for packing.
- Doing your laundry abroad is likely to be more expensive, time-consuming, and harsher on clothes than here. Try to bring sturdy, dark color clothes in fabrics that are easy to wash and dry. Leave anything that needs to be dry-cleaned at home.
- Make sure you understand your host country’s standards for modesty or neatness in dress. In many countries, students dress more formally than Americans generally do, and often shorts and sweats are strictly for the beach or the gym. Even in parts of Western Europe, many tourist sites such as churches may not allow visitors to enter in shorts or sleeveless tops. Your Faculty Director will be able to tell you about appropriate dress in your host country.
- Consider leaving your Northwestern and Chicago baseball caps, shirts, sweats, etc. at home, as these items of clothing will make you stand out as an American tourist.
• Consider buying electrical appliances, such as hair dryers, in your host country. They are usually not too expensive and are already adapted for the electrical system used in your host country. You will need an electrical converter for any electrical items you bring from home.

• American brands of toiletries are generally available overseas. If you bring enough for one or two weeks, you can generally find shops to buy more. If you are especially fond of a particular product, however, bring enough for your entire time abroad.

Essentials to Pack
This handbook
Passport
Tickets
Money (credit and/or ATM card, traveler's checks and traveler's check receipts - carried separately from checks)
Prescription medicines (labeled)
Northwestern University Emergency Contact Card
HTH insurance card and 5 claim forms (see Health section)
Photocopies of all documents, prescriptions, etc.
Clothes (including one set of "nice" clothes)

Near Essentials to Pack
Money belt or pouch
Travel insurance information – a must!
Local currency, and some US dollars in cash (see Money section for details)
Immunization record and health records of current or serious conditions (see Health section for details)
Country/city guidebook

Other Things to Consider Packing
Good, all-purpose, waterproof walking shoes with thick soles
Swimsuit
Towel
Shower shoes for youth hostels
Hat
Extra contact lenses, solution, glasses
Full toiletry bag: soap, shampoo, toothpaste, shaving kit, sanitary supplies, condoms, etc.
Washcloth
Small first-aid kit that includes insect repellent, cough/cold/sinus medications, moleskin, Pepto-Bismol, Aspirin, antacid
Currency converter
Battery-operated alarm clock (not an electrical!)
Walkman, battery-operated radio, and/or cassette recorder
Calculator
Camera, plenty of film, batteries
Sewing kit
Zip-Lock bags (for wet swimsuits, etc.)
Moist towelettes
Swiss-Army knife
Pictures of your family/friends/pets/house/Northwestern
Mexico: Small gifts for local friends you make or your host family
Money
Before you leave, have a plan for accessing money while you’re abroad. You should have more than one means of getting money. For Mexico: bring a small amount of foreign currency (100.00 or so) with you in cash when you leave the U.S. In China, you will get RMB currency the first morning after your arrival. Be sure to get small denominations—the equivalents of $20 or $10 USD bills. Most major banks can obtain foreign currency but you should verify this in advance.

Credit and ATM Cards
Automatic Teller Machines (ATMs) are the best way to access money abroad and are becoming increasingly available overseas. In addition, many banks will give cash advances in local currency charged to the major credit cards. Check with your bank and/or credit card company for a list of banks and ATMs in your program city. Although it varies by country, “Plus” and “Cirrus” systems seem to be the most widely used overseas. Locations can also be obtained over the Internet for MasterCard and/or Cirrus ATMs at: http://www.mastercard.com/. For Visa and/or Plus ATMs, see: http://www.visa.com/cgi-bin/vee/pd/atm/main.html. Verify with your bank as to whether charges will apply for withdrawals made overseas, and what limits it imposes on daily withdrawals. If your PIN is longer than 4 digits, ask your bank to change it to a 4-digit numeric code, as many overseas banks will not accept longer codes or codes with letters in them.

Traveler’s Checks
Traveler’s checks are a much safer method of carrying money than cash, and they are valid indefinitely. Traveler’s checks sold by American Express, Cooks, or any of the major banks (Citicorp, Chase Manhattan, etc.) can usually be cashed abroad with no difficulty. (Warning to China students: When you cash your cheques, you must show the original ‘receipt’ from when you purchased them here.)

Personal Checks
It is virtually impossible to cash personal checks abroad so you should not depend on them as a means of acquiring money. However, if you think you might purchase American Express Traveler’s Checks abroad, you should bring your checkbook with you.

Plan a Budget
The amount students spend varies greatly. However, you will probably spend more abroad than you do on campus. Talk to returnees, whose names and email addresses are available on your program Web site, about how much they spent when they went on your program. Country guidebooks, such as the *Rough Guide, Lonely Planet,* or *Let’s Go,* are also good sources of information about travel costs. Your program handbook gives the costs of food, airfare, and other necessary expenses. As you’re planning your budget, be sure to include travel, entertainment, and other incidentals, such as laundry, postage, film, toiletries, etc., as well as phone time. Check with your calling-card company (usually AT&T, MCI, or Sprint will have the best international plans) about the cheapest calling rates to and from your host country.

Expect that some items will be much more expensive than they are at home. You may also find local alternatives that are cheaper. Items that tend to be heavily taxed (and thus are much more expensive) in most other countries include consumer goods imported from the U.S. (food and books) and “luxury” items such as electronics and clothing.
Applying for a Passport
If you have not already done so, you should apply for a passport IMMEDIATELY. Passports must be valid for at least six months beyond your anticipated return to the U.S. If your passport is due to expire before then, you must renew it. You should submit your application in person to the Evanston Post Office:
1101 Davis Street
Evanston, IL 60201
847.328.6201
For information on what to bring with you, please visit: http://travel.state.gov/passport/get/first/first_830.html. Applications for a first-time passport normally take six weeks, and renewals normally take four weeks. If you are short on time, you may request express processing of your passport for an extra $40 fee plus overnight delivery costs, which usually takes about two weeks. To request this service, you must show proof (such as an airline ticket) that you will be leaving the country in less than three weeks.

Cost
$85 for a first-time passport, $55 for passport renewal

Application Forms
Forms are available at some post offices and online at: http://travel.state.gov/passport/forms/forms_847.html

Special Note for Non-U.S. Citizens
If you are not a U.S. citizen, contact the Northwestern International Student Office at 847.461.5613 immediately to ensure that you understand the INS requirements and do not jeopardize your residency status by participating in a program abroad. You will also need to contact the embassy or consulate of your host country to obtain the visa requirements for your host country.

Where to obtain Passport Photos
Kinko’s
2518 Greenbay Rd.
$15 for 2 photos

Walmart
5630 Touhy Ave.
$6.95 for 2 photos; sheet of 10 for $10

CVS
101 Asbury St.
$8.99 for a sheet of 10 ID photos

AAA
9245 Skokie Blvd.
$6 for members, $12 for non-members

In addition to the photos needed for your passport, you will probably need several additional photos for visa applications, the International Student Identity Card, etc. Therefore, keep any extras and take them with you when you go abroad.

Housing
Dormitory/Apartment Life
If you will be in a dorm or apartment during your time abroad, you will most likely be living with other students. Keep in mind that the living space may be smaller than what you have experienced in the U.S. Talk with roommates about all of the “guidelines for cooperation,” such as sleeping times and showering schedules. Find out about their likes and dislikes—work on developing relationships with your roommates, because they may well be the people with whom you will build great friendships.
Homestay
If you live with a family, you will have a great opportunity to expand your cultural experience beyond the world of the program. However, living with a family also poses some special challenges. Remember that this family is being generous by taking you into their home, and thus, you should behave with integrity, respect, and sensitivity. In most cultures, host families will appreciate it if you:

- Bring a small gift. Some good ideas include:
  - T-shirts, sweatshirts, or other items with Northwestern logos
  - Chicago paraphernalia, including sports items
  - Cookbooks/American recipes
  - Specialties from your home state (e.g., Maple syrup from Vermont, etc.)
  - Cookbooks/American recipes
  - Calendars with pictures of the U.S. or your home city
  - Cookbooks/American recipes
  - Cassettes or CDs of American music (jazz, blues, bluegrass, etc.)

