It is also VERY important that we have your contact information. Once you arrive at your program site, please email the CU Study Abroad Office (abroad-L@clemson.edu) with the following information:

- your name
- your overseas mailing address
- your overseas phone number
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The Adventure Begins!

Studying abroad allows students to experience cultural differences from the first moment that they step off of the plane. Exposure to foreign experiences allows students to immerse themselves in a new culture and adapt to their surroundings. It is important for students to explore the differences between their home and host culture in order to broaden their horizons and increase their understanding of the world we live in. Study Abroad and other Global Engagement opportunities expand the learning environment beyond the classroom into unique and often challenging cultural contexts. Through such engagement, students enhance their disciplinary training, professional development, cultural understanding and personal growth.

The information provided in this handbook is intended to help you prepare for your study abroad experience, function while abroad, and adjust upon your return. In addition to this guide, you should do as much research as possible about the country you will be traveling to. Travel guidebooks and websites provide a wealth of information to help you make the most of your study abroad experience. It won’t be possible to prepare yourself completely, this journey will be more challenging and rewarding than you ever anticipated. Have a safe trip and be sure to contact us if you need anything at all! We look forward to hearing all about your study abroad experience!
Clemson Abroad Checklist

1. Make sure your passport is signed and valid until at least six months after your program ends. If you do not have a passport, apply for one immediately. Passport applications are available at: [http://travel.state.gov/passport/passport_1738.html](http://travel.state.gov/passport/passport_1738.html)

2. Apply for your student visa from host country, if necessary. You should do this as early as possible. Visa applications and requirements are available at: [http://travel.state.gov](http://travel.state.gov)

3. Prior to departure all documents on your online application should have checkmarks:
   - Clemson Study Abroad Application
   - Clemson Recommendation Form
   - Copy of Clemson Transcript
   - Completed Foreign University/3rd Party Application
   - Completed Coursework Approval Form
   - Study Abroad Insurance Form (if applicable)
   - Copy of Passport
   - Copy of Visa (if applicable)
   - Copy of Flight Itinerary

4. Attend a mandatory Study Abroad pre-departure orientation session.

5. If you receive financial aid, meet with Gail Woods in the financial aid office (864) 656-2280.

Other Things to Think About

1. Sign your FAFSA (Free Application for Federal Student Aid) for the next academic year, if necessary. This application MUST be signed by the student and not someone to whom you gave power of attorney or parent.

2. Provide copies of passport, visa and other travel IDs, itineraries, host contact information, prescriptions, insurance card, and ATM/credit cards to your emergency contact in the U.S.

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

4. If you will be abroad during an election year and wish to vote, make proper arrangements through your voter registration office. Also, see [www.overseasvotefoundation.org](http://www.overseasvotefoundation.org)

5. If you want to live on-campus upon your return from abroad, complete a housing application at [http://housing.clemson.edu](http://housing.clemson.edu).

6. Print a copy of your current DPR (Degree Progress Report) and remember your CUID number and password for registration for classes the semester you return to CU. Study Abroad students are given the privilege of registering with Seniors, Honor students, Co-op students and Student Athletes, which is the first day of undergraduate student registration.
As a participant in a study abroad program with Clemson University, you are expected to take responsibility for your own actions at all times while studying abroad. You will be held accountable for your behavior and you are expected to abide by the Clemson University Code of Student Conduct, all Study Abroad policies, and the laws and customs that govern the host countries where you will be studying or visiting. Additionally, you are expected to demonstrate respect for yourself and others at all times. These policies exist to ensure a safe, fair, and successful experience for all students participating in study abroad programs. Failure to abide by these policies may result in your dismissal from the study abroad program.

The Clemson University Student Code of Conduct can be found online through the Office of Community and Ethical Standards (http://tinyurl.com/7p3rw6o). The Code covers many topics, including but not limited to: academic integrity, cheating, plagiarism, disorderly conduct, harassment, hazing, drugs, alcohol, theft, and weapons.
Faculty-Directed Programs
These programs are typically directed by Clemson faculty members who travel abroad with students and are usually (but not always) brief in duration. Faculty-Directed programs can also be called a custom program, which is a study abroad program administered by a provider organization according to specifications of a college, university, consortium or other group.

- Group: Clemson faculty and students
- Duration: semester, summer sessions, Maymester, spring/fall break
- Costs: Clemson in-state tuition and Study Abroad fee, program fees (vary for each program)
- Credits: Clemson courses, no transfer necessary

Exchange Programs
Exchange programs involve reciprocal movement of students between two institutions. This could be a student-to-student exchange, or a specified number of incoming students may be accepted per outgoing student.

- Group: Individual acceptance, no groups
- Duration: semesters and full-year
- Costs: Clemson in-state tuition and fees, room and board costs of host university
- Credits: Host university credits, transfer to Clemson needed

Third-Party Programs
Third-party programs are run by other universities and various study abroad organizations to further expand student opportunities abroad. Students will receive credit for courses taken abroad and will pay tuition and fees directly to the third-party organization.

