



Your Study Abroad

Dear Purdue University Calumet Student:

A good study abroad experience begins at home! This means that the amount and type of preparation you do before leaving the United States can contribute to a productive and enjoyable time while you are overseas. You are not going to be gone for long. What you want is to hit the ground running by being ready to meet the opportunities and challenges that come your way. You cannot afford to waste precious time shopping for a comfortable pair of shoes because you decided to bring your cute designer sandals rather than a comfortable and sturdy pair of walking shoes. It would be inconsiderate to hold up your class field trip while you scour the streets for a bank to exchange traveler's checks when using your ATM card would have done the trick. Therefore, before you go, here are a few things you need to know:

CONTACT PERSONS IN SPAIN:

Prof. Marisa Garcia-Verdugo email: marisagarcia_verdugo@hotmail.com

Prof. Victoria Pineda (Spanish Coordinator): mvpineda@unex.es

CONTACT PERSONS IN USA:

Maribel Lopez (219-989-2632) FLL Department

Prof. Carmen Torres-Robles (219-989-1231) FLL Department

TEXT BOOKS NEEDED:

SPAN 201-202 *Dos Mundos, 6th Edition*

SPAN 481-SPAN 451 *Civilización y cultura de España, Vicente Cantarino, Pearson Prentice Hall 5th Edition. ISBN#0-13-194638-2*

IMMIGRATION DOCUMENTS

If you have a current passport that will expire before your return to the United States, you must renew your passport at this time. Many countries require a traveler's passport to be valid up to six months past that person's return date to his or her country. If your passport will have less than six months remaining after the end date of your program, you must renew it before departure. Otherwise, you may have to surrender your passport for a time while you are abroad which will temporarily restrict your freedom to travel. Renew your passport if there are not enough blank pages for entry stamps and visas.

If you are going to a country that requires a visa, you **MUST** have a valid passport **BEFORE** you can apply for a visa since, in most cases, you must send in your actual passport in order to obtain a visa.

While traveling, the most important thing is to keep your passport with you at all times! Besides being extremely important to you, a passport (especially a U.S. passport) is a valuable commodity to foreigners. It can be sold for hundreds, even thousands of dollars, on the black market. Getting your passport stolen is not your only concern. If you are stopped in a foreign country and you cannot prove your citizenship, you may run into problems or delays. Carry your passport with you at all times in case you are asked for identification. And don't give your passport to anyone. You may be approached by people claiming to be "officials" who need to verify your identification. Before you surrender your passport – do the verifying yourself! This person may not be who he or she claims to be.

! *Keep your passport with you at all times - even when you are sleeping or showering! These are the times when it is likely to be stolen, especially if you are staying in a non-private hostel room. A U.S. passport is worth a lot of money in some foreign black market.*

Before you leave for your destination, photocopy the main page of your passport (the page with your photo) so that if you do lose it, you will have a back-up copy to speed up the process of securing a replacement. Do not keep the photocopy with your passport. Instead, put it in another bag or give a copy to your traveling companion.

! *Scan your passport send the file to your own email address. This way, if you lose your passport, you will have a copy that you can access and print out from any internet café. This tip also works with health insurance forms, phone numbers and addresses, and other paperwork.*

Visa

A visa is an authorization, usually stamped onto your passport by a foreign government, which permits you to enter a country for specific lengths of time and purposes (i.e. for tourism or study). If you hold a United States passport, you can usually enter and stay in a country for up to 90 days without a visa. Students on most summer programs do not need a visa. If this is the case, you can skip this section.

If you do need a visa, know that visa requirements differ from country to country and are fully described in a booklet called "Foreign Entry Requirements" which is available at any Passport Agency, or on the

internet at <http://travel.state.gov/foreignentryreqs.html>. You should apply for a visa with the consulate that has jurisdiction in the state where you reside permanently.

If you plan to travel to other countries before, during, or after your program, you should find out prior to your departure if the country or countries you intend to visit during university vacations require a visa. Some tourist visas are available at the border as you enter a country. Others must be obtained in advance from the embassy or consulate of the country you wish to enter. Usually you must submit your passport, a photo, an application form, and a processing fee.

If applying by mail, processing a visa can take up to eight weeks. Some students find it easier to obtain visas for countries other than their host country while abroad rather than in the U.S. If possible, apply for a “multiple entry” rather than a “single entry” visa.

Non-U.S. citizens

Check with the appropriate embassy or consulate to determine your specific visa requirements. Contact information in the US is included in your packet. If you are not currently in your home country and you need to renew your passport, you should check with the closest consulate of your country. To obtain the phone number for your country’s embassy or consulate in the United States, please refer to the “Foreign Consular Offices in the U.S.” website at <http://www.state.gov/s/cpr/rls/fco/c9299.htm>.

PLANNING YOUR ITINERARY



Some department-led summer programs include group flight airfare in the program fee. If this is the case for your program, you will receive group flight information from the program leader.

You are expected to be at your program site before the program begins or in time to participate in an orientation program. If you are arriving before the recommended arrival date, you will most likely have to make your own arrangements for accommodations. Call the Foreign Languages and Literatures Office with your travel itinerary.

Travel planning also involves having some basic facts at your fingertips when you arrive. Be sure you have the following information:

- What to expect at the airport (immigration and customs procedure, location of ATMs, ground transportation, etc.)
- Directions to your apartment, residence hall, hotel, or host family
- What form of transportation to take and where to get it
- Who to contact or where to go in case of emergency
- How to say a few key expressions and questions in the host country’s language

MONEY MATTERS



How much do you need to bring? In general, students’ spending habits vary depending upon the funds available, personal spending allowance, and the amount devoted to eating out, shopping, and travel. You will probably spend more during the first week or so, but as you become more accustomed to life in your host city, you should be able to do more with less. There are students who make it their goal to visit as many countries as possible, while others will become more acquainted with their host country.

Whatever your budget, the most basic thing is to determine the form this money will be available to you.

Handling Money

ATM Cards.

Past participants tended to use a combination of credit and ATM cards for handling money. The easiest and most economical way to have cash for daily expenses is have an ATM card and its 4-digit Personal Identification Number (PIN). With this card, you can withdraw local currency directly from your US bank account at very favorable exchange rates. ATMs are readily available in banks, airports, shopping centers, train stations, and post offices overseas. If your ATM card is linked to the PLUS or CIRRUS networks, you have the option of using it to obtain cash virtually anywhere in the world. Note that there is often a daily limit on how much you can withdraw from your account.

The biggest advantage of exchanging money with your ATM card is that all cash withdrawals, regardless of size, are exchanged based on the wholesale exchange rate which is usually reserved only for very large interbank exchanges. This rate is often 2-5% better than what you can get from exchanging traveler's checks at a local exchange counter.

Inform your bank that you will be making ATM withdrawals abroad and consider increasing your maximum withdrawal amount. Check that your PIN will work abroad. Many ATMs abroad, particularly in Europe, do not accept PINs that are longer than four digits. If your PIN is longer, you can go to your local bank and have it changed. European keypads also do not have letters, so know your 4-digit PIN numerically. Also, you should ask your bank about any charges that may be imposed for withdrawing money overseas. Ensure that you have the phone number of your local bank for any emergencies.

Traveler's Checks.