- Offer to help with household tasks.
- Ask about the house rules for telephone use. In many countries, even local calls are charged on a metered basis, and phone service is often quite expensive in comparison to the U.S. Families may prefer or require that you make and receive calls from an outside phone.
- Don’t snack from the family refrigerator without permission.
- Be careful with electric and water use -- electricity in many other countries is extremely expensive. Turn out lights when leaving rooms, and be careful about long showers.
- Ask at the beginning of your stay about the family schedule and house rules, and be prepared to follow them. Remember, you are a guest in their home. Some questions to ask include: Would they prefer that you not receive calls after or before a certain time? Can you have visitors in the house? Do they want to know when you will be leaving town for the day or the weekend?
- If meals are included in your homestay, don’t skip them without letting your host family know in advance. Meals can be a touchy subject, so if you have any dietary restrictions, please ask your Faculty Director or on-site coordinator about how to most appropriately approach this issue with your family.

If you are experiencing problems with your family, you may ask your Field Director to move you. Before you ask to be relocated, however, be sure that your reasons for moving are more serious than small inconveniences, and are not things that may be culturally-based and likely to be the same from family to family (e.g., attitudes towards phone use or curfews).

Travel
While one of the exciting things about studying abroad is the opportunity to travel around your host country and region, your academic program is your first priority. You are expected to attend all program excursions and field trips, which are an integral part of the program coursework. If you want to travel on your free weekends or after the program ends, the best sources for information are student travel agencies and country guidebooks.

Some economical ways of traveling overseas include trains, buses, and even intercontinental flights, which often offer discounted prices for students.
Health and Safety Abroad

Your health and safety should be your top priorities while you are abroad. It is your responsibility to take precautions that help ensure a healthy trip, and to inform yourself about basic health issues before leaving the U.S. While it is likely that you will get sick with the "intercontinental cold" during the time you are abroad, you should be informed about avoiding more serious illnesses by visiting the Northwestern University Travel Clinic and attending the optional Health and Safety Orientation. The health risks are abundant in places where sanitation and medical conditions are poor. Diseases such as tetanus, diphtheria, polio, typhoid, hepatitis, yellow fever, malaria, and travelers’ diarrhea pose threats to the unprotected traveler. While it is impossible to eliminate these risks, the following precautions can be taken to alleviate them.

Before You Leave…

☐ Consult the Northwestern Travel Clinic – or a similar office at your home institution

Most immunizations and health precautions aren’t mandatory, but provide valuable protection for people who wish to travel in good health. Make an appointment with the Northwestern Travel Clinic (847.491.8100) at least eight weeks prior to departure, as some vaccines are administered as a series and thus require multiple visits to the Clinic. Although your own family healthcare provider may be able to administer routine immunizations such as tetanus and perhaps hepatitis A, most offices don’t stock specialized vaccines such as typhoid. The Northwestern Travel Clinic, on the other hand, does stock specialized vaccines and is nearby if you need a series. Therefore, you should schedule an appointment with them rather than your family healthcare provider. At your Travel Clinic appointment, the nurse will determine what vaccines you’ll need based on your travel itinerary, administer the vaccines, and discuss general travel health issues with you.

Make sure you understand any particular health risks or precautions for your destination. The Centers for Disease Control provides current information about your destination: www.cdc.gov.

Below are a list of vaccinations offered by the Northwestern Travel Clinic. NOTE: The Northwestern Travel Clinic does not give the Yellow Fever vaccine.

<table>
<thead>
<tr>
<th>VACCINATION</th>
<th>PRICE</th>
</tr>
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<tbody>
<tr>
<td>Influenza vaccine</td>
<td>$15.00</td>
</tr>
<tr>
<td>Measles-Mumps-Rubella vaccine</td>
<td>$42.00</td>
</tr>
<tr>
<td>Tetanus-Diphtheria vaccine</td>
<td>$19.50</td>
</tr>
<tr>
<td>Haemophilus B Conjugate vaccine (ActHIB)</td>
<td>$53.00</td>
</tr>
<tr>
<td>Hepatitis A vaccine</td>
<td>$83.00</td>
</tr>
<tr>
<td>Hepatitis B vaccine</td>
<td>$27.00 (ages 11-19 years)</td>
</tr>
<tr>
<td></td>
<td>$54.00 (age &gt;= 20 years)</td>
</tr>
<tr>
<td>Japanese Encephalitis vaccine</td>
<td>$98.00</td>
</tr>
<tr>
<td>Meningococcal Meningitis vaccine</td>
<td>$75.00</td>
</tr>
<tr>
<td>Pneumococcal Pneumonia vaccine</td>
<td>$26.00</td>
</tr>
<tr>
<td>Polio vaccine - (enhanced/inactivated)</td>
<td>$39.00</td>
</tr>
<tr>
<td>PPD skin test (free if full-time student)</td>
<td>$11.00</td>
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<tr>
<td>Rabies vaccine - (RVA or HDCV intramuscular)</td>
<td>$150.00</td>
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<tr>
<td>Typhoid vaccine - oral (Vivotif Berna)</td>
<td>$45.80</td>
</tr>
<tr>
<td>Typhoid vaccine - capsular polysaccharide (Typhim Vi)</td>
<td>$52.00</td>
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<tr>
<td>Twinrix (Hepatitis A and B combined)</td>
<td>$94.00</td>
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<tr>
<td>Varicella vaccine</td>
<td>$61.00</td>
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<tr>
<td>Atovaquone/Proguanil (Malarone) anti malarial pills</td>
<td>$124.20 for 24 pills</td>
</tr>
<tr>
<td>Chloroquine (Aralen) anti malarial pills</td>
<td>$29.00 for 7 pills</td>
</tr>
<tr>
<td>Doxycycline anti malarial pills</td>
<td>$5.00 for 45 pills</td>
</tr>
<tr>
<td>Mefloquine (Lariam) anti malarial pills</td>
<td>$74.30 for 7 pills</td>
</tr>
<tr>
<td>Ciprofloxacin (Cipro) antibiotic for diarrhea</td>
<td>$5.00 for 6 pills</td>
</tr>
<tr>
<td>Trimethoprim/Sulfamethoxazole antibiotic for diarrhea</td>
<td>$5.00 for 6 pills</td>
</tr>
</tbody>
</table>
Get Medical Examinations
We strongly recommend that all students participating in study abroad have medical examinations prior to departure. Illness will negatively impact your study abroad experience, so it's best to take care of that nagging toothache or stuffy nose before you travel halfway around the world.

Update Your Prescriptions
Students who use prescription medications (including allergy shots, eye glasses or contacts, and birth control pills) should carry an adequate supply and an updated prescription accompanied by a signed and dated statement from the prescribing health care provider. The statement should indicate the generic name and brand name of the medication, as well as the dosage and any major health problems you have. This will provide vital information for medical authorities in case of an emergency. Students should also take an extra pair of glasses or lenses and a card, tag, or bracelet that identifies any physical condition that may require emergency care.

If you need to take a prescription drug throughout the duration of the program but cannot bring an adequate supply with you, you need to talk with your doctor about how you will obtain the remainder of your prescription abroad. If you plan to purchase medication overseas, you will need to see a host country physician for a new prescription and will need to know the generic name of your medication, as the exact same medication is sometimes not available overseas. *Note: Do not plan to have medicines or vitamins mailed to you because they can be held up in customs.*

Know the Laws Regarding Your Medication
Students who are taking prescribed medications for depression/anxiety/OCD or ADD/ADHD should know that in some countries, the drugs often used to treat these conditions are severely restricted or even illegal. If this is an issue, make sure to research your options well before going abroad or contact a Study Abroad Office staff member, who may be able to help.

Pack Your Prescriptions In Your Carry-On Luggage
In your carry-on luggage, pack your prescription and medication in its original container with a note from your physician explaining the condition that requires you to take the medication. Customs officials may ask to see this. Make sure your name on the prescription appears the same way it does on your passport.

Remember AIDS and Sexual Health
The HIV virus is prevalent everywhere in the world and can lead to death. To protect yourself, avoid having unprotected sex and do not use drugs intravenously or share needles for any reason. We strongly recommend that students pack condoms, since they are not always widely available overseas. Overall, we encourage students to be cautious about their sexual activity while abroad.