- Group: Individual acceptance, no groups
- Duration: Full-year, semester, summer sessions, Maymester
- Costs: Clemson Study Abroad fee, tuition and program fees paid to program
- Credits: Host university/provider credits, transfer to CU needed
PASSPORTS
A signed valid U.S. passport is required to enter and leave most foreign countries. If you do not already have one, you should apply for a passport immediately, especially if the country where you will be studying requires a visa. You will need a birth certificate, social security number, proof of identity (driver’s license) as well as two passport sized photographs as part of the application. Rite Aid, CVS or Walgreens, located in downtown Clemson, have the capability of taking these photos for you. It takes 3 (expedited service) to 8 weeks to get a passport and currently costs $135 (passport and processing fee.) You can obtain a US passport application and information at major post offices (including the City of Clemson), some public libraries, and a number of county and municipal offices. You can also obtain them from: http://travel.state.gov/content/travel/english.html If you already have a passport, make sure that it is valid at least six months beyond the last day you will be abroad.

VISAS
Some countries also require U.S. citizens to obtain a student visa before entering. Check with the embassy of the foreign country that you are planning to visit or your program coordinator for up-to-date visa and other entry requirements. Each country varies widely on the requirements for a student visa and the length of time it takes to acquire the visa. Therefore, you should start looking into this process now as some can take up to two months to process and others require a personal visit to the embassy. You must obtain your passport before you can get a visa. If you already have a passport, make sure that it is valid for at least six months beyond the last day you will be abroad, as this will be required by most countries that require visas.

INTERNATIONAL STUDENT IDENTIFICATION CARDS (ISICs)
As a study abroad student, we suggest that you obtain an International Student Identity Card (ISIC). It is a widely recognized student identification card and it will entitle you to a number of discounts on flights, buses, trains, ferries, as well as at museums, hotels, and youth hostels. You may apply for an ISIC at the Tiger 1 Office located in the Hendrix Student Center. The cost of the card is $22. To see where this card can be used and what discounts you can receive please visit www.myisic.com.
If you are not a U.S. citizen, contact the U.S. Citizenship and Immigration Services (USCIS) immediately to ensure that you understand immigration requirements and do not jeopardize your residency status by participating in a program abroad. (See http://uscis.gov) You will also need to contact the embassy or consulate of your host country to obtain the visa requirements for residents of your country of citizenship. Make sure you bring proper documentation abroad in order to return to the United States after your study abroad. You can also speak with the Office of Global Engagement, International Student & Scholar Services (864) 656-3614.
Your health and safety are our top priority. In order to ensure that you have appropriate coverage, the Office of Study Abroad has contracted with CISI for study abroad insurance. All Clemson University students are required to enroll in CISI study abroad insurance for the duration of their program abroad. Some third party programs are excluded. Check your online application for more details.

For all students traveling to Germany or Australia, you are required to purchase an in-country health plan. Our Risk Management department has reviewed their policy and have found it inadequate by Clemson University standards, thus we require that you purchase Clemson insurance in addition to the required in-country health insurance that you will purchase for your host country.

The CISI policy is approximately $38.00 a month. A month is measured as one calendar month + 5 additional days. Anything over will equal an additional one month of coverage.

**Example:**
May 1 to June 1 = 1 month of coverage  May 1 to June 6 = 1 month of coverage

Instructions on purchasing insurance and further information is available on your online application. Please see CISI insurance policy for an exact listing of what is covered:
http://www.clemson.edu/studyabroad/insurance.html
IMMUNIZATIONS AND VACCINATIONS

The Centers for Disease Control and Prevention (CDC) is recognized as the lead federal agency for promoting, preventing and controlling disease, injury and disability. The CDC’s website (http://wwwn.cdc.gov/travel/default.aspx) has a Traveler’s Health section that you should consult prior to departure. This site will also help you determine, with your doctors’ guidance, the immunizations required and suggested for the area(s) where you plan to travel. Because some inoculations require a series of medical visits over the course of several months, prior to you entering your host country, you should begin investigating this matter as soon as possible. Immunization and vaccinations are available at Redfern Health Center or Sullivan Center. Schedule an appointment by calling Redfern at 864-656-1541 or the Sullivan Center at 864-656-3076. For more information regarding immunizations, contact Passport Health at 1(888) 499-7277. Passport Health has offices in Greenville, Spartanburg and Anderson.

MEDICAL ISSUES

Good physical health and emotional stability are very important to your academic performance and successful study abroad experience. You should have a general physical exam, a dental check up, and a gynecological visit (for women) before leaving. You should be up to date on all shots and get the relevant booster(s), if needed. If you have a health condition or other circumstances that require special attention, you should inform your program about any special study or living requirements you may have, so that steps can be taken to meet your needs.