Another safe way to carry money when traveling is to have traveler's checks. Fees to cash traveler's checks however are typically quite high so avoid using them for everyday spending. Reserve these for emergencies only. Thomas Cook and American Express are the most widely recognized. Leave a copy of your check numbers at home and keep check receipts in a separate place overseas. Record the cash number when you cash traveler's checks. In the event they are lost or stolen, traveler's checks can be replaced if you have the check numbers.

Credit Cards.

We recommend that all study abroad participants carry a major credit card in their name. Visa and MasterCard are accepted in most places in the world (not Discover cards). Even if payment by credit card is not preferred for daily expenditures, it is important in an emergency or while traveling. A process of payment for credit card bills should be established before your departure from the U.S. Before you leave the United States, notify your credit card company that you will be using the card abroad. You should also obtain your credit card company emergency phone number to use while overseas. If your card is lost or stolen, you will be able to call toll-free to have an immediate stop put on its use.

Visa, American Express, MasterCard, and Diner's Club credit cards are widely accepted for purchases and services, and can also be used to obtain cash advances, but at a much higher rate than using an ATM card. As charges are billed to your account in the US, make sure your family or the person with power of attorney pays your bills regularly.

! To protect yourself and your purchases, always use a credit card if you are buying something fairly expensive.

Debit cards, or check cards, which deduct the cash on items you charge directly from your checking account, work pretty much the same way as a regular credit card. They can be used internationally to access cash and will give you the same wholesale exchange rate. If you are renting a car, you should be aware that while you can use a debit card to pay for the rental charges, you might not be able to reserve the car with this type of card.

A few students have reported using prepaid MasterCard gift cards that can be used like a credit and ATM card. A pre-paid money card is convenient because you can bring several cards each containing only a reasonable amount (say \$100). You can toss each card after exhausting its monetary value. Each card comes with its own PIN and has to be activated individually. Ask your bank for availability.

Cash. Although cash, once lost and stolen cannot be replaced, it is easy to use and always accepted. So you should always have a cash reserve on you whether you need a small amount for a tip or the small hotel where you booked a weekend room won't accept other methods of payment. The importance then is how to carry your money and ATM and credit cards safely and conveniently.

For travel expenses while en route to your destination (meals, taxis, overnight accommodations if necessary), change a small amount of money into foreign currency. Ask your local banks if they provide this service.

You may be tempted to use the “Bureau de Change” or “Chequepoint” offices to secure cash. These places are usually located at airports or train stations in major cities. Don't use them if you can help it! They charge outrageous commission fees and give very poor exchange rates. When exchanging money or cashing traveler's checks, go to a bank instead!

HEALTH CONSIDERATIONS



International Health Insurance

All students participating in Purdue University Calumet-administered or department-led summer programs are automatically enrolled for a limited group medical insurance policy administered by the Cultural Insurance Services International (CISI). The Office will enroll you for the insurance coverage (cost: \$27 per month), and the cost of the insurance will be reflected on your Purdue University Calumet tuition statement. A policy statement and insurance card will be sent to your permanent home address, usually a week before you leave for abroad.

The Purdue University Calumet CISI policy requires you to pay for medical services when they are rendered and then file a claim for reimbursement. Therefore, be sure to save all receipts for any medical expenses (hospital, clinic, physician, pharmacy) to facilitate your reimbursement claim later.

Note: Students classified as “international students” at Purdue University Calumet have different insurance requirements. Contact the Foreign Languages and Literatures Office to clarify your insurance requirements.

Immunizations

The Centers for Disease Control and Prevention (CDC) (<http://www.cdc.gov/travel/>) advises travelers of any required or recommended immunizations for the countries they will visit.

Prescription Medication

You should consult your doctor or pharmacist regarding your medication needs while you are abroad. Bring with you any necessary medications and keep them in their original, labeled containers in your carry-on luggage. Because of strict laws on narcotics in most countries, it is advised that you carry a letter from your physician explaining your need for any prescription drugs in your possession. It is also advisable to carry a readable (preferably typewritten) copy of the prescription. If possible, ask the physician to write a prescription for the generic name of the drug, not the brand name. For example, Prilosec (generic name: omeprazole) is known as Losec in the U.K. If you take over the counter (OTC) medications with you, be sure to keep them in their original containers with the contents clearly marked. High import duties are often charged on any prescription drug or pharmacy item mailed into most countries, so do not plan to have medicines shipped to you.

Glasses or Contact Lenses

If you wear glasses or contact lenses, take the lens prescription with you as well as an extra pair of glasses or lenses. The same contact lens solution you use is probably going to be available overseas so you do not need to bring a large supply with you. However, you have to be prepared for the possibility that the cost may be higher or the brand unavailable in your host country.

KNOW BEFORE YOU GO



In addition to having quick facts at your fingertips, know as much as possible about your host country. The more you know about your destination, the more confident you will feel when you arrive. Don't wait until you are overseas to learn about your host culture. Why not?

A little bit of knowledge can go a long way to establish good relations. For example, should you bring a gift to your host family? If so, what's appropriate? How should you behave toward your professors and classmates? Acquiring information is also strategic since you will be able to participate in conversations more readily, as well as indicate to your hosts that you have respect for their culture and are willing to become integrated.

At the very least, make sure you know the country's location on the map, its major cities, neighboring countries, the country's government system, and the names of its political leaders and parties. Later, read up on the significant events in the country's history and its economic condition, ethnic make-up, and major religions. Finally, make sure you are up to date on current events, the major popular culture trends, and the role of the United States in the country's history at the present time.

Fortunately, there are various resources available to you right here at Purdue University Calumet. Take your pick!

People from the country or culture you are visiting:

- Returned and exchange students
- International student groups at Purdue University Calumet

Literature and Film:

- Program handbook from your host university
- Resource materials at the Foreign Languages Lab
- Travel guides (Fodor's, Let's Go, Lonely Planet, Eyewitness Guides, and others)
- Travel narratives like books by Bill Bryson
- Culturegrams
- Rent foreign films from a video rental store or from the library

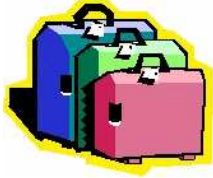
Newspapers and magazines:

- Purdue University Calumet Library Center's international newspaper & periodicals collection

Internet:

- Study Abroad website at PUWL and your program's website
- Country websites

PACKING



The key to packing for your time abroad is economy. Since you will be carrying your own luggage during the trip, often for long stretches in airports, bus and train stations, and from the station to your residence hall or apartment, you must pack sensibly. Do not bring items that will distract you from the multitude of interesting experiences awaiting you. No student has ever complained about packing too little. But, oh, do we hear groans from almost everyone who packed too much! Here's what we suggest. Pack what you plan to take, then walk around the block two or three times and go up and down stairs. If you can't make it, you've overpacked. The lighter your bags, the more fun it is. Here are some general suggestions that apply to travel anywhere in the world.

Packing Pointers

Luggage

- Label your luggage on both the outside and the inside with your name, address, and destination. If you do not know your overseas address, give the program or university address.
- Be sure to take luggage with locks. If you'll be taking most of your belongings in a duffel bag or backpack, have at least one small suitcase that locks so you can use it for your valuables.
- Luggage can occasionally go astray. Don't pack valuables, medication, or your passport in checked suitcases.
- Pack only your essentials (such as prescriptions, personal hygiene items, passport and other documentation, a change of clothes) and valuable items (tickets, computer, jewelry, camera), in your carry-on bag. Put everything else in your checked bags.
- Attach a bright tag or ribbon to your luggage handle so it will be easy to distinguish from all other black bags on the airport conveyor belt.
- If you plan to do a lot of traveling (vacation, overnight, or weekend trips), avoid hand-held suitcases or bags and opt for a backpack for hands-free travel. Your backpack should be light, durable, and comfortable. Get one made of tough fabrics like pack-cloth or Cordura. Go with a reputable name brand to ensure quality.
- When you purchase your backpack, try it on and adjust the straps, pads, and internal frame. Make sure the pack fits your body contours. Check out the quality of the suspension system. The suspension system of most modern packs is designed to transfer most of the weight to your hips

reducing back strain. Play with the adjustments to fine-tune the fit. If a pack does not feel right now, it won't feel right after several hours of walking around.