Pack the Necessities
Certain necessities or brands may be difficult to obtain, or may be significantly more expensive overseas. Thus, consider taking the following items with you and when applicable, packing them in your carry-on luggage for customs:

- Feminine hygiene products
- Contraceptives and prescription birth control
- Contact lens solutions
- Syringes for allergy treatment, insulin, or other medical injections
- Extra pair of glasses or contact lenses

Report Medical Conditions
If you have (or have had) any medical or psychological conditions that may require treatment while you are overseas, please be sure to indicate this on the Health History Form, which is one of your required pre-departure
forms. The stress of being overseas may cause conditions for which you have successfully been treated in the past to recur. If you have any questions or concerns, consult your physician.

Research
The following Web sites will be helpful as you plan your sojourn abroad:
- http://www.cdc.gov/
  Centers for Disease Control and Prevention: Health recommendations and precautions for travelers.
- www.hthstudents.com
  HTH Insurance Company: Your health insurance provider that can assist with locating English-speaking physicians worldwide and has information about health conditions in certain regions.

When You Arrive...

Drink Water
On the flight to your host country, remember that jet lag can be worsened by dehydration. Caffeine and alcohol contribute to dehydration, so drink plenty of bottled water instead.

Take It Easy
The first few days in your study abroad location will be very exciting, and you may be tempted to overdo it. Remember that in addition to the psychological and cultural adjustment you will be experiencing, your body will also be going through a physical adjustment to a new climate, a new time zone, new food, etc. You may also suffer from jetlag. Eat reasonably, drink plenty of bottled water, and get plenty of sleep.

Know Your Local Health Services
Know how to access health services, both for routine care and emergencies. This information will be provided to you during your on-site orientation; if it is not, please ask your Faculty Director.

Know Your Health Insurance Policy and Procedures
Carry your insurance card with you at all times. Take your claim forms with you whenever you travel. No reimbursements can be made without a completed claim form and appropriate backup documentation. If you require medical attention, be sure that you have access to adequate funds to cover a health emergency, which you will likely have to pay for up front, and that you have read the terms and conditions of your insurance policy carefully. Please make sure your parents or guardian have a copy of your insurance card and policy.

Eat Well and Exercise Regularly
An important part of maintaining your health while you’re abroad is eating properly. As always, try to eat a balanced diet. In many places, you will find farmer’s markets with an abundance of fresh fruits and vegetables. Seeking these out and trying new foods can be an adventure in and of itself. In addition to maintaining a healthy diet abroad, you should also exercise regularly. You’ll find that you get quite a bit of exercise by simply walking more than you normally do. In the past, some students have been able to join gyms, which sometimes have inexpensive “guest” or “visitor” options that you can utilize for the few weeks you’re abroad. If you are interested in going to a gym, your Faculty Director may have some suggestions for how to find one. However you choose to stay active - whether it be renting a bike, joining a gym, or walking around town - regular exercise is important for staying healthy.

HTH Study Abroad Health Insurance

The safety and well being of students participating in Northwestern University Study Abroad programs is of paramount importance. To best meet the medical needs of those who study abroad, Northwestern University requires all students to obtain health insurance that will cover them in the country where studies occur. For IPD programs, you are required, without exception, to purchase study abroad insurance through HTH. (See pre-departure forms for instructions.)

HTH Worldwide Insurance Services (HTH), with whom the University has contracted to provide comprehensive study abroad health insurance at a very reasonable price. The University has a 3-year, hands-on, positive track
record with HTH. Included below is a summary of benefits provided by HTH for students participating in study abroad, as well as an instructions for enrolling in the HTH Plan.

**HTH Policy Holders:** You can find details about the HTH policy at the HTH Web site: [http://www.hthstudents.com](http://www.hthstudents.com). If you need medical attention, you will likely pay all costs up front and then be reimbursed. To be reimbursed, however, you will need to complete a claim form, which can be downloaded from the following Web site: [http://www.northwestern.edu/risk/HTHClaimForm.pdf](http://www.northwestern.edu/risk/HTHClaimForm.pdf).

### Staying Safe Abroad

While it is generally no more dangerous abroad than it is in Evanston/Chicago, it is more dangerous for you because you are in an unfamiliar environment. In a foreign culture, it is more challenging to read situations and to assess risks to your physical safety. In other words, you can no longer use your "common sense" to get a feel for what kind of situation you're in and how you might deal with it. At a minimum, you must be aware that some behaviors that may be culturally and legally acceptable and seemingly safe at home may not be safe in your host country.

Some parents and students focus their safety concerns on terrorism and civil unrest abroad. In reality, however, it's much less likely for students to be hurt in a terrorist act, for example, than in more mundane situations, such as traffic accidents. For instance, it is common for Americans to look the wrong direction when crossing a street in London because traffic moves in the opposite direction from traffic in the U.S. This is a very frequent mistake that can be deadly.

While the Study Abroad Office will do everything in our control to help you stay safe while you're abroad, it is ultimately **your responsibility** to take proper safety precautions.

### Safety Precautions Taken by the Study Abroad Office

The Study Abroad Office will:
- Continue to monitor world events (e.g. Iraq; terrorist threats; any future crises) through several private and public Web-based resources (U.S. Department of State; Stratfor; Overseas Security Advisory Council; Center for Disease Control; World Health Organization), as well as pertinent administrative and professional contacts in the field of international education.
- Notify outbound students and/or current study abroad students as soon as we can after receiving pertinent information about possible dangers abroad.
- Notify parents of study abroad students, if the situation warrants.
- Do all in our power to assist our students, whether they are headed abroad or are currently abroad.
- Work with you in the event of an emergency or crisis.

The key to our relationship is communication: we’ll do our best to communicate with you, and you need to communicate with your Field Director.

### Your Safety Responsibilities Before Going Abroad

You should:
- Inform yourself about your new country and city before you leave the U.S. by reading a country guidebook, talking to returnees and international students at Northwestern, and learning about laws, customs, language, dress, gift-giving, politics, religious practices, etc.
- Attend the special Northwestern pre-departure workshops on women studying abroad and self-defense. For dates and times, see the Web calendar: [http://www.northwestern.edu/studyabroad/calendar/index.html](http://www.northwestern.edu/studyabroad/calendar/index.html)
- Become familiar with Web sites that provide valuable safety information. For a list of sites, see the Resources section below.
- Discuss possible emergency scenarios with your parents or guardians before you leave the U.S. Know how to obtain any medical prescriptions you need while abroad. Swap emergency phone numbers with
your parents and friends. Make sure your family has the full contact sheet provided by the IPD office. Plan to keep your friends and parents posted on your vacation travel plans. And plan to pro-actively contact them if a crisis occurs while you’re abroad. Remember, they’re at home watching CNN and want to know how you’re doing! Call or drop them a line from a cyber café.

**Your Safety Responsibilities While Abroad**

There are various dangers that pose risks to the unaware traveler, including theft, assault, and a general lack of knowledge about your surroundings. Americans have a reputation abroad as being easy targets for theft and assault. Being unfamiliar with your surroundings and the culture can pose an additional risk. Therefore, it is important that you use good judgment and caution when navigating your new environment. Here are some general tips to help you stay safe:

- Leave a travel itinerary and contact information with your Field Director each time you leave your program city. *(This is mandatory!)*
- Carry your Emergency Contact Card and your ID with you at all times.
- Know, respect, and abide by the local laws of your host country.
- Become familiar with your surroundings and always act like you know where you are going and what you are doing.
- Don’t draw attention to yourself as a foreigner/American. College sweatshirts, baseball caps, and the like could be bad clothing choices in an area with strong anti-American sentiment.
- Know how to ask for help in the native language of the country. Rudiments of ‘I need a doctor’ or ‘Police!’ will come in handy.
- Know local emergency telephone numbers.
- Don’t dangle purses or cameras from your wrist.
- **If you choose to bring an IPOD or MP3 Player abroad, conceal these as best as possible. They are quickly becoming a target for theft both in the US and abroad. Consider using alternative headphones other than the white ones that are sold with the IPOD’s, as they have become a trademark give-away and attract more attention.**
- Watch your belongings. Backpacks, labtops, and big purses can be targets.
- Don’t carry large amounts of cash.
- Don’t carry all of your money and documents in one bag or in back pockets. Consider wearing a money pouch.
- Be alert in crowds, especially in train stations or popular tourist attractions, because thieves often use distractions in these locations to their advantage.
- Don’t hitchhike.
- Don’t rent cars, motorcycles, mopeds, or scooters.
- Don’t stay out late at night.
- Don’t travel alone if you can help it.
- Don’t go to unknown or dangerous areas.
- Consult local populations on what areas you should avoid.
- When traveling long distances by train or bus, attach your bag to the luggage rack with a bike chain or lock.
- Stay informed about developments in your program city and country and in the world. U.S. foreign policy affects how people overseas will treat you. If you plan to travel to another country, check with the nearest U.S. Embassy about the situation in your destination. You will often be seen as a representative of your country—whether you want to be one or not. If your travel destination is having political or military difficulties, ranging from demonstrations to terrorist attacks to civil war, stay away from all sites of such activity. View posted travel warnings at: http://travel.state.gov/
- Trust your instincts. If something feels uncomfortable, don’t do it.

**Safety Resources**

- [http://travel.state.gov/](http://travel.state.gov/)

• http://travel.state.gov/links.html
The U.S. Department of State’s Bureau of Consular Affairs: Links to U.S. Embassies and Consulates worldwide.

• http://travel.state.gov/studentinfo.html
The U.S. Department of State’s Bureau of Consular Affairs: Tips for students.

• http://travel.state.gov/spring_break.html
The U.S. Department of State’s Bureau of Consular Affairs: Spring/summer break tips for students.

• http://www.state.gov/www/background_notes/index.html
The U.S. Department of State: Background notes and interesting facts about countries around the world.

The Central Intelligence Agency’s World Factbook: Profiles and maps of every country in the world.

• http://www.embassy.org/
The Electronic Embassy: Lists the home pages of all embassies in Washington D.C.

• http://www.usc.edu/dept/education/globaled/studentsabroad/
Center for Global Education Study Abroad Safety Handbook: Information about culture shock, medical care abroad, and advice for students and parents

• http://www.usc.edu/dept/education/globaled/safeti/v1n2_oneill.html#safetyconcerns
Center for Global Education SAFETI Newsletter: Safety tips for student travelers

• http://www.usc.edu/dept/education/globaled/safeti/v2n1_hoffa.html
Center for Global Education SAFETI Newsletter: Advice for parents

• http://www.fco.gov.uk/
British Foreign and Commonwealth Office: Lists travel advisories and country profiles that are not released by the U.S. Department of State

• http://www.dfait-maeci.gc.ca/
Canadian Department of Foreign Affairs and International Trade: Lists travel advisories and country profiles that are not released by the U.S. Department of State

Sexual Harassment

Although what you might perceive as sexual harassment in the U.S. may be considered socially acceptable in another country, cross-cultural sensitivity does not include relaxing your personal boundaries. You should always trust your instincts, and if something feels uncomfortable, remove yourself from the situation as soon as possible. If you feel you have been a victim of sexual harassment, you should immediately inform the Field Director of your program or call the IPD Office at 847-467-6953. Your situation will be handled confidentially, with the facts made available only to those who need to know in order to investigate or resolve the matter. Keep in mind, however, that while Northwestern University considers sexual harassment unacceptable and treats the behavior accordingly on campus and on all Northwestern-sponsored programs, the University’s policies and jurisdiction do not extend beyond the programs. Therefore, if you have questions concerning your interactions with people outside of your program, please raise those with your Field Director and avoid all contact with the perpetrator.

For more details about sexual harassment, please consult the following Web sites:

• http://www.usc.edu/dept/education/globaled/safeti/v1n2_newport.html
Center for Global Education SAFETI Newsletter: Information from a former Peace Corps volunteer about sexual harassment and prevention abroad.

• www.northwestern.edu/sexual-harassment
Northwestern University Sexual Harassment Prevention Office: Details about Northwestern’s sexual harassment policy and how to get help if you encounter sexual harassment.

Responding to Physical or Sexual Assault

Assault is a traumatic event that can occur in any environment, whether in the U.S. or abroad. However, as an international traveler, you may be more visible than you are accustomed to being and thus more likely to attract interest, whether positive or negative. While physical or sexual assault is not always preventable, we urge you to take every possible precaution and use good judgment.
If you are assaulted, please remember that it was not your fault, and you’re not alone. You should do the following if you are a victim of an assault:

1. Go to a safe place
2. Don’t shower or change clothes
3. Get help from a trusted person
4. Inform your Field Director or on-site faculty
5. Follow the guidance of the Field Director or on-site administrator for medical, psychological, and legal support

It is critical that you inform your Faculty Director or on-site administrator of any incident. S/he can help in a variety of ways, including providing support for you while you make choices about what to do next. The Field Director may assist you in contacting your family if you wish to inform them, and connecting you with sources of emotional support locally. The Field Director can also assist you in contacting the Counseling and Psychological Services Office at Northwestern, which is very experienced with these sorts of situations.

Alcohol

When studying abroad, you will most likely be going to a location where you will be of legal drinking age in that country and where alcohol may be a larger part of the everyday culture than in the U.S. Generally, however, people in those countries don’t drink to get drunk. While distance from home may lessen your inhibitions, you are encouraged to use good judgment if you choose to consume alcoholic beverages while studying abroad.

Occasional drinking of alcoholic beverages in moderation is permitted provided that you are of legal drinking age in the area you are visiting. However, excessive and irresponsible drinking leading to intoxication and behavior that interferes with the rights of others is subject to immediate disciplinary action, including termination from the program, parental notification, and return home at your own expense. Students who use alcohol must do so responsibly while studying abroad.

In general, avoid over-indulging. Be aware of the customs of the country. Drinking to get drunk is never acceptable, even in countries where alcohol is consumed with every meal. Over-indulging is a real danger in a foreign country where the beer may be stronger and cheaper and there are no barriers to drinking before the age of 21. Remember that drugging is not at all uncommon. Always try to buy your own drinks. Keep control of yourself. Never go home with a stranger. Always go out with at least one friend (especially if you are a woman), and return with that friend. We suggest making an agreement with a friend that if one of you is behaving differently than normal, you take the other one home.

For China, the temptation to make the vivid nightlife there the center of your time abroad must be avoided. Not only does it distract from your studies, and is dangerous, it will, upon your return, make you regret the fact that you spend more time with Tsingtao beer than you did in exploring a locale you may never see again. Hangovers also are no excuse for missing classes and the Field Director will visit you in your room to get you to class.

Drugs

Despite what you may have heard about looser drug laws outside of the U.S., drugs are illegal in most countries around the world. In fact, drug laws are often stricter outside U.S. borders. In several countries, including Thailand, China, Saudi Arabia, Malaysia, and Turkey, possession of even a relatively small amount of illegal drugs can be grounds for the death penalty. In several others, including Mexico and the Dominican Republic, it can be grounds for mandatory jail sentences. Once you have ventured beyond U.S. borders, U.S. laws or constitutional rights no longer protect you. Thus, DO NOT do drugs abroad! The penalties are much too dangerous.

Excerpt: U.S. Department of State Bureau of Consular Affairs/American Citizens Services
Each year, more than 2,500 American citizens are arrested abroad--about half on narcotics charges, including possession of very small amounts of illegal substances. A drug that may be legal in one country may not be legal in a neighboring nation. Some young people are victimized because they may be unaware of the laws, customs, or standards of the country they are visiting. From Asia to Africa, Europe to South America, U.S. citizens are finding out the hard way that drug possession or trafficking equals jail in foreign countries.

There is very little that anyone can do to help you if you are caught with drugs. It is your responsibility to know what the drug laws are in a foreign country before you go, because "I didn't know it was illegal" will not get you out of jail.