MEDICATION

If you take prescription medicine, make sure to speak with your doctors about how you can continue taking your medication while abroad. Prescription medications vary from country to country in name, potency, and purity and may NOT be sent through international mail. In fact, some drugs that are legal in the U.S. may not be legal in other countries. You and your doctors may decide you should take with you sufficient medications to last the whole time you are abroad; however, there may be a limit on the amount of medication that can be brought into the country where you are studying. If you think a prescription will have to be refilled during your stay abroad, make sure your doctor includes on the prescription the chemical composition and generic name of your medication because brand names can be different overseas. You will then need to see a local doctor for further prescriptions in your host country.

If you need specific over-the-counter medications, take these with you as they may not be available abroad. However, you may find substitutes in other brand names. All medication MUST be kept in their original container(s)! When traveling, carry all of your medication in your carry-on bags (NOT in your checked luggage). If you wear glasses or contacts, you should bring a typed copy of your prescription as well as an extra pair of glasses or contacts.
COURSE REQUIREMENTS

For students on a direct exchange or 3rd party provider program, credit from pre-approved courses passed (C or better) will be transferred back to Clemson. This will be transfer credit only, not graded credit, and will not count toward your GPA. Credit for fulfillment of your department (major or minor) requirements will be granted at the discretion of your academic department(s). If you receive any grade lower than the equivalent of a C, you will not receive any credit.

It is also essential that, prior to departure, you get advice from your academic advisor on courses you will need to take upon your return to Clemson. Remember the Study Abroad Advisors are not academic advisors and cannot give course approvals.

REQUEST FOR APPROVAL OF WORK TO BE TAKEN ABROAD FORM

In order for students to get credit for work taken abroad, they must complete the Request for Approval of Work to be Taken Abroad form. This can be found on the website (http://www.clemson.edu/studyabroad/getting-started/apply.html - coursework).

The “Request for Approval of Work to be Taken Abroad” form, which you completed as part of your application, serves as preliminary approval for fulfillment of course requirements. The department will review your transcript and academic work upon your return before granting final approval. Only the credit will transfer; grades from your study abroad program will not be recorded in your Clemson University GPA*.

*Exceptions: If you are in a program where you will be enrolled in Clemson courses abroad, your credits will not be treated as transfer credits. Credits and grades will be recorded on your transcript as Clemson University courses and calculated in your Clemson University GPA. This exception applies most frequently with Clemson summer programs, but on a few semester programs as well.

TSAP 1010 OR SAP 1010

Students who are participating in an exchange, third-party or direct enrollment program will need to register for TSAP 1010 or SAP 1010 for the semester or summer that they are abroad. This class will ensure the student is enrolled at Clemson while abroad and will be able to register for classes at Clemson for the next term. The Study Abroad office will clear students to enroll in TSAP 1010 or SAP 1010, but students will need to register themselves in the class through iROAR after being cleared for the course.

By being registered in the TSAP 1010 or SAP 1010 class, the computer system allows students to register for the next term. Students will register online for the following semester’s courses and will register based on the time slot provided to them.

The Study Abroad Office recommends students meet with their advisor and plan the classes they should register for their next term at Clemson. This facilitates registering for Clemson courses while abroad.
GRADUATE STUDENT REQUIREMENTS

It is the student’s responsibility to request an official transcript. To have courses considered for transfer, students must have a transcript sent from the institution(s) at which credit was earned to the Enrolled Student Services Office. No more than one-third of the graded coursework required for a master’s degree may be transferred from an accredited institution. For the doctoral degree, as many as 48 credit hours of coursework may be transferred. In all cases, the use of transfer credits must be recommended by the student’s advisory committee and approved by the department. Under no circumstances will transfer credit be awarded for research, internship, courses graded on a pass/fail basis, or courses in which a grade lower than B, or its equivalent, has been received. Grades earned for courses taken at institutions other than Clemson University will not be included in the student’s grade-point ratio. Credits may be transferred for work completed at off-campus centers of accredited institutions, provided such courses are acceptable, without reservation, in degree programs at those institutions. No credit will be given for continuing education units, correspondence, extension, or in-service courses or for concentrated courses and workshops that award credit at a rate exceeding one credit per week. All transfer credits must be verified by an official transcript from the institution at which the work was completed. Coursework completed outside the six-year time limit may not be transferred to Clemson University or validated for graduate credit. Valid transfer credits will appear on the student’s transcript as credits earned.

Graduate students will also need to fill out the Plan of Study (GS2) form in order to indicate which courses they plan to transfer to Clemson. The form will need to be approved by their graduate committee, Department Chair and College Dean. Once the form has been received, the Graduate School will wait for the official transcript from the foreign institution offering the course to validate the transfer work. The form can be found on the Graduate School web page (under forms & catalog): http://www.grad.clemson.edu/forms/pdf/GS2_fillable.pdf

TRANSCRIPTS

Transcripts from the overseas institution to be sent to:

Study Abroad Office
E-301 Martin Hall
Box 345714
Clemson, SC 29634 USA

Be aware that academic calendars abroad may affect the release of financial aid, registration priorities and graduation requirements. The release of academic transcripts and the timelines will vary from country to country.
Using Financial Aid

Those who wish to receive financial aid for course work outside the United States should contact Student Financial Aid at least three months prior to their departure.