- Take a day-pack with you. You can either buy a separate one or just buy a travel backpack that has a detachable daypack that zips onto the outside. You can use your daypack for daily outings while you leave the large pack at the hostel or the local train station.

Money and Travel Documents

- Purchase a money belt or neck pouch for cash, plane tickets, and passport. Wear this inside your clothing when traveling. If you have to take out money, do so in private.
- Make copies of the information page of your passport, airline tickets, rail pass, ISIC card, hostel card, and traveler's checks. Keep copies somewhere in your luggage and give one set of copies to a trusted person for safekeeping in the event that these items are lost or stolen. Another option is to scan these documents and send them to yourself via email.
- Clean out your wallet before you leave. Leave all unnecessary items at home.

Clothing, Toiletries, and Accessories

- Choose clothing that will allow a minimum amount of items to be carried. This is done by selecting items that can be mixed and matched together, based on color and styles, to create a variety of outfits. Pack dark-colored trousers or skirts so dirt won't show quite so easily. Remember that accessories (scarves, pins, brooches, belts) can also change your look.
- Bring clothes that are easy to care for. In some countries, Laundromats are still rare, expensive, and complicated to use. If you are living with a family, the family may not have a dryer. Be prepared to do laundry by hand. Don't bring clothes that need to be dry-cleaned or ironed.
- Some countries, like the UK, may be humid and clothes will take longer to dry. Clothes made with tencel, microfiber, jersey knit, microfleece, microsuede, or other modern fabrics are great for traveling. They are light, easy to care for (drip-dry, no ironing required), and non-bulky.
- You don't have to pack several weeks' worth of clothes. Plan on doing laundry more often. Wash your socks and underwear every night. Tencel shirts can easily be washed in the sink too. You can wear your trousers for a few days before they need to be washed.
- If you are going to a cold place, the key to staying warm is to layer your clothing. Rather than packing bulky or heavy items, simply take a few lighter and thinner pieces that can be worn together. Leave the heavy cotton sweatshirt at home!
- If you plan to do some vacation travel while overseas, consider investing in a Pak Towel. These special towels are super-absorbent, very lightweight, and dry in an instant.
- Leave expensive and dearly loved items at home. For heaven's sake, don't take the family jewelry or items that have great sentimental value. Leave them at home where you will be sure they will not be lost or stolen. In fact, you shouldn't pack anything you can't afford to lose.
- In all likelihood, you are going to destinations where most things are available. You do not have to bring everything! Some items (bed linens, towels, hair dryers) are best purchased overseas!
- For women: cosmetics should be the first to go when traveling. The last thing you need is a ton of cosmetics and grooming products weighing you down as you board planes, trains, and buses. If you can't do without, bring only one set of each cosmetic item that will coordinate with your clothes. Do not bring hairdryers, flat or curling irons, and other doodads. They won't work abroad anyway. Plan to buy one at your destination if you really have to.

Footwear

- Invest in good footwear. It is important to buy high quality shoes that are going to last you a while so you don't get stuck paying double for a new pair in another country. Shoes may be the cheapest thing you can buy in the US.
- Bring only broken-in, comfortable pairs of shoes! You will do a lot of walking on campus, within your host city, or while traveling. Do not bring new and unworn shoes no matter how cute they are. Aching, blistered feet will be absolute hell when you're abroad!
- Approach shoes – a cross between hiking boots and running shoes – offer flexibility and comfort for most activities. They are durable enough for plenty of walking and light hiking, yet can be worn to the local club or restaurant if need be. This type of shoes is often easier to break in also.
- If you are traveling to a warmer climate, there is nothing more comfortable than a good pair of sandals. They let your feet breathe, and if they are of good quality, provide your feet with enough support for most activities. Teva, Mephisto, Chaco sandals are a few brands to consider.
- Place your shoes in plastic shopping bags so that when they are packed with clothes, dirt from the shoe bottoms does not touch your clean clothes. When packing, place your shoes at the bottom and fill in any gaps using socks and underwear.

Travel Guides

- A travel guide is an essential tool for traveling on a budget. The guide you choose can make all the difference to your trip. Choose a travel guide that fits the kind of experience you would like. *Let's Go* books, written by college students, include a description of and a listing of nightlife activities. Ask your bookstore staff for recommendations.
- Make sure your travel guide is as current as possible. The world is changing very fast! A guide book that is only a year old may already contain plenty of incorrect and outdated information (phone and fax numbers, opening/closing hours, website, room rates, transportation availability, and others). Spend the money on a current edition and save yourself the headaches. A travel guide will pay for itself in a day or two.
- Consider how many regions your travel guide covers. Some guides include many countries yet you may only be going to one or two of them. If you will be traveling in only one country, purchase a guide that focuses on that country alone. You will find much more detailed information relevant to you. If you are traveling to several countries, purchase a multi-country guide but rip out the pages of the countries that you won't be going to. This may seem excessive, but every pound counts when carried on your back.
- If you choose the most popular travel guide, expect to meet and compete with other travelers who are using the same guide. If you are traveling with a friend or two, it may be a good idea for each of you to carry a different travel guide for the variety of maps, information, and resources each will list.

Electrical Gadgets, Outdoor Gear, and Computers

- If you just cannot do without a hair dryer or a flat iron, **BUY THE GADGETS AT YOUR HOST COUNTRY!** Electrical systems are different around the world. In some countries you need a converter to use U.S. appliances due to voltage differences. Even with a converter, however, U.S. appliances still might not work properly.
- **DO NOT BRING YOUR COMPUTER!** You will not need it and it's just an expensive, heavy item to protect and lug around.
- If you take battery-operated gadgets, be aware that batteries are more expensive abroad
- If you find you must take valuable items such as laptop computers or video recorders, consider insuring them before you leave. Check with your insurance agent company to see how to insure it against damage or theft overseas, and check with the manufacturer for instructions about using a converter to deal with the voltage or cycle differences.
- Bring a travel alarm. Even better, just use a wristwatch with a built-in alarm.
- If you are planning to stay in hostels during your weekend travels, you should buy or make a sleep sack. You can make one simply by sewing two flat sheets together or you can buy one at a travel store. Hostels will sometimes charge for renting sheets and you can save by bringing your own. Your sleep sack will also protect you from "suspicious" sleeping surfaces.
- Digital camera is the way to go. You don't need films, you'll get perfect photos every time, and you'll be able to share photos with family and friends instantly by downloading photos to online photo sites like snapfish.com, Ofoto.com or Shutterfly.com.

! Walk around the block a few times and go up and down a flight of stairs with your luggage (check-in bags, carry-on, and purse). If you find the activity very trying, you packed too much! Remember that you will have to make your way from the airport to a train, taxi, or bus station, walk a few blocks, and go up a few flights of stairs before reaching your final destination. You must be able to do all these while lugging all your bags!