In recent years, there has been an increase in the number of women arrested abroad. The rise is a result of women who serve as drug couriers or "mules" in the belief they can make quick money and have a vacation without getting caught. Instead of a short vacation, they get a lengthy stay or life sentence in a foreign jail.

If you are purchasing prescription medications in quantities larger than that considered necessary for personal use, you could be arrested on suspicion of drug trafficking.

Besides drugs, alcohol can also get U.S. citizens in trouble abroad. Students have been arrested for being intoxicated in public areas, for underage drinking, and for drunk driving. Some young Americans go abroad assuming that local authorities will overlook such conduct. Many believe that they are immune from prosecution in foreign countries because they are American citizens. The truth is that Americans are expected to obey all of the laws of the countries they visit, and those who break these laws sometimes face severe penalties, including prison sentences.

Disorderly or reckless behavior is also to be avoided. In many countries, conduct that would not result in an arrest here in the U.S. constitutes a violation of local law. It is crucial that young Americans be aware of this risk as they are enjoying their time abroad.

Being arrested is not the only thing that can happen on a foreign vacation. Young Americans have suffered injury or even death from automobile accidents, drownings and falls, in addition to other mishaps. While these accidents are sometimes chance occurrences, many are caused by alcohol or drug abuse. Sadly, other Americans have been raped or robbed because they have found themselves in unfamiliar locales or are incapable of exercising prudent judgment while under the influence of drugs or alcohol.

Remember: Reckless behavior while in another country can do more than ruin your vacation; it can land you in a foreign jail or worse. It is possible to have a safe and fun trip, avoid risky behavior and become familiar with the basic laws and customs of the country you plan to visit before you travel. To obtain more information about traveling abroad, check the Department of State's web site at http://travel.state.gov/studentinfo.html.

**Issues of the Law**

A foreign jail is no place to spend your time abroad. Therefore, make sure you understand the laws of the countries you visit. It is also important to know that many practices that are illegal or grounds for a mistrial in the U.S., including extraction of a confession, entrapment, or police searches without a warrant, are admissible in courts in other countries. In some systems, there is no bail requirement, no jury trial, and the burden of proof is on the accused to prove his or her innocence.

If you ever get into legal trouble abroad, you should immediately contact your Field Director. You may also contact a Consular officer at your local U.S. Embassy abroad. However, their ability to help in some situations is limited.

**A U.S. Consular officer can:**
- Visit you in jail after being notified of your arrest
- Give you a list of local attorneys
- Notify your family or friends and relay requests for money or other aid with your authorization
• Intercede with the local authorities to ensure that you are treated humanely and that your rights under local law are fully observed

**The U.S. Consular officer cannot:**
• Get you out of jail
• Represent you at trial or give legal counsel
• Pay legal fees or fines with U.S. government funds

The U.S. Embassy personnel also provide routine citizenship services (such as passport replacement) and emergency assistance for American citizens abroad, and provide assistance to Americans abroad and their families in cases of death, serious medical emergency, and legal difficulties.

Warning for China: Prostitution is on the rise there despite incredibly stiff penalties. Pimps offering such illegal services will approach any non-Asian male on multiple occasions. Even Asian-American males dressed like a Westerner become a target. Develop a strategy of politely but firmly extracting yourself from such situations. Since you shouldn’t travel into such districts alone anyway, use the group as a tool to simply steer the focus away from the offender. He/she is risking heavy jail time; don’t join them in this risk.

Also, cheap CD’s and DVD’s are for sale to any possible Westerner in Beijing. You should know 1) the artists who created these products are being robbed of fair payment for their talent, 2) that many of such replicas are faulty in their reproduction, and 3) never follow a street vendor of these discs off a main street. You could be setting yourself up for a robbery under the guise of grabbing a cheap copy of ‘Star Wars: Episode III.’

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**Emergencies**

An emergency is an occurrence or situation that poses a genuine and sometimes immediate risk to your health and well-being.

**Emergencies Abroad**

It’s always a good idea to make sure that key members of your family have valid passports in case you have an emergency abroad that requires one of them to travel to your host country. Should an emergency occur, first contact your Field Director, whose phone number is listed on your Emergency Contact Card and at the front of the handbook. If you can’t reach the Field Director and the emergency requires you to contact the Study Abroad Office, call one of the Study Abroad Office numbers at the front of the handbook.

If you need to reach the Study Abroad Office and have an emergency after normal business hours, call the University Police at the phone number listed in the front of this handbook. They will then contact a Study Abroad Office staff member who will call you back.

**Emergencies at Home**

Unfortunately, experience shows us that students studying abroad sometimes have a relative become ill while they are overseas. As a result, it is critical that your family or friends at home know how to get in touch with you when you’re abroad—especially if you are away from your program city or the program has ended. You are required to give a travel itinerary with your contact information to your Field Director each time you leave your program city. After the program has ended, however, please contact your family every couple of days either by phone or email to let them know where you are and how you can be reached.
Questions for the Educated Traveler

One of the best safety precautions you can take is to educate yourself about the culture and history of your host country. This will not only help you have a more enjoyable experience abroad, but it may also prevent you from unknowingly putting yourself in uncomfortable or dangerous situations. Try to answer the following questions and find out how prepared you are! If you don’t know the answers, you may find them in a country guidebook, which has sections about the history, culture, and politics of each country, or on a Web site about your country.

1) How many people who are prominent in the affairs (politics, athletics, religion, the arts, etc.) of your host country can you name?

2) Who are the country’s national heroes and heroines?

3) Can you recognize the national anthem?

4) Are there other languages spoken besides the dominant language? What are the social and political implications of language usage?

5) What is the predominant religion? Is it a state religion? What are the most important religious observances and ceremonies? How do members of the predominant religion feel about other religions?

6) What are the most common forms of marriage ceremonies and celebrations?

7) What is the general attitude toward divorce? Is it legal? What about extra-marital relations? Polygamy?

8) What is the attitude toward homosexuality?

9) What is the attitude toward contraception?

10) What is the attitude toward gambling? Drinking? Doing drugs?

11) Is the price asked for merchandise fixed or are customers expected to bargain? How is the bargaining conducted? If, as a customer, you touch or handle the merchandise or sale, will the storekeeper think you are knowledgeable, inconsiderate, within your rights, or completely outside your rights?

12) How do people organize their daily activities? What is the normal meal schedule? Is there a daytime rest period? What is the customary time for visiting friends?

13) What foods are most popular and how are they prepared?

14) What things are taboo in this society?

15) What is the usual dress for women? For men? Are slacks or shorts worn? If so, on what occasions? Do teenagers wear jeans? Does this change when you are off-campus as opposed to weekdays?

16) What are the special privileges of age and/or sex?

17) If you are invited to dinner, should you arrive early? On time? Late? If late, how late?

18) On what occasions would you present gifts to or accept gifts from local people? What kind of gifts would you exchange?
19) How do people greet one another? Shake hands? Embrace or kiss? How do they leave one another? What does any variation from the usual greeting or leave-taking signify?

20) How long do people talk when they use the telephone? Do friends call each other frequently to chat? How do people feel about having other people make long-distance (overseas) calls from their private house phones? What about local calls?

21) What are the important holidays? How are they observed?

22) If you are invited to a cocktail party, would you expect to find among the guests foreign business people? Men only? Men and women? Local business people? Local politicians? National politicians? Politicians' spouses? Teachers or professors? Intellectuals such as writers, composers, poets, philosophers, religious clerics? Movie stars? Ambassadors or consular officials from other countries?

23) What are the favorite leisure and recreational activities of adults? Teenagers?

24) What sports are popular?

25) What kinds of television programs are shown? What social purposes do they serve?

26) What is the normal work schedule? How does it accommodate environmental or other conditions?

27) How will your financial position and living conditions compare with those of the majority of the locals? How can avoid being not only an ‘ugly American’ but an obviously more wealthy one?

28) Are typical families nuclear or extended? At what age do people normally move out of their parents’ home?


30) How are children disciplined at home?

31) Are children usually present at social occasions? At ceremonial occasions? If they are not present, how are they cared for in the absence of their parents?

32) How does this society observe children’s “coming of age”?

33) What kind of local public transportation is available? Do all classes of people use it?