Generally: Federal financial aid is available for approved study abroad programs. Scholarships and campus-based aid can be used for study abroad, however, some restrictions apply. Therefore it is extremely important that you verify availability and use of financial aid with the Financial Aid Office. Financial aid is disbursed upon verification of the student’s enrollment at the overseas institution. Therefore, financial aid is not available in time to pay upfront costs such as advance deposits and plane fares.

When you see the Study Abroad Financial aid officer please bring:
- Information about your program dates
- Estimated cost of attendance (tuition, room, board, airfare, local transportation, etc.)
- Address of the institution
- Name of the contact person
- Other information pertaining to your program

REFUNDS

For tuition and fees paid to Clemson University, Study Abroad Programs fall under Clemson’s return policy. If you are attending a program in which you pay Clemson University tuition, please see refund policy below or at the following link:
http://www.clemson.edu/cfo/student-financials/tuition-fees/refundacademics.html
The Study Abroad Office abides by the same refund policy as set by Clemson University for tuition and fees.
Study Abroad Program Billing
This fee is set by Clemson University and is mandatory for every student studying abroad. The Clemson study abroad fee is 10% of in-state tuition and applies to students who study abroad on both Clemson programs and non-Clemson programs. The study abroad fee contributes to the provision of services offered by the Clemson Abroad Office and covers study abroad advising, registration, financial aid services, transfer of credit, pre-departure orientations, contact while abroad, cross-cultural awareness registration, etc.

Terms:
Fall 2015
Spring & Summer 2016

Study Abroad Fees as of 2014 - 2015:
• Fall 2014:
  o $674, undergraduate
  o $398, graduate
  o $170, embedded
• Spring 2015:
  o $674, undergraduate
  o $398, graduate
  o $170, embedded
• Summer sessions: 10% in-state tuition (faculty-directed programs) or $337 (other programs)

*Fees for 2015-2016 will be determined in late summer 2015 after tuition rates are announced.

Other fees are based on program type either faculty-directed, exchange, or third-party. Information on these fees can be found at http://www.clemson.edu/studyabroad/finance.html
BUDGET

The amount that students spend while abroad varies greatly. Here is some advice on developing a budget:

- Gather information on program costs. Find out how much is included in your exchange, or what costs are expected for direct enrollment. Know what is included in your fees, and what additional costs you may have to pay while “settling in” (bed linens, toiletries, replacements for things you left at home).
- Determine how much you and your family are willing to budget for discretionary expenses (travel, entertainment, etc.) and incidentals (laundry, postage, film, etc.).
- Expect some items to be more expensive overseas. This may include food, books, and “luxury” items, such as electronics and clothing.
- Try to shop at grocery stores and local markets! Cooking for yourself could help cut costs. Make sure that you follow food safety procedures discussed later in this guide.
- Check the exchange rate and guidebooks for your host country. Guidebooks typically list costs for accommodations, transportation, entrance fees, and other items that will help you estimate for personal travel.
- Take public transportation when possible. Buying a pass for bus, train, or subway systems will save you money. Be aware of your surroundings and research the safest transportation routes before you travel.
- Look for ways to cut costs. Evaluate your personal spending habits and where you are willing to cut back to afford other things while abroad. Consider getting an International Student Identity Card for discounts.
- Consider costs of communications—phone calls home, internet access, etc.

BANKING

Before you leave, be sure that you understand how you will access money while abroad. You should have more than one means of getting money.

What to take with you: You should have a small amount of foreign currency with you in cash when you arrive abroad. Most major banks can obtain foreign currency, but you should verify this in advance. Currency exchange services are also available at most international airports (in the U.S. and abroad). Make sure you have enough cash to cover bus/taxi fares, snacks, and a phone call for the first couple of days. We recommend taking about $100(U.S.) or the equivalent in foreign currency. Be sure to get small denominations - the equivalents of $10 or $20 bills. You can look up current exchange rates on websites such as http://www.oanda.com
PERSONAL CHECKS

You should not expect to be able to cash personal checks (or any kind of check) abroad; it is virtually impossible. Traveler’s checks usually have to be cashed at banks (see below).

TRAVELER’S CHECKS

Traveler’s checks offer a convenient and safe way to carry money overseas. They are widely accepted around the world, and easily replaced if lost or stolen. However, this may not be a convenient option for accessing money if you are in a remote or rural area. You can purchase traveler’s checks at most banks, AAA, and various other financial institutions. They can be purchased in U.S. dollars or some foreign currencies. There may be fees involved in purchasing and/or cashing the checks. Inquire at your bank for more information. We also recommend checking with past participants as acceptance of traveler’s checks can vary from country to country.