Traveler's Checklist

This list is designed to be a general guide and is not intended for a particular country. As such, the list would be altered depending on your destination, time of year you're traveling in, amount of money you will have, and the length of time you will be away.

BEFORE YOU GO:

- Passport
- Visa
- Appt. with Dr/DDS
- Insurance information
- Credit Cards with PIN numbers
- Traveler's checks
- Currency of host country (about \$100)
- U.S. cash (dollars bills come in handy)
- Plane tickets
- Health Documentation
- Extra ID
- International Student ID card (ISIC)
- Course materials and books (when provided before departure)
- Emergency info (medical, itinerary, relatives)
- Update your SSINFO information

HEALTH CARE NEEDS:

- Prescription medication/Contraceptives
- First Aid Kit
- Band Aids
- Moleskin (for blisters)
- Antiseptic cream
- Sunscreen
- Tweezers
- Scissors
- Painkillers and decongestants
- Antacid
- Diarrhea Medicine
- Malaria Pills (where needed)

PAPERWORK:

- Copy of your Course Approval Form
- Name, email, phone number of your advisor(s)
- This study abroad handbook
- Your program handbook and other program materials
- Travel documents
- Important documents (prescriptions, medical information, insurance card and policy statement, acceptance letter)

CLOTHING:

- ___ Drip dry, no iron, minimum care clothes
- ___ Layerable clothes for weather changes
- ___ Waterproof jacket (preferably Gore-Tex)
- ___ Comfortable shoes
- ___ Flip-flops for communal showers
- ___ Socks-thin cotton, thermal, wool
- ___ Hat or visor
- ___ Gloves/scarf
- ___ Skirt
- ___ Trousers
- ___ Tops
- ___ Swimsuit
- ___ Underwear
- ___ One nice outfit (for social or cultural events)

IMPORTANT BASICS:

- ___ Sturdy yet light rolling suitcases, duffel bags, or backpacks
- ___ Travel pack or Daypack
- ___ Fanny pack, money belt or neck pouch
- ___ Sewing kit
- ___ Good padlock/keys
- ___ Luggage Tags
- ___ Toiletries and cosmetics (if you prefer your own brand)
- ___ Camera and accessories (film, battery, memory card, adaptor, battery charger)
- ___ Disposable camera (just in case!)
- ___ Dictionary of the host language/grammar books
- ___ Alarm clock (battery operated)
- ___ Watch
- ___ Pictures from home
- ___ Small gifts from your home for host family and new friends
- ___ Diary or journal
- ___ Travel Guides

MISCELLANEOUS:

- ___ Cards, games
- ___ Duct tape (wrap around a pencil or film canister)
- ___ Towel & washcloth (for travel)
- ___ Leisure reading in English
- ___ International phone card
- ___ Umbrella
- ___ Sunglasses and sunscreen
- ___ Plastic zip-lock bags
- ___ Spare set of glasses or contact lenses
- ___ Small pocketknife (pack in your checked luggage)
- ___ Maps
- ___ Stuff sacks, garbage bags
- ___ Lots of patience
- ___ A good attitude
- ___ A sense of humor

In sum, the ideal study abroad student is one who has attended to both the logistical arrangements and the mental preparation necessary to cope with the new experiences ahead. As noted French biologist Louis Pasteur asserted: “Chance favors only the prepared mind.” You’ll get more out of your experience if you are as prepared as you can be to meet the challenges and opportunities that lie ahead.

Here is a checklist of the things you should do when preparing for your trip:

- _____ Research travel information and determine travel documents you need
- _____ Compare airfares and make airline reservations
- _____ Purchase an ISIC if desired or required for flight
- _____ Attend to all registration, financial aid, and academic matters at PUC
- _____ Determine how you will handle your finances and make arrangements accordingly
- _____ Attend to healthcare issues (get prescriptions, get dental and eye exams, and others)
- _____ Know some basic arrival information (useful phrases, airport transportation, etc)
- _____ Use various resources to get as much information as you can about your host country
- _____ Purchase a good travel guide (Don’t leave home without one!)
- _____ Plan what items you will pack
- _____ Pack items in the bags you are planning to travel with.
- _____ Do a “dress rehearsal” with your bags. Unload items you can do without. Repack bag.
- _____ Repeat above as often as necessary. Remember – you must remain mobile!!
- _____ Know what to expect the first three days of orientation
- _____ **Begin the mental shift that soon you “won’t be in Kansas anymore”**

***! Chance favors only the prepared mind.
Give yourself the edge by being prepared!***

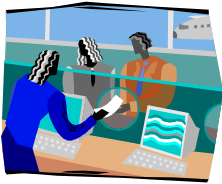


In Transit

An eight-hour flight? No worries, I'm ready!

*F*lying for the first time can be an intimidating experience, especially if you do not know what to expect. This section provides information on what will happen when you arrive at the airport and what you can do to make your flight as comfortable as possible. Nowadays, flights are almost always full and to go overseas packed in with hundreds of other passengers is not fun. However, you can take steps so you arrive at your destination in reasonably good shape.

AIRPORT ARRIVAL



If you have not flown on an airliner in the past year or so, you may not remember some of the basic things that you need to do. You may also be unfamiliar with the security changes that were put in place to increase the level of security for airline passengers.

Identification. When you check-in, you will be asked by the counter and gate agents to present your passport and your ticket or boarding pass. Do not forget your passport – you cannot leave the United States without one.

Checkpoints. Depending on the security procedure in place, the security agents at the checkpoints near the gates may insist on searching every carry-on luggage or bags you bring on board. Some places even insist that all passengers remove their shoes. These security precautions can take time, so be sure you arrive at the airport at least two hours before your scheduled departure.

Baggage. These days, passengers are asked not to lock their bags in case yours are randomly or deliberately chosen for inspection by TSA agents. Use a twist-tie to “lock” your luggage zippers. . Do not leave your baggage unattended on the curb or in the terminal because it may be considered suspicious package and confiscated by airport security. Also, if you are taking presents to friends or your host family, leave the gifts partly unwrapped so that security personnel can inspect the contents.

In addition, keep in mind that you are limited in the amount of carry-on and checked baggage you are allowed. Travel light. Do not stuff your carry-on bag. Remember that anything you bring, you will have to carry. Also, a very heavy carry-on bag may fall out of the overhead bin and cause severe injuries to you or another passenger. Find out what the limits are for carry-on and checked baggage for your airline and plan accordingly.

DURING THE FLIGHT



No one enjoys long airplane flights, but there are a few things you can do to make yourself more comfortable. If you plan ahead, you won't have to spend a whole day recovering from jet lag after you land.

Clothes. Make sure you dress appropriately. Being uncomfortable can make a long trip seem even longer. Wear non-binding clothing as you will experience some swelling during the flight. Wear layers so you can remain comfortable even if the temperature varies during the flight. Your shoes should also be loose fitting because your feet swell even more than the rest of your body. Bring along a heavy pair of socks or slipper socks so you can take off your shoes during the flight and still be able to keep your feet warm.

! Some travelers recommend changing into comfortable clothes during the flight (i.e., a sweat suit) and then changing back to their dressier street clothes upon arrival. This way, you can fly in comfort yet arrive looking sharp and fresh (not crumpled and disheveled) when you meet your hosts.