34) Who has the right of way in traffic: vehicles, animals, or pedestrians?

35) Is military training compulsory?

36) Are the largest circulation newspapers generally friendly in their attitude toward the U.S.?

37) What is the history of the relationship between this country and the U.S.?

38) How many people have emigrated from this country to the U.S.? Other countries? Are many doing so at present?

39) Are there many American expatriates living in this country? What kinds of options do foreigners have in choosing a place to live?

40) What kinds of health services are available? Where are they located?
41) What are the common home remedies for minor ailments? Where can medicines be purchased?

42) Is education free? Compulsory? In schools, are children segregated by race? By caste? By class? By sex?
What kinds of schools are considered best: public, private, or parochial? In schools, how important is
learning by rote? How are children disciplined in school?

43) Where are the important universities of the country? If university education is sought abroad, to what
countries and universities do students go?

Keeping in Touch

Telephones
U.S. long-distance carriers offer a wide variety of calling plans for students going overseas. Shop around to
compare prices. MCI, Sprint, and AT&T offer special calling plans for Americans going abroad. If you choose
one of these companies, it’s usually cheaper for your family to call you from the U.S. than for you to call them
from abroad. Past students have suggested arranging a calling schedule, setting a time each week when you will
be at a certain number and having the family member or friend call from the U.S. at that time. Another option is
to purchase international calling cards from a local store or kiosk abroad that can be used with the public phones
to call the U.S. These cards are usually easy to find and relatively inexpensive.

Sometimes you will find that it’s fairly inexpensive to lease or purchase a cell phone, which is also very
convenient. Check with your Field Director after arrival for options in your city. Be aware that cell phones
purchased abroad will typically not work in the U.S., so it’s probably best to look into renting or leasing a phone
rather than buying one.

Email
The majority of programs will give students access to e-mail, which is certainly the cheapest way to keep in touch
with friends and family at home. You can access your Northwestern email account by using Web mail:
www.northwestern.edu/webmail.

It is likely that Internet access at your program will be limited, which probably means that the computers are not
available 24 hours/day and there are relatively few for the number of students who need to use them. At many
universities, you will find that you have to wait in line or schedule time to use the computers. If this is the case,
you can get Internet access at cyber cafés around the city, which will require you to pay for access on an hourly
basis. The cost is usually minimal and is a great way to avoid the limited computer access you may have at your
program site.

If you find yourself constantly sending your friends/family emails about your time abroad, you’re missing out on something.
You are there to live the experience, not record each and every event with different tones to half a dozen friends you miss or
want to share your excitement with. Keep a journal by all means. In years to come, it may become one of your most
precious souvenirs. Keep a blog if you can and just tell all your friends to read it periodically. But if you miss a chance to
say, explore ballroom dancing in a Chinese park, just because you have send emails, you’ve missed more than having your
toes stepped on. You’ve missed part of why you went abroad in the first place.

Diversity Issues

Gender
Adjusting to another culture can pose some challenges for male-female interactions and relationships. Because many cultures around the world have been exposed to images of American dating practices in movies, TV shows and advertising, sometimes foreign nationals can make stereotypical assumptions about American womens’ dating habits. Female students should be aware of what their dress, body language, and eye contact communicate to people in their host culture. If you are female, you should:

- Talk to women from your host country; follow appropriate standards for dress and body language.
- Trust your instincts. Don’t do something that makes you uncomfortable. Instead, remove yourself from the situation immediately.
- Be careful to avoid situations where date rape drugs could be slipped into your drink. Never leave a drink unattended. (Men are also common victims of drugging so thieves can steal their wallets.)
- Be assertive and say “NO” in a convincing tone when necessary.
- Remember that in Mexico particularly, there are other customs for meeting women in social settings. Ask the staff of your program for hints on what is considered polite behavior and where boundaries are that you should avoid.

For more resources on gender issues, see the following Web site:

- [http://www.northwestern.edu/studyabroad/students/prospectivediversity/gender.html](http://www.northwestern.edu/studyabroad/students/prospectivediversity/gender.html)

The Northwestern Study Abroad Office: Links to articles, books, and campus resources for female travelers.

Sexual Orientation

You may already identify yourself as a heterosexual, gay, lesbian, bisexual, or transgender student, or you may still be exploring these issues. In either case, you will find that the social climate, laws, and personal interactions of your host culture often differ from the U.S.

In some cultures, Western understandings of “gay” and “straight” don’t exist, or don’t carry the same importance as they do in the U.S. Men walking arm in arm in Beijing, for example, is no indication that the friendship is sexual. Quite the opposite may be true. People involved in same-sex relationships may not see this behavior or preference as an identity. In other cultures, there are active social movements for civil rights for sexual minorities. In preparing for your study abroad experience, it may be important for you to research the LGBT climate of the country you will be visiting. Though it might seem intimidating to research these kinds of issues, it will help you be better prepared to face the world you will encounter. Even if you do not plan to have a sexual relationship while away, you should be informed about specific laws pertaining to sexual behavior and sexual/gender orientation. When doing your research, try to ascertain:

- The legality of same-sex sexual behavior (sometimes male-male sexual behavior is illegal while female-female sexual behavior is not)
- The age of consent for sexual behavior (which may differ from the age of consent for opposite-sex sexual behavior)
- Restrictions on freedom of association or expression for LGBT people
- Anti-discrimination laws (these can be national laws or specific to local areas)
- Sodomy laws

You may find that you can be freer in your behavior than in the U.S., or that you need to hide your sexual preferences completely to avoid cultural ostracism or arrest. Please feel free to contact the Study Abroad or IPD Office to discuss any concerns. Many of us have attended the Safe Space program, and we would be happy to talk to you.

For more resources on this topic, see the following Web sites:

- [http://www.indiana.edu/~overseas/lesbigay/](http://www.indiana.edu/~overseas/lesbigay/)

NAFSA - Rainbow Special Interest Group: A comprehensive site on issues of concern to lesbian and gay participants in international exchange and travel.
Race and Ethnicity
Race and ethnic relations are also culturally determined, which means that while you’re abroad, you may be part of an ethnic minority for the first time in your life. The ethnic identity you have always felt to be an integral part of yourself may be viewed in a completely different way in your host country. Those of you visiting a country where you have ethnic or racial roots may be expected to behave according to the host country norms in a way that other Americans of a different background are not. Perhaps you’ll be considered American first, and your ethnic or racial identity will be considered unimportant. In many countries, there are homegrown ethnic or racial conflicts, and you may be identified with one group or another because of your physical appearance, until people discover you are American. It is extremely unlikely that any of these situations will involve any threat of physical harm to you as an international student; however, you should prepare yourself for the situations you may encounter by researching the situation in your host country. Upon request, the Study Abroad Office staff can try to put you in contact with a student or faculty member at Northwestern who has experience in your host country and can address these issues with you.

For more information about race and ethnicity issues abroad, see the following Web site:

- [http://www.northwestern.edu/studyabroad/students/prospective/diversity/race.html](http://www.northwestern.edu/studyabroad/students/prospective/diversity/race.html)
The Northwestern Study Abroad Office: Links to articles, books, and campus resources about race and ethnicity issues abroad.

Disabilities
Students with disabilities are increasingly participating in study abroad programs around the world. As with the other issues mentioned above, the key to a successful experience is advance planning. Understand, however, that attitudes, accessibility, and accommodation for students with emotional, mental, learning, or physical disabilities may vary at different program sites. Think about how you will cope with these differences, and seek as much information as possible before you depart. One possible source of information would be to find people with similar disabilities in your host country. The Study Abroad Office may be able to help you connect with someone on-site who can offer firsthand information about this topic.

Most importantly, be sure to consult with the Study Abroad Office staff about any accommodation you may need before you leave for your program so we can do our best to help.