ATMs

Automatic Teller Machines are becoming increasingly available overseas. ATMs tend to give you a good exchange rate, charge no or limited exchange commission, and have 24-hour access. However, your U.S. bank may charge extra fees for using an ATM abroad, or have limits on daily withdrawals. Check with your bank for the following:

- Check on fees for international withdrawals and daily limits.
- Get a list of ATMs or branch locations overseas.
- Make sure you have a four-digit numeric PIN; many countries do not accept long PIN codes or letters on the keypad.
- ATMs overseas may not give you the choice between accessing a checking account and a savings account - they may pull from one account. Consult with your bank about the ability of your card to work overseas, as you may need to set the card to access only one type of account.
- If you plan to get a new ATM card, get your PIN and use the card in the U.S. before you go abroad. Do not expect a brand new card to work overseas.
- If your parents have access to your account, they can deposit money that you can access from overseas, usually within 24 hours.
- Let your bank know you will be abroad and the dates.
CREDIT CARDS
Credit cards can be easily used abroad and tend to offer a good exchange rate on purchases. Some credit cards, such as Visa, are widely accepted, while others may not work world-wide or are less widely accepted.

• Alert your credit card company that you will be abroad so they do not put a hold on your account for suspicious activity.
• Check with your credit card company to find out what fees are charged for international use. Some companies may charge per transaction; others may have a monthly fee.
• If you are unable to qualify for a card of your own, your parents may open an account and get a card in your name for your use.
• As with ATM cards, if you plan to get a new credit card, use it in the U.S. before you go abroad to ensure it works properly.
• Receipts may have your credit card number printed on them, so keep them in a safe place for your records. You may need to refer to receipts for customs paperwork upon leaving the host country and/or entering the U.S.
• Credit cards should never be used as a means of getting cash, except in an emergency. There is a transaction fee for each cash advance, and you will be charged interest from the day the transaction is made.
• You will also need to make arrangements for paying your credit card bills while abroad.

NOTE: In some countries credit cards may not be as widely accepted as they are in the United States.

FOREIGN CABLES/WIRES
In emergencies, money can also be wired overseas. While this is theoretically the fastest way to transfer money, caution is advised since in practice it may take several days or weeks for delivery. Cables/wires must be sent to a commercial bank, not to an individual post office box.

FOREIGN DRAFTS
Foreign draft can be a fast, reliable, and relatively inexpensive way of transferring money. You can buy a foreign draft in U.S. dollars or foreign currency from your bank. The draft should be made payable to the student and mailed directly to him/her via an express mail service (FedEx, DHL, etc.). Drafts must be drawn on a bank abroad that maintains a relationship with your home bank. The name of the foreign bank will usually be written somewhere in the draft, and it is that bank that the student will go to draft the cash. Not all overseas banks can receive transfers from the U.S., so have a back up plan for transferring money or in case of an emergency.
POWER OF ATTORNEY

It may be advisable to designate an individual, usually a parent or guardian, to take care of legal or financial matters on your behalf while you are abroad. Find out what the proper procedure is and make those arrangements before you depart.

TAXES

You may need to arrange to have tax forms sent to you or have taxes paid for you while you are out of the country. It is possible to ask for an extension. Be sure to know what your tax responsibilities are and how to comply while you are away.

VOTING

If you will be abroad during an election year and wish to vote, make proper arrangements through your voter registration office. Also, see www.overseasvotefoundation.org
Packing

general tips

Don’t take more luggage than you can carry. You should be able to maneuver comfortably through airports and train stations with your bags. Check with the airline (of your originating flight and any connecting flights) to find restrictions on size, weight, and number of bags permitted. Label all baggage inside and out with your name and permanent address contact information. Learn about the customs and security procedures of the airports where you will be traveling, and be respectful. It is not unusual for customs and immigration officers to ask detailed questions or search luggage.

General Tips

Packing is going to vary for every individual. Here are some general guidelines to keep in mind:

• Pack as lightly as possible. Experienced travelers recommend you pack your luggage, remove half of the contents, reevaluate, and remove half again.

• Do not take more than you are willing and able to carry on your own. Don’t assume that wheeled carts, escalators, or elevators will always be available.

• Leave valuable or sentimental items (such as expensive jewelry or electronics) at home. If you can’t live without an item (iPod, laptop, etc.), consider registering with U.S. Customs to avoid paying duty on it when you return.

• Pack all of your important documents (passport, tickets, prescriptions, contact information, etc.) in your carry-on bag and put photocopies in your checked bag. You might also want to pack some basics (shirt, change of underwear, toothbrush, and toiletries) in your carry-on in case your luggage is delayed or lost.

• Consider taking clothes that can be layered for warmth, as homes and residence halls abroad are often not kept as warm during winter as buildings in the U.S.

• Laundry equipment and detergents abroad may be more expensive and harsher on your clothes, and some countries do not use dryers. Try to bring sturdy clothes in fabrics that are easy to wash and dry. Anything that needs to be dry-cleaned should be left at home.