Diet. Eat a light meal on the day of your flight. Flying on a full stomach could cause some physical distress. Watch your salt intake to alleviate the discomfort of swelling! Avoid snacking on chips and salty treats that contain a lot of salt. Fruit and granola bars are good choices. Flying causes dehydration so make sure you drink plenty of fluids but stay away from coffee and alcohol. Bottled water is the best choice. A good rule of thumb is to consume at least 8 ounces for each hour of flight time. Adequate water consumption also helps reduce jet lag.

Medication. If you have a tendency toward motion sickness, there is medication such as Dramamine to help this condition. Sinus medication may also be needed as the air pressure can be difficult to adjust to when going from lower to higher altitudes and vice versa. Taking a pain killer or two, even if you are not ill, can also increase your comfort level. Relieve any pressure in your ears by simulating a yawn or chewing gum. Because the altitude is so drying to the skin and eyes, you will want to make sure you have a good moisturizer and moisturizing eye drops. Try not to wear your contact lenses for the flight. Use the moisturizer liberally every few hours.

What to do. Exercise throughout the flight to prevent the condition known as deep vein thrombosis (DVT) caused by prolonged immobility - as occurs during long journeys by air. When someone is sitting down for a long time their blood tends to pool in their lower leg veins causing swelling and increasing the chance that the blood will clot and form a DVT. While the condition is rare and risk to you is small, do some basic stretches in your seat and walk the length of the plane at least twice an hour. The longer the flight, the more you should make an effort to get exercise. If nothing else, exercise just to break the monotony and keep you relaxed and limber.

Plan to spend about a third of your time reading. **Buy a new book, get the latest issue of your favorite magazine, or better yet, read literature about your host country.** This is the best time to read that travel guide you just purchased. Another distraction is the onboard movie. Even if it isn't a great cinematic gem, it will pass two hours of more in no time.

If at all possible, try to nap for a couple of hours. You will feel more refreshed if you can rest a bit. Avoid using those airline pillows and blanket. Those are pretty filthy. The best is to buy an inflatable travel pillow shaped like a "C" and hook around the neck. An eye mask will also help block out the sun or cabin lights. Do not bring your pillow from home! It's just one more thing to lug around when you arrive.

ON ARRIVAL



Try to get into the swing of things immediately! Resist the urge to spend the rest of the day napping. Instead, get out and try to get as much sun exposure as you can. Exposure to sunlight helps your body adjust to the new time zone in your host country. Take a walk. Get oriented. Investigate your new surroundings. Go to bed at the normal time, or try to stay up until at least 8:00 p.m. You will wake up the next day feeling refreshed and ready to go!



At Program Site

CULTURE SHOCK



Leaving home and traveling to study in a new country can be a stressful experience. Even though it may be something you have planned and prepared for, the extent of the change and the effects studying abroad can have on you may take you by surprise. “**Culture Shock**” describes the impact of moving from a familiar culture to one which is unfamiliar. It is an experience familiar to anyone who has traveled abroad to live, work, or study. It can even affect people who are just overseas on a brief holiday.

The effects result from the shock of a new environment, meeting lots of new people, and learning the language and the ways of a different culture. Culture shock also can come from the ordeal of being separated from your friends, family, colleagues, and other people you would normally talk to in times of uncertainty. When familiar sights, sounds, taste, and smells are suddenly no longer there, you may find yourself missing them very much and feeling miserable in your new surroundings.

! Before you leave the US, make sure you know what to expect for the first three days in your new environment. If you are tired and jet-lagged when you arrive, small things that go awry may upset you unnecessarily and you may get an exaggerated sense of their real significance.

Academics, too, can require major adjustments. The strategies a student used to master academics in his or her home country do not necessarily apply overseas. This can be especially frustrating for students who have worked hard to achieve academic success at home, and then do not immediately attain the same level of achievement abroad. The student has not failed, but is learning a different approach to education. With time and assistance, students should be able to overcome these obstacles.

It is important to realize that culture shock is entirely normal, usually unavoidable, and not a sign that you have made a mistake or that you won't manage. In fact, there are very positive aspects to culture shock. The fact that you are going through it means that you are learning! You are becoming more aware of your own culture as well as the new culture you have entered. It will give you valuable skills that will serve you in many ways now and in the future.

Just the same, though culture shock is normally a temporary phase, it is important to know that there are some things you can do to help ease the cultural adjustment. You cannot simply wait for the phenomenon to end after a period of time – culture shock is not a virus that will just run its course. You have to be proactive, to do something to appreciate the positive aspects of the experience and lessen the negatives.

- Understand that culture shock is a NORMAL experience. It can and will happen . . . even to the best of us.
- Travel in a spirit of humility and with a genuine desire to meet and talk with local people.
- Do not expect to find things as you have them at home . . . for you have left your home to find things different.
- Do not take anything too seriously . . . for an open mind is the beginning of a fine international experience.
- Do not let others get on your nerves . . . for you have come a long way to learn as much as you can, to enjoy the experience, and to be a good ambassador for your country.
- Do not worry . . . for one who worries has no pleasure.
- Do not judge the people of a country by the one person with whom you have had trouble . . . for this is unfair to the people as a whole.
- You shall remember that you are a guest in every land . . . for one who treats a host with respect will be treated as an honored guest.
- Cultivate the habit of listening and observing, rather than merely seeing or hearing.
- Realize that other people may have thought patterns and concepts of time which are very different than yours -- not inferior, just different.
- Be aware of the feelings of local people to prevent what might be offensive behavior. For example, getting drunk and becoming loud or taking photographs of people without asking their permission.
- Make no promises to local, new friends that you cannot implement or carry through.
- Spend time reflecting on your daily experiences in order to deepen your understanding of your experiences.

! No matter how overwhelmed you are by the feeling that you made a mistake studying abroad - don't pack up and go home. Truly, really, if you respond positively to culture shock, you will begin enjoying the experience of being in another country. Don't short-change yourself.

FITTING IN



Make a genuine effort to learn as much as possible about the country and its people, preferably before you leave home. This way, your host culture will not seem as new when you arrive. Of more importance, the more information you possess, the more easily you can engage your hosts in conversation.

Your expectations should be realistic - remember that you are only going to be in this new culture in a pre-determined amount of time. Ask yourself what you can accomplish, given the amount of time you will be in the host country. Don't waste the first few days doing the things you should have done before arriving, i.e., reading up on your host culture. Once you've settled down, you will be amazed at how quickly the time will pass. Make the most of your time!

If you have any problems, don't wait until they become overwhelming and stressful. **Don't isolate yourself – force yourself to socialize! Seek out a friend or counselor and try to solve or at least recognize the cultural misunderstanding.**

! *But . . . stay away from other unhappy Americans! It'll be harder getting rid of the doldrums if you become part of a cacophony of whining. Seek out a person from the host culture and let this person be your cultural guide and interpreter.*

It may be helpful to reflect on how you deal with stress even before you go on your program. Being aware of how you handle anxiety and pressure, and knowing that you can use those same methods overseas, will further help you deal with the physiological and psychological stresses of culture shock.

! *Feeling down? You can act yourself into new ways of thinking and feeling.*

Take care of yourself. Engage in a daily exercise regimen, eat healthy, get enough sleep, take long walks, go dancing. If you feel good about yourself, your outlook will be sunnier too.

! *You know what they say about having an apple a day . . .*

Be adaptable! Don't wait for people to seek you out, make the first move yourself. Don't worry about not speaking the language perfectly - the fact that you are making a genuine effort to communicate with people in their own language is always appreciated, and you make friends quicker this way. A study abroad experience is mostly going to be what you make of it, so take advantage of the opportunities that come your way.