For more information about student disabilities and study abroad, see the following Web sites:

  Mobility International USA: Information on education and travel abroad for people with disabilities. Includes extensive links to related organizations worldwide and to providers of travel services for people with disabilities.
- [http://www.umabroad.umn.edu/access/](http://www.umabroad.umn.edu/access/)
The University of Minnesota: A comprehensive source of information about students with disabilities who wish to study abroad.
- [http://www.northwestern.edu/studyabroad/students/prospective/diversity/disabilities.html](http://www.northwestern.edu/studyabroad/students/prospective/diversity/disabilities.html)
The Northwestern Study Abroad Office: Links to articles, books, and campus resources for students with disabilities who wish to study abroad.
Adjusting to Life in a Foreign Culture

Studies have shown that when people move to a foreign country, they generally experience a series of emotional stages that fall into a well-documented pattern. The chart below documents these stages. While not everyone experiences them in the same order, or for the same duration, most people follow this pattern of cultural adjustment to some extent, even if their stay abroad is short. Study abroad students will most likely experience stage five at some point, but will not be abroad long enough to experience stage six. Even people who live abroad for years often do not experience the final stage.
The Common Stages of Cultural Adjustment In More Detail...

1. Pre-Departure Stage

<table>
<thead>
<tr>
<th>General Attitude</th>
<th>Anticipation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Planning, packing, preparing, orientation</td>
</tr>
<tr>
<td>Emotional Response</td>
<td>Excitement, enthusiasm, some trepidation of unknown, concern about leaving family, friends, partners, familiar environment, desire to escape problems</td>
</tr>
<tr>
<td>Behavioral Response</td>
<td>Anticipation, loss of interest in current responsibilities</td>
</tr>
<tr>
<td>Physical Response</td>
<td>Tiredness, generally normal health</td>
</tr>
<tr>
<td>Verbal Response</td>
<td>“I just can’t wait to…”</td>
</tr>
</tbody>
</table>

2. Honeymoon or Spectator Stage

<table>
<thead>
<tr>
<th>General Attitude</th>
<th>Exhilaration, euphoria, excitement with new sounds, sights, smells</th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Red carpet welcome, new homestay or dorm, new classes, teachers, exploration of sites and shops</td>
</tr>
<tr>
<td>Emotional Response</td>
<td>Tourist enthusiasm, sense of adventure</td>
</tr>
<tr>
<td>Behavioral Response</td>
<td>Outward curiosity about host nationals, motivated and cooperative, avoidance of negative stereotypes, enthusiasm for studies and site, superficial involvement with host culture (like a tourist)</td>
</tr>
<tr>
<td>Physical Response</td>
<td>Intestinal disturbances, minor insomnia, jet lag</td>
</tr>
<tr>
<td>Verbal Response</td>
<td>“How quaint; this place and these people are a lot like home!”</td>
</tr>
</tbody>
</table>

3. Increasing Participation Stage

<table>
<thead>
<tr>
<th>General Attitude</th>
<th>Bewilderment, disenchantment, restlessness, impatience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Classes, homework, everyday life, responsibilities in homestay or dorm, unfamiliar food/manners/language/costums</td>
</tr>
<tr>
<td>Emotional Response</td>
<td>Qualms, uncertainty, irritability, loss of enthusiasm, skepticism, frustration, questioning of values of self and others</td>
</tr>
<tr>
<td>Behavioral Response</td>
<td>Search for security in familiar activities (e.g., reading books in English), increased alcohol and/or food consumption, withdrawal</td>
</tr>
<tr>
<td>Physical Response</td>
<td>Colds, headaches, tiredness</td>
</tr>
<tr>
<td>Verbal Response</td>
<td>“Why do they have to do it like that? Why can’t they just…?”</td>
</tr>
</tbody>
</table>

4. Crisis Stage – “Culture Shock!”

<table>
<thead>
<tr>
<th>General Attitude</th>
<th>Hostility, irritation, aggression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>The elevator in your dorm is constantly broken, you have no hot water in the mornings, you can’t access email from your dorm, registering for classes feels like an unstructured nightmare, etc.</td>
</tr>
<tr>
<td>Emotional Response</td>
<td>Discouragement, lethargy, depression, suspicion, boredom, homesickness, anger, extreme sensitivity and irritability, frustration with cultural differences (small differences and inconveniences feel like major catastrophes!)</td>
</tr>
<tr>
<td>Behavioral Response</td>
<td>Withdrawal, avoiding contact with host nationals, excessive sleep, fits of weeping, overreact on minor problems, loss of concentration, uneven work performance, tension and conflict with others, search for American friends</td>
</tr>
<tr>
<td>Physical Response</td>
<td>Minor illnesses, headaches, preoccupation with personal cleanliness, eating more or less than usual</td>
</tr>
</tbody>
</table>
Verbal Response

“This place sucks! I hate it here. This place and these people are stupid. To make matters worse, my friends at home say the Northwestern football team is doing great and the weather in Evanston is amazing.” Use of stereotypes, chauvinism, nationalism may be common. “We” excludes host nationals.

5. Adaptation Stage

General Attitude

Events

Host national friends ask you to join them for activities, you're able to interpret cultural cues, you're more comfortable with the language - you can laugh at and tell jokes

Emotional Response

Sense of comfort with surroundings, sense of belonging, sense of shared fate, you begin questioning your assumptions about the world and American culture and your approaches to life

Behavioral Response

Work performance improves, sense of humor returns, ability to see things from perspective of host nationals, empathy

Physical Response

Normal health

Verbal Response

“As long as I'm here, I'd better make the most of it.” “Home” is homestay or dorm. “We” includes host nationals.

6. Biculturalism

General Attitude

“New” culture no longer feels new or foreign; feels like home

Events

Work, class, hanging out with host national friends, fluency in language... life as a normal routine

Emotional Response

Sense of belonging to two or more cultures

Behavioral Response

Living and working to full potential, cultural differences no longer affect you in a negative way, awareness of current events, knowledge of host country's affairs

Physical Response

Normal health

Verbal Response

“I think we do 'A' better here, but the U.S. does 'B' better.” You can appreciate certain aspects of the foreign culture and critique others, just like you do with the U.S..

Return Anxiety

General Attitude

Ambivalence

Events

Wanting to tell others about experience and finding others generally not very interested

Emotional Response

Mixed-up, disconnected, disoriented, irritability, depression, homesickness for overseas site, uncertainty about “home,” you feel like you changed but no one at home did

Behavioral Response

Criticism of home and friends, lethargy, keen interest in foreign affairs and news

Physical Response

Colds, headaches, jet lag

Verbal Response

“No one understands what I experienced. I never realized...”
Cultural Adjustment and Stress

While adjusting to life in a foreign culture is exciting, it can often be stressful to have to deal with differences in daily life on such a regular basis. Stress is often triggered when our expectations go awry. For example, you're having difficulty understanding the language, even though you've been studying it for years. Or the elevator doesn't work, and your room is on the fifth floor. Or your host family keeps serving you food that you absolutely hate! If these types of experiences stress you out, it can be helpful to remember that stress is a very common response to spending an extended period of time abroad. Furthermore, experiencing stress is generally a good sign because it means that you're really immersing yourself in a different culture rather than moving about in an American "bubble." We've all heard the familiar phrase, “No pain, no gain.” It applies to learning about a new culture, too!

Of course, even though stress may be a sign of study abroad success, you will probably be eager to minimize it. Here are some tips to help you deal with the stress:

- Think about your various sources of support and figure out a few things to do that will make you feel better. Personally, try to think positively and analyze where the stress is coming from. Socially, don’t isolate yourself; rather, seek out friends and groups that share your interests. And don’t forget to take care of yourself physically. Eat healthily, exercise, and get plenty of rest.

- Expect change, difference, and ambiguity. These are learning opportunities, rather than problems to overcome. During much of your time abroad, especially initially, you will not completely understand how things work or what they mean.

- Learn to be comfortable failing at some tasks, feeling stupid (like a 5-year-old!), and asking people for help, often with basic things.

- From time to time, remind yourself of your reasons for and objectives in going abroad. Cultural learning is never an easy process, and it is largely by feeling uncomfortable that you will learn the most, both about the new culture and about yourself.

- Analyze your negative reactions. Frustration and other feelings of discomfort are generally traceable to a specific cause of action—usually a disparity between expectations and reality, an unrealistic goal, a cultural blunder, etc. If you can analyze your feelings, you can learn from them.