• Make sure you understand your host country’s standards of modesty and/or neatness in dress. In some countries, students dress more formally than American students typically do, and shorts and sweats may be strictly for use at the gym or beach. Some tourist sites (such as churches) may not allow visitors to enter wearing shorts or sleeveless shirts.

• Electrical currents and sockets are not the same around the world. Look to see if your appliances have wattage settings that can be adjusted. If so, you will still need to purchase electrical converters (plug adapters). If not, you will need to purchase a plug adapter and power converter.

• Allow room for the personal purchases, gifts, and other things you may acquire while abroad. Barring any baggage restrictions, consider packing a small, empty duffel bag in your luggage or buying a small bag overseas to allow for extra items on your return.

LADIES

Some countries do not offer the same feminine hygiene products you are accustomed to in the United States or they may be much more expensive. Make sure you bring enough products for the duration of your study abroad.
Packaging

Packing list

**Carry-on Luggage**
- Passport and state driver’s license or ID
- ISIC (International Student ID)
- Airline ticket(s) and itinerary
- US and foreign currency (about $100 in foreign currency)
- Credit & Debit/ ATM cards
- Insurance card and claim form
- Copies of important travel documents and emergency contact information. Always carry an emergency card containing important emergency phone numbers, including the number of the nearest US embassy or consulate and your insurance cards
- Prescription medications in their original containers
- Camera, memory cards/ film
- Laptop and any small electronic devices
- Chargers or extra batteries
- Extra change of clothes and undergarments
- Wash cloth and soap in a travel case or travel wipes
- Toothbrush and tooth paste
- Deodorant
- Contact lenses and solution, glasses
- Earplugs
- Books/ magazines
- Snacks, gum or mints
- Watch

**Checked Luggage**
- Extra copies of important travel documents and emergency contact information
- Seasonally and culturally appropriate clothes that can be mixed and matched and layered
- Undergarments, shoes, and accessories
- Jacket or coat appropriate for host country climate
- Flip flops for the shower
- Swimsuit, beach towel, and sunscreen
- Toiletries
- First-aid kit (including over-the-counter pain reliever and motion sickness and anti-diarrheal medications)
- Extra pair of prescription glasses or contact lenses
- Small umbrella, poncho, or rain jacket
- Battery operated alarm clock
- Contraceptives (if applicable)
- Music/ photographs
- Hand sanitizer
- Small bag for weekend travel
- Power converter/ adapter
- Sunglasses
- Combination or key locks (to secure luggage in accommodations, if necessary)
- Travel guides and language phrase book
- Diary or journal
- Small flashlight
Packing list

Above & Beyond
(2014, July 6)
Flights

Please do not make flight arrangements until you receive your official acceptance from your Host University, program provider, and/or Clemson University and confirm the required arrival date. Here are some general tips to consider before buying your tickets:

- We recommend buying a student fare, round-trip ticket with a set return date, and flying into the airport closest to your final destination. Open-ended tickets are usually more expensive than a ticket with a fixed return date.
- Many fares, including student fares, require you to choose a return date, but allow you to change the date for a fee ($75 - $200). This is usually more economical than an open-ended ticket. Also, some countries may deny entry if you do not show evidence of a return ticket.
- Look carefully at the cost, hassle, and time involved before deciding to fly into an airport that is NOT the closest to your final destination simply because it is cheaper. Remember that you will have your entire luggage, and you will likely be tired and jet-lagged.
- Don’t assume the first travel agent or website you check is offering the cheapest fare. Different agencies have access to different fares, and prices vary. Shop around; student fares are not available from all agencies.

Register with U.S. Department of State

If you are a United States citizen it is required that you register your trip with the U.S. Department of State via your Clemson abroad application. Travel registration means that you will be contacted in case of an emergency in the United States or your host country. Register online at [www.step.state.gov/step](http://www.step.state.gov/step). This program also provides a free service so that your family may contact you in case of an emergency by calling the Office of Overseas Citizens Services by calling 888-407-4747 (from U.S.) or +1-202-501-4444 (from abroad). In accordance with the Privacy Act, the Department of State cannot release your information without your express consent.

Take Cash With You

Plan to have some currency from your host country available to you as soon as you arrive. It is good to have this on hand in case your credit or debit cards are not working or there is not immediate access to an ATM. Your local bank can likely arrange this exchange for you.