! *Have a sense of humor! You can and will make mistakes. Seemingly mortifying events are never as bad as you think! Surely, you must have witnessed an international student at Purdue University Calumet commit a cultural faux pas? No, don't remember it? Exactly!*

STRETCHING YOUR DOLLARS



Sigh! Unfortunately, the dollar is not the strong currency it once was – especially against the Euro or the British pound. Three years ago, a €100 hotel costs \$110. Now, it's about \$130. And the general feeling is: it'll get worse, not better. What you need to do is to sharpen your budget skills and spend your hard-earned money more carefully. For the most part, this is simply common sense and dispelling the notion that you must spend in order to get a more fulfilling study abroad experience. Not so! Studying abroad need not involve a lot of money. You can be frugal and still have an enjoyable, productive, and absolutely memorable experience!

! *The best way to find out the exchange rate between the US and other countries? Try www.xe.net. Xenon Laboratories gives rate quotes on 180 currencies for 250 nations. Oanda (www.oanda.com) lists currency rates that you can print out as a cheat sheet to keep in your wallet.*

Here are some suggestions from travel guru Rick Steves (www.ricksteves.com) :

- Seek out free entertainment. City parks, town squares, pedestrian districts, and downtowns offer interesting sights and sounds. Visit churches. Know which museums are free to the public (British Museum in the UK!) Mingle with the locals!
- Walk as often as you can and save your fare money for something else. Most Americans think of walking as an exercise rather than something to get them somewhere. People in many parts of the world think nothing of walking a few miles to work or school everyday. In London, don't use the Tube if you are traveling fewer than 4 stations.
- Yes, it is tempting to eat out often, but preparing your own meals is probably more nutritious and certainly cheaper. Can't cook? Write down the recipes of your favorite dishes on note cards and take with you or learn to prepare a few simple local dishes. Be prepared to improvise.
- If you do eat out, avoid touristy restaurants with "We speak English" signs. Go where the locals eat. You get better food for less money.
- Be a cultural chameleon. Drink tea in England, beer in Prague, red wine in France. They eat fish in Portugal and reindeer in Norway. Going with the local specialties gets you the best quality for the best price.
- Picnics also save money. Buy a loaf of freshly baked bread (from a local bakery), a hunk of cheese, a bottle of wine, and voila – an elegant lunch.
- Minimize paying ATM transaction fees by making fewer but larger withdrawals.
- Stay in touch cheaply. International phone cards with PIN numbers are sold at newsstands most anywhere. They offer calls to the US for 10 cents a minute.
- Do your shopping in cheaper countries where gifts are more interesting and your shopping dollar stretches the farthest.
- Don't be afraid to haggle! In many parts of the world, this is expected.
- Look up friends, relatives, and contacts. Enjoy local hospitality with gusto. Works better if you are also interesting and charming.
- Know your travel options. Eurailpasses can offer big savings – but only if you are traveling a lot over several days. For short tips, point-to-point tickets are cheaper. Sometimes, Europe's highly competitive no frills airlines – such as Ryanair or Virgin Air – can get you from one city to another faster and cheaper than the train.

- Know what local passes are available. Eurail or Britrail passes can only be purchased in the US and are often pricier than passes available to the locals.
- Always ask for a student discount. You never know – it may be available!
- Buses, while slower, are cheaper than trains. Train fare from London to Edinburgh costs about \$150 but only \$50 by bus. Weigh the pros and cons of cost versus speed.
- Wear a money belt. You'll save money by not losing it.
- Always take a moment to review any transaction. Assume you'll be short-changed. Always ask how much (ok, it's awkward at first – but you'll get used to it). Don't let a cashier rush you. Smile but be savvy.
- Travel with a buddy to share and save.
- Buy your maps in Europe at half the price of what you'll pay at Borders or Barnes and Noble.
- Throughout Europe, drinks are cheaper at the bar than at a table. Get a table if you'll linger and enjoy the atmosphere. If you only want a quick drink, just go to the bar.
- Don't overtip! Only Americans tip 15 – 20 percent in Europe, even when not expected or gratuity is already included in the price. Ask locals who are customers for advice.
- Though requiring some safety precautions, staying at a youth hostel rather than a pricier hotel can usually save you money.
- Stay healthy and be mindful of your safety at all times. You don't want to be saddled with medical bills. The Purdue University Calumet CISI insurance requires that you pay upfront for treatments and file a claim later.

KEEPING A PERSONAL JOURNAL



You will visit many places and see many wonderful things, but most certainly, the greatest journey takes place inside of you. **It is for this reason we strongly suggest that you keep a journal.** Writing is thinking. Keeping a journal gives a record of events, activities, and thoughts. It engages you in your personal overseas experience through thinking, interpreting, and analyzing cross-cultural situations. While many students agree that keeping a journal while studying abroad is a good idea, many end up getting bogged down with the whole experience and giving up. **The thing is: almost everyone regrets not keeping a journal!** Making regular entries will certainly take some time and energy. Whether you make daily entries or write only when the urge hits will be up to you – but get into the journaling habit! It is one of the best things you can do to enrich your study abroad experience.

One of the main reasons people give up on writing a journal is that they find the process of writing down every detail of their experience overwhelming and sometimes quite boring. Many journal entries go something like this: “First we went ... and then we saw ... and then we went ... and then ...” This type of writing stifles your creative juices and does not encourage good writing technique. Plus, it's too laborious – it will take a while to regurgitate your entire day on paper.

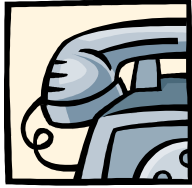
! Keep a journal and always jot down names and places. No matter how amazing and unforgettable your experience abroad may seem, it doesn't take long before your memories begin fading with time.

We suggest keeping a journal in which the emphasis is **less** on the chronological details and **more** on your impressions, feelings, vivid descriptions, and ideas. Certainly, jot down names and places, and include narratives as much as you can. However, if you don't have time, even short descriptions and keywords will ensure that you will have some way of remembering the amazing and unforgettable people, places, and events that you will encounter during your time overseas.

The Institute for the International Education of Students gives the following pointers for keeping a study abroad journal.

1. **Begin right away.** Before you leave, make a list of what you want to gain from your study abroad experience academically, socially, and personally. What do you expect to encounter? What concerns do you have? It will be interesting to compare what you were thinking and feeling at the beginning of your study abroad experience, mid-way through the term, and towards the end. You will have a way to gauge how far you have come.
2. **Observe and interpret.** Record different day-to-day activities: from dinner conversations to people you see on the street. These details of daily life are full of meaning as they represent different approaches and values.
3. **Jot down your responses to classroom lectures, discussions, and assignments.** By recording your impressions and interpretations of your academic environment, you are actively using classroom material to enhance your cultural experience.
4. **Experiment!** Assign yourself different personal research exercises such as interviewing 5 locals at the pub, taking time to observe how people interact in cafes, theaters, and other public places, or joining your hosts in celebrating a national holiday.
5. **Record your ethnocentric moments.** These are your reactions, based on your own cultural assumptions, to local events and situations. These responses can be quite revealing (and probably humorous) when you read them a few months later.
6. **Record how people respond to you.** You may feel misunderstood, uncertain as to how to respond, or lost because people do things differently. By imagining how your actions might be interpreted differently by others, you can begin to understand different points of view.
7. **Use your journal creatively!** Include photos, sketches, song lyrics, maps, train tickets, newspaper headlines, whatever inspires you or was memorable that day. You may also wish to write in the local language. Keeping a vocabulary section will help remind you of the new slang terms and expressions you have learned.
8. **Critique your journal.** Describe how your perspectives change over time. Analyze what you chose to write about in the first few weeks and what you tend to focus on later. In what way do you see yourself growing and maturing from the experience?