- Expect inconveniences, like long commutes or crowded buses! Your goal is to live like a "local"—and generally, the locals don’t live in the center of town, especially if you’re in a big city.

- If you encounter problems—e.g., your luggage is lost, your flight is delayed, etc.—do not panic. Instead, refer to your program literature, which often explains how to handle common problems and has a contact number for emergencies (or things that may simply feel like emergencies). Read over the literature, ask questions of people around, and handle the problem step-by-step until it’s solved. Bring your program pre-departure literature with you, in your carry-on luggage!

- If you have problems/concerns, you should contact local staff first; they are the people who will most likely be able to help you figure out what to do.
• Trust your program. They have working with study abroad students for a long time, and they generally (although not always, of course) know what students need. Thus, for example, if they require that you attend an orientation, trust that they are telling you things that will be helpful to you as you begin your stay abroad—and pay attention, even if information seems repetitious or like common sense.

• If you have any recurring medical concerns, make sure to tell program staff about it as soon as possible (preferably before you even leave the U.S.!) so that they can be prepared to help you if necessary.

• Plan small tasks each day that will help you meet people and accomplish something—like preparing a new food, talking to someone new, accepting an invitation to go somewhere, etc.

• Remember the ways you have been able to reduce stress in difficult situations in the past and apply those methods in your present circumstances. For example, you might take a long walk, go to a movie theater, or write a letter to a close friend or relative.

Remember:
Most people who live in a foreign country for an extended period of time experience stress.
It is normal to feel overwhelmed and frustrated.
This is all part of the cultural learning process!

In Closing
Have a safe, fun, and enjoyable experience abroad. We encourage you to share your experience candidly with your friends, family, the Study Abroad Office, and future prospective students when you return. Please also participate in the many returnee events that we offer upon return. Please do not hesitate to contact the Study Abroad Office if you have further questions or concerns. Congratulations on your decision to internationalize your life, and good luck!

Best Wishes,

Dana Bumpus, Summer Program Coordinator
Northwestern University Study Abroad Office

Bill Anthony, Director
Northwestern University Study Abroad Office

Dévora Grynspan, Director
Vic Flessas, Projects Coordinator
International Program Development
Code of Conduct for Northwestern Summer Study Abroad Programs
(You signed and agreed to this in your pre-departure forms)

The Study Abroad Office holds students responsible for knowing the policies set forth in this document, as well as the Summer Study Abroad Student Handbook. These policies exist to facilitate the educational process and to ensure a safe, fair, and successful experience for students.

I. The Code of Student Conduct
Students who participate in Northwestern University summer study abroad programs are representatives of Northwestern and their country for the duration of their time on the program. Students are expected to conduct themselves appropriately and respectfully, and will abide by the rules set forth by the Study Abroad Office, the Program Director, the on-site program staff, and their hotel or homestay hosts. Any student who engages in disrespectful, hostile, or violent behavior that threatens one’s self, another person, or the program will be subject to immediate disciplinary action and may be dismissed from the program, and sent home at his/her own expense, with no refund.

Students participating in a Northwestern University summer study abroad program are expected to take responsibility for their own actions and will be held accountable for such by the Northwestern University Study Abroad Office and Program Director. Students are expected to abide by this Code of Conduct and the laws and customs that govern the host country where they are studying. Students are legally subject to the same laws and regulations that govern the host country’s citizens and any other laws that are applicable to the student as a foreign citizen in the host country.

The following are prohibited.

✓ Violence against others. This is defined as striking or doing any other physical harm to another.

✓ Verbal abuse of faculty, staff or students.

✓ Obstruction of Northwestern University or host university classes or obstruction of other Northwestern University or host university activities.

✓ Theft, damage, or vandalism to Northwestern University property, property of host universities, residence halls, host families, apartments, facilities used by Northwestern University, or of fellow students.

✓ Unauthorized entry to or use of Northwestern University or host university facilities or technology.

✓ Disorderly, disruptive, threatening, or intimidating conduct, gestures or actions.

✓ Violations of residential guidelines and/or rules established by hosts, including, but not limited to, unauthorized overnight guests, excessive noise, rowdy conduct, and drunkenness.

✓ Criminal behavior or violation of local laws.

✓ Violation of any policies contained in this document and/or the Summer Study Abroad Student Handbook.

✓ Failure to follow the Northwestern University Study Abroad guidelines, directives, timetables, and instructions of the Northwestern staff or faculty members.

✓ Obtaining unauthorized access to, viewing of, copying or distributing confidential Northwestern University or host university academic, administrative, or personal records.

✓ Falsification or alteration of academic or personal records, including, but not limited to, any unauthorized alteration of transcripts or grade reports, any verbal or written misrepresentation of student records, falsification or unauthorized alteration of any portion of the application for admission or financial aid or other official documents required for participation in a Northwestern University summer study abroad program.
Permanent or temporary diversion of academic materials needed by other students, including unauthorized removal of library materials, audio-visual materials or technological materials.

Self-endangerment, including involvement in activities or behavior that could result in personal harm, including, but not limited to, frequenting of dangerous places, association with criminals, repeated intoxication, etc.

Alcohol or drug policy violations. (See Section III below)

II. The Academic Honor Code

Registration at Northwestern requires adherence to the University’s standards of academic integrity. Students are expected to approach their academic work with dedication and integrity, understanding that they are responsible for enhancing their own learning through personal effort. Students agree to be fully prepared for each class session and to complete at least two credits of academic work. Further, because Northwestern courses abroad are designed to integrate classroom work with the local sites, regular class and field trip attendance is mandatory. Students who fail to attend will be subject to immediate disciplinary action and may be dismissed from the program.

Students also agree not to violate Northwestern University’s Academic Honor Code. The following behaviors are prohibited:

Plagiarism: Submitting material that in part or whole is not entirely one’s own work without attributing those same portions to their correct source.

Cheating: Using unauthorized notes, study aids, or information on an examination; altering a graded work after it has been returned, then submitting the work for regrading; allowing another person to do one’s work and submitting that work under one’s own name; submitting identical or similar papers for credit in more than one course without prior permission from the course instructors. Persons who assist cheating by sharing their work are also guilty of cheating.

Fabrication: Falsifying or inventing any information, data, or citation; presenting data that were not gathered in accordance with standard guidelines defining the appropriate methods for collecting or generating data, and failing to include an accurate account of the method by which the data were gathered or collected.

Obtaining an unfair advantage: (a) Stealing, reproducing, circulating, or otherwise gaining access to examination materials prior to the time authorized by the instructor; (b) stealing, destroying, defacing, or concealing library materials with the purpose of depriving others of their use; (c) unauthorized collaborating on an academic assignment; (d) retaining, possessing, using or circulating previously given examination materials, where those materials clearly indicate that they are to be returned to the instructor at the conclusion of the examination; (e) intentionally obstructing or interfering with another student’s academic work; (f) otherwise undertaking activity with the purpose of creating or obtaining an unfair academic advantage over other students’ academic work.

Falsification of record and official documents: Altering documents affecting academic records; forging signatures of authorization or falsifying information on an official academic document, grade, report, letter of permission, petition, drop/add form, ID card, or any other official University document.

Unauthorized access to computerized academic or administrative records or systems: Viewing or altering computer records, modifying computer programs or systems, releasing or dispensing information gained via unauthorized access, or interfering with the use or availability of computer systems or information.

III. Alcohol and Drugs Policies
Alcohol may be consumed, within reasonable limits, by students who are of legal age in the host country. Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times and are expected to drink responsibly. It is prohibited to illegally distribute alcohol to students who are not of legal drinking age. Further, excessive and irresponsible drinking leading to intoxication and behavior that interferes with the program or the rights of others is subject to immediate disciplinary action, and may result in dismissal from the program. Note that the Study Abroad Health Insurance does not cover any injuries that occur while you are under the influence of alcohol, intoxicants or any drug not prescribed by a physician.

Students are prohibited from selling, using, or possessing any drugs that are considered by host country law to be illicit or illegal. Students are cautioned that the possession of drugs is often dealt with harshly by host country law enforcement. NOTE: Any drug infraction will be considered a grave violation of policy and will result in immediate disciplinary action, including possible dismissal from the program.