Communicate Your Arrival

Before you leave, make a plan with your loved ones to inform them of your arrival in the host country within 48 hours of your arrival. It is important that you let them know that you may not be able to contact them immediately because you will need time to find your accommodations and figure out how to utilize your phone or internet in your new environment. Call or email your friends and family as soon as possible. Any delays may cause unnecessary worry or stress.
Checklist

• Contact your Clemson academic advisor and study abroad adviser about any changes in your courses for approval
• Take photos to enter in the Clemson Abroad Photo Contest
• Travel
• Make connections with your fellow students and locals
• Keep in contact with the Clemson University Clemson Abroad staff and not just about problems, share your successes as well!
• Register for the semester you return on iROAR
• Verify with your host university/organization that your transcript will be sent to Clemson University when your grades have been processed (not applicable for students participating in faculty-led programs)
• Have a positive attitude and keep an open mind so that you can have the best study abroad experience
Traveling abroad can be one of the best experiences of your life. It can also be an incredibly frustrating and frightening experience during which you find yourself wishing to be back home. Being aware of culture shock and the process of cultural adjustment, you can prepare yourself for the journey ahead of you and have the best experience possible.

Culture shock is caused by the differences between your expectations and your reality. Even if you have visited your host country before, you may encounter problems throughout your cultural adjustment process. It is easy to become frustrated by the differences you will experience in your day-to-day life. What you have taken for granted in the United States or your home country may not be the norm in your host country. This can be challenging and upsetting for many students. Please use the resources provided in this handbook to learn more about what challenges you may face and how to overcome them.
Cultural Adaptation

Stages of Culture Shock

- The “honeymoon” period — initial euphoria; you are fascinated with all the new things you are experiencing.
- Irritability and hostility as you reject the foreign culture and people to focus on problems and differences — leads to culture shock.
- Learning to decipher foreign behavior and customs.
- Adaptation/biculturalism — acceptance and enjoyment of the foreign culture.

Adapting to the Host Culture

- Maintain flexibility and be open-minded
- Stay busy and set concrete goals. Do not withdraw or surround yourself only with other Americans
- Be friendly and outgoing. Try to make a friend from the host culture
- Be more than just a tourist. Immerse yourself in a different culture
- Remember that you are a visitor to this country and be respectful
- Respect the customs and opinions of the people you meet abroad.
- Engage in familiar sports or activities to keep from feeling overwhelmed by being so far from home
- Keep in touch with friends and family
- Take care of yourself by getting enough sleep, exercising, and eating healthy meals.
- Understand that culture shock is normal and will pass. If these feelings increase in severity or do not seem to improve over time please reach out for help and guidance.

Stereotypes

While studying abroad you may discover that your host country may have some preconceived notions about you and how you will act. You inevitably also have stereotypes in mind about what your host culture will be like. When interacting with those around you please keep in mind the following stereotypes of “typical” Americans.

- Outgoing and friendly
- Informal
- Loud, rude, or boastful
- Immature
- Hardworking
- Extravagant and wasteful
- Racially prejudiced
- Ignorant of other countries
- Wealthy
- Generous
- Promiscuous
- Always in a hurry
Cultural Adaptation

Prejudice
Some people in your host country may have prejudices against you due to your American nationality or some other aspect of your identity. Some students may encounter open hostility towards Americans while they are abroad. This is most commonly displayed as verbal insults. You may hear negative generalizations about the United States or Americans while you are in your host country. Try not to get defensive and try to be patient and open-minded. Remember that you are abroad to try and better understand a new culture and the people you are interacting with may have things to learn as well.

Personal Space
In every culture, there are unique distinctions of what is considered personal space. Observe the people around you to determine the appropriate etiquette. In some cultures the American norm of wide personal space can seem aloof or standoffish. Don’t be offended or scared if someone invades your personal space. If you feel threatened do what you need to do in order to stay safe, but take into consideration cultural norms before you react.

Polite Behavior
Each culture has its own definitions about what is considered polite or rude. Do not be discouraged if it takes you a while to adjust to the norms of your host country’s culture. Some things that are norms for Americans but are considered rude in many other countries include pointing, smiling at strangers, asking personal questions, teasing each other, shouting, and calling people by their first names.

Topics of Conversation
Many cultures have taboo subjects that may or may not make any sense to you. Try to consider what can be spoken about in polite conversation and what could be considered rude. Political discussions can become heated and if you are not sure where you stand on an issue or are unwilling to discuss your stance, excuse yourself from the conversation as soon as possible.

Humor
Sense of humor varies drastically from culture to culture. What you and your American friends think is funny may not be funny to a citizen of your host country. Think before joking around overseas about who you may offend. It is better to be safe than sorry when it comes to humor.

Eating and Tipping
Other countries may have different eating habits than you may be accustomed to in the United States. In some countries it is impolite to keep your hands under the table and improper to put your knife and fork down to change hands after cutting a piece of food.

Menus may state whether a tip or taxes is included in the bill. Look online to understand the tipping practices of the country you are visiting. Also be aware of extras that you might be charged for. Some places may ask you to pay for napkins or tap water.