EMERGENCIES ABROAD



In an emergency, please contact the Purdue University Calumet Police Department at 1-219-989-2911. This number is active Monday through Friday from 7:30 a.m. to 10:30 p.m. CST. If the police department determines that the call requires the attention of Purdue University Calumet personnel, FLL staff members will be contacted.

This number should be used for emergencies only, such as serious accidents or illnesses. Non-emergency calls may be made to the Department of Foreign Languages and Literatures during normal working hours, 8am – 4:30pm CST.

STAYING SAFE

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. However, crimes do take place overseas, and you should always be prepared for unexpected events. As a foreign student, you can be an easy target for thieves because you stand out in a crowd, are unused to the surroundings, and are generally perceived to be carrying money, credit cards and valuables like cameras. You can reduce your risk of being mugged or robbed by taking a few simple precautions outlined below.

Safety on the Street

- Use the same common sense traveling overseas that you would at home. Be especially cautious in or avoid areas where you are likely to be victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and marginal areas of cities.
- Don't use short cuts, narrow alleys or poorly lit streets. Try not to travel alone at night.
- Use ATMs during the day, when there are people around. No matter how safe it may seem, do not withdraw money from an ATM located in a deserted area at night alone.
- Put your money in a money belt to conceal your wealth. BUT ... put some money in your front pocket too! If you do get approached by a mugger, surrender the money in your front pocket and then plead poverty. Having easy access to money also will prevent you from having to pull out your money belt in public.
- If you do need to get cash from your money belt – do it in private. Never remove anything from a concealed money belt while you are in public. Someone could be tracking your movements.
- Avoid public demonstrations and other civil disturbances.
- Keep a low profile and avoid loud conversations or arguments. Do not discuss travel plans or other personal matters with strangers.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority.
- Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. embassy or consulate.

- Beware of pickpockets, especially in train stations, churches, and town squares where there are throngs of people. Often, pickpockets have an accomplice who will (a) jostle you, (b) ask you for directions or the time, (c) point to something spilled on your clothing, or (d) distract you by creating a disturbance. A child or even a woman carrying a baby can be a pickpocket. Beware of groups of vagrant children who create a distraction (i.e., street fights) while picking your pocket.
- If you are using a zip-on daypack while wearing your full-size backpack, do not keep anything valuable in your daypack if it is zipped onto the back. Thieves can easily remove your daypack without you even noticing. Keep your valuables inside your full-size backpack or put your daypack inside the backpack if space permits.
- Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers. Do not put your wallet in an outside pocket of your backpack. If feeling particularly vulnerable, wear your money belt somewhere other than around your waist. Thieves know all about money belts too. Consider carrying a 'dummy' wallet holding a small amount of cash. If a mugger directly confronts you, you can hand over the dummy wallet and avoid further distress.
- If you are confronted, don't fight back. Give up your valuables. Your money and passport can be replaced, but you cannot.

Safety in Your Hotel

- If possible, choose accommodation that has unmarked 'swipe cards' rather than numbered keys for each room. If you lose your swipe card or if it is stolen, a thief won't know which room to rob.
- Keep your hotel door locked at all times. Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.
- Your money and passport should never leave your body. When you sleep, wear your money belt or slip it inside your sleep sack. When you shower, hang the money belt or neck pouch IN the shower (slip in a plastic waterproof Ziploc bag).
- If you leave your luggage in the hostel, lock your bags and take anything valuable with you.
- Let someone know when you expect to return if you are out late at night.
- If you are alone, do not get on an elevator if there is a suspicious-looking person inside.
- Read the fire safety instructions in your hotel room. Know how to report a fire. Be sure you know where the nearest fire exits and alternate exits are located. Count the doors between your room and the nearest exit. This could be a life saver if you have to crawl through a smoke-filled corridor.

Safety on Public Transportation

- Only take taxis clearly identified with official markings. Beware of unmarked cabs.
- If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

- Where possible, lock your train compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage, strap your valuables to you and sleep on top of them as much as possible.
- Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers.
- If you rent a car, don't go for the exotic; choose a type commonly available locally. Where possible, ask that markings that identify it as a rental car be removed.
- Make certain it is in good repair. If available, choose a car with universal door locks and power windows, features that give the driver better control of access to the car. An air conditioner, when available, is also a safety feature, allowing you to drive with windows closed. Thieves can and do snatch purses through open windows of moving cars.
- Don't leave valuables in the car. If you must carry things with you, keep them out of sight locked in the trunk.
- Don't get out of the car if there are suspicious looking individuals nearby. Drive away.
- At the airport, watch for your suitcase as it appears on the carousel. Don't hang back and wait for the crowds to disperse - you might find that someone else has already taken your bag in the meantime.

Safety for Female Travelers

All travelers should plan carefully to ensure their health and safety while away. However, women have a few extra concerns.

- Take a doorstop in your luggage and jam it under your closed hotel room door when you retire for the night.
- Avoid ground level hotel rooms. Concierge floors often offer extra security.
- Keep a business card from your hotel in your purse, in case you get lost.
- Don't leave your drink unattended in a restaurant or bar.
- When registering, use only your last name and first initial, if possible.
- Many countries have different ideas about how women should dress and behave. People will make assumptions about you based on what you are wearing. If you're traveling in segregated areas, such as orthodox religious neighborhoods, take cues from the women around you and try to blend in. Even if you don't agree with particular customs, it will make your trip more enjoyable if you respect local expectations. If you don't, you may have to endure unpleasant attention.

ALCOHOL

Cultures view alcohol and consuming alcohol in differing ways. Depending upon the culture in question, alcohol may be seen as a complement to a meal, a privileged drink, an element of a sacred rite, a socially-acceptable way of unwinding, or in various other ways or combinations.

The legal drinking age abroad is frequently lower than it is in the United States. Nevertheless, while the drinking age may be lower, the drinking laws more lenient (i.e., no open container laws), or the cost of alcohol cheaper in your host country than in the U.S., it is important to remember the risks involved. Even in countries where social drinking is the norm on a daily basis, it is never safe or acceptable to “binge” drink. In some countries, people who become drunk are considered uncouth and are looked upon with disdain.

Remember that your inhibitions and defenses are down when you have been drinking. Alcohol belongs to that class of drugs known as sedatives, which can impair judgment and cause a loss of inhibition, judgment and fine motor control skills even in small doses. This could lead to you to perform some act that would be considered absolutely mortifying had you been sober. Finally, don’t forget that you are representing Purdue University Calumet while you are abroad. We certainly hope that all students we send abroad will do the university proud. In all matters concerning alcohol, please keep in mind the following points:

- You do not have to drink. It is culturally appropriate to decline the offer of an alcoholic beverage, particularly if you do so in a gracious manner.
- You should never feel culturally pressured to do anything that makes you feel uncomfortable.
- If you do choose to consume alcohol, please consume it responsibly and safely.
- Do not drink and drive – the laws governing drunk driving in many foreign countries are far, far harsher than the mere “slap on the wrist” DUI laws in the United States.

ILLEGAL DRUGS AND CRIME

(Adapted from the U.S. Department of State's Travel Warning)

Each year 2,500 Americans are arrested overseas. One third of the arrests are on drug-related charges. Many of those arrested *assumed mistakenly* that as U.S. citizens, they could not be arrested. 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. If you choose to use illegal drugs abroad, there is very little that anyone can do to help you if you are caught. You are operating under the laws of the host country and the regulations of the local institution. Neither the U.S. government nor Purdue University Calumet will be able to secure your release should you be detained/arrested.

! Watch Out. If you are arrested on drug charges (or any crime for that matter) while abroad, you will be subjected to the host country’s laws governing punishment for that crime. There is nothing the United States government could do to get you out of the slammer.

It is your responsibility to know the drug laws of a foreign country before you go, because "I didn't know it was illegal" will not get you out of jail. Some laws may be applied more strictly to foreigners than to local citizens. Don't assume that just because local people are using drugs, it's acceptable for you to use them.

U.S. citizens have been arrested abroad on drug charges for possession of an ounce or less of marijuana. The risk of being put in jail for one marijuana cigarette, or for other illegal substances, is not worth it. If you're arrested, the American consular officer CANNOT get you out! You may say "it couldn't happen to me" but the fact is that it could happen to you if you find yourself saying one of the following:

- "I am an American citizen and no foreign government can put me in their jail."
- "If I only buy or carry a small amount, it won't be a problem."

If you are arrested on a drug charge it is important that you know what your government CAN and CANNOT do for you.

The U.S. Consular Office CAN:

- visit you in jail after being notified of your arrest
- give you a list of local attorneys (The U.S. Government cannot assume responsibility for the professional ability or integrity of these individual or recommend a particular attorney)
- notify your family and/or friends and relay requests for money or other aid - but only with your authorization
- intercede with local authorities to make sure that your rights under local laws are fully observed and that you are treated humanely, according to internationally accepted standards. Protest mistreatment or abuse to the appropriate authorities

The U.S. Consular Office CANNOT:

- demand your immediate release or get you out of jail or the country
- represent you at trial or give legal counsel
- pay legal fees and/or fines with U.S. government funds

Moreover, if that's not enough to scare the living daylights out of you . . .

- Once you leave the United States U.S. laws and constitutional rights do not cover you.
- Bail is not granted in many countries when drugs are involved.
- The burden of proof in many countries is on the accused to prove his/her innocence.
- In some countries, evidence obtained illegally by local authorities may be admissible in court.
- Few countries offer drug offenders jury trials or even require the prisoner's presence at his/her trial.
- Many countries have mandatory prison sentences of seven years to life without the possibility of parole for drug violations.
- The police and customs officials have a right to search your luggage for drugs. If they find drugs in your suitcase, YOU will suffer the consequences.
- You could go to jail for years with no possibility of parole, early release, or transfer back the United States.

SEXUAL HARASSMENT



Sexual harassment can be defined as any unwanted sexual advances from anyone with power over any aspect of your stay overseas, including your living arrangements and your educational or work environment. Sometimes it is difficult to evaluate whether or not you are being harassed or if it is a matter of cultural differences. For example, Americans sometimes react with discomfort to the normal conversational distance between people in a particular country, and you should be aware of your own feeling within that context. Female students who studied in Spain, Italy, and Latin American countries have also reported receiving catcalls from males in the streets. While they are, for the most part, harmless and should be regarded as a demonstration of appreciation from supposed red-hot male lovers, they can be disconcerting to the uninitiated. However, no one, male or female, studying abroad should have to suffer from unwelcome sexual pressure.

Should you be the object of unwanted overt sexual advances, say no firmly. Should the situation persist, inform the appropriate officials and the onsite program staff, and contact Purdue's Foreign Languages and Literatures Office. If the situation involves a homestay, immediately request a change of families. Even if you think that you have handled a homestay problem adequately on your own, please tell us about it.

We do not want to suggest that sexual harassment is the norm in homestay arrangements, for it is not. You should not interpret every offer of shared activity in the negative, but rather accept most invitations as a show of hospitality and an effort to acquaint you with a new culture.

However, if you find that you are the target of what are clearly repeated sexual advances, then you should go to the appropriate person to report it. If a student experiences any form of harassment they should contact Professor Marisa Garcia-Verdugo and then the Department of Foreign Languages and Literatures.

STUDENT CONDUCT



If you have trouble while overseas, turn *first* to the on-site program coordinator or support people, who are in a far better position to provide you with immediate assistance. If they are unable to resolve the problem, they will contact the Foreign Languages and Literatures Office, which will take the necessary steps to address the situation.

Although on a study abroad program, you are still a Purdue University Calumet student and therefore subject to Purdue University Calumet's rules and regulations. The program/faculty leader has primary responsibility for discipline in connection with violations of any rules and regulations. Generally, misconduct abroad may be defined as any situation in which participants have jeopardized their own welfare, that of their fellow participants or the program, or have willfully violated regulations governing the host university.

You are a guest in someone else's country: it is both polite and practical to observe your host's laws and customs. It is your responsibility, and in fact one of the objectives of a study abroad experience, to understand these different laws and customs as well as to observe them.

In criminal matters (which may be defined differently in the U.S.), neither the University nor the U.S. Consulate can intercede. In some countries the burden of proof rests with the defense and not with the prosecution.

It is imperative that you stay away from illegal drugs. Purdue University Calumet has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange, or distribution of illegal drugs by students participating in Purdue University Calumet study abroad programs. The rules and regulations of your host institution will be provided during the on-site orientation. Information regarding drug penalties of your host country is available at this web site:

http://travel.state.gov/travel_warnings.html.

Violation of this policy may result in:

- Immediate dismissal from the program
- Academic withdrawal from the University for the current semester
- Disciplinary action upon return to campus.

Drug laws abroad are much stricter than in the U.S. and are vigorously enforced (sometimes more so against foreigners). Possession of even small amounts can mean imprisonment, with no possibility for appeal. If you get caught, neither the program nor your host university nor the U.S. government can intervene. **Be smart—don't take chances.**



Useful Resources

INFORMATION FOR YOU AND YOUR LOVED ONES:

Highly recommended by the PUWL Study Abroad Department:

<http://www.studyabroad.com/handbook/>

University that you will be attending Spain:

<http://www.unex.es>

Cáceres Campus at the Universidad de Extremadura:

<http://www.unex.es/unex/extremadura/caceres>



Helpful Travel Links:

http://www.studyabroad.purdue.edu/info/inf_travel.cfm

Helpful Links for Family Members:

http://www.studyabroad.purdue.edu/parents/par_culture.cfm

Visit the U.S. Department of State for additional information on traveling abroad. Some of the handouts that were included in your packet came from this useful and reliable source. Click on the "Travel Brochures" link on the lower left hand side of this webpage for more information:
<http://www.state.gov/travel>

Also, as published on the U.S. Department of State website, you are encouraged to take advantage of travel registration:

"If you are traveling outside the United States and plan to return after a brief time (usually less than six months), you should select the short-term option. Tourists and business travelers are examples of travelers selecting the short-term option. While you travel, your information will be available to U.S. consular officers should they need to contact or locate you in an emergency."

Please take a few minutes to complete this short interactive form to register:
<https://travelregistration.state.gov>

¡Buena Suerte!

Good Luck!