Make sure that you explore local restaurants. A great way to immerse yourself in the host culture is to try the food that locals enjoy! It may also be wise to bring any special dietary supplements or food items that you are accustomed to. Keep in mind that it is illegal to carry perishables or plants across country borders.
Traveling While Abroad

One of the most exciting things about studying abroad is the opportunity to explore your host country and other surrounding areas while you are overseas. Here are some general tips:

• If you are interested in learning more about traveling during weekend and school breaks, the best resources will be the internet and the people in your host country. Try these websites for student discounts and travel assistance:
  STA Travel-- http://www.statravel.com/
  AESU-- http://www.aesu.com/
  Student Universe-- http://www.studentuniverse.com/

• You may find helpful information in country-specific guidebooks (Lonely Planet, Fodor’s, Rick Steve’s, etc.). These resources can provide helpful information about discounts, flights, and train/bus passes, as well as historical and cultural information about locations around the world.

• Because you may not know your specific travel plans before leaving the U.S., some students suggest waiting to purchase tickets, until after you arrive overseas.

• Students traveling before or after their study abroad program are also eligible to purchase an extension on the Clemson University study abroad insurance. The length of insurance can extend to one month past the end of the program date. Note that your Clemson health insurance and your study abroad insurance are SEPARATE policies.

• We strongly recommend you register with the U.S. Embassy in the countries where you will be traveling. You can do so on-line by signing up for Smart Traveler Enrollment Program (STEP) at: https://travelregistration.state.gov/ibrs/ui/
TRAVELING ON THE CHEAP

- Always look at the online rating systems on booking websites for accommodations, such as www.hostelworld.com and www.hostelbookers.com, before booking.
- The best expert on cheap travel within and around your country is always a past participant – try asking someone who has been on your program in the past.
- It’s generally cheaper to use local transportation such as buses and the metro, rather than renting a car or taking a taxi. If you are able, walk or bike to explore the city.
- Make sure that you utilize the deals associated with your International Student Identification Card (ISIC). More information can be found at http://www.isic.org/benefits/.

Europe

Many Europeans travel on budget airlines – a concept that is only just starting in the U.S. Beware that these budget tickets are usually nonrefundable and non-changeable. Remember that cheaper airlines often charge for baggage, so pack light! The websites below will be helpful to you when you’re planning to fly within or around your host country:

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<tr>
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Africa

Air Arabia Maroc
www.airarabia.com

Air Cairo
www.flyaircairo.com/

Comair
www.comair.co.za/ (South Africa)

Fastjet airlines

Fly 540 Ghana
fly540.com/

Flyafrica Zimbabwe
flyafrica.com

Mango
https://www.flymango.com

PUTCO:
http://www.putco.co.za/

Reya Vay
www.reavaya.org.za/
South America

Avianca Brazil  
http://www.avianca.com.br/

Azul Linhas Aereas Brasileiras  
http://www.voeazul.com.br/

Gol Transportes Aereos  

Panama Airways  
https://www.airpanama.com/?lang=en

Bus travel is more common and less expensive than flying between countries in South America. Here are a few providers you can consider:

Green Toad Bus  
www.greentoadbus.com/

http://www.plataforma10.com/  
http://www.omnilineas.com/

*Local bus lines are often cheaper and more reliable than cross-country buses—be sure to check with your on-site staff for recommendations.

Tips for places to go and booking hostels: http://www.roughguides.com/destinations/asia/

Guide to Southeast Asia: http://www.travelfish.org/


KORAIL for Korea (train): http://info.korail.com/mbs/english/

CTrip for China (flights and trains): http://english.ctrip.com/trains/

By Air – Travelling by air is the cheapest option between major cities in Australia. Jetstar and Tiger Air are the cheapest options, though it is worth checking webjet.com.au and skyscanner.com.au as some other airlines offer specials. Air New Zealand and Jetstar are the best option in New Zealand. Booking in advance is a good way to save money; basically the earlier you book your flight the cheaper it will be.


Car/Campervan – Buying a used car and selling it before you leave is good option, especially if you want to get out of the main cities and explore the countries a bit more independently. Gumtree.com.au is the best place to by cheap used cars in Australia, and trademe.co.nz is the best option in New Zealand. A good used car will usually cost around US$1,000-2,000, so if a few friends split the costs, then this option can save you a lot of money.

Campervan/Minivan is another popular way to travel around Australia/New Zealand. Most companies offer good deals for weeklong rentals, making them perfect for road trips. Try Wicked Campers in Australia and New Zealand, Mighty Campers and Hippie Campers in Australia, and eCampers in New Zealand. The best thing about campervans is that you don’t have to pay for accommodation!
Accommodation

Hostels – Hostels are the cheapest option for roomed accommodation in Australia and New Zealand. Check out Hostels.com, Hostelworld.com for the best options in both countries.

Base X [http://stayatbase.com](http://stayatbase.com)
Jackaroo [http://www.jackaroohostel.com](http://www.jackaroohostel.com)

Hotels - In both Australia and New Zealand, wotif.com gives comparison prices for hotels and other accommodation [http://wotif.com](http://wotif.com). In New Zealand AA Travel [http://www.aatravel.co.nz](http://www.aatravel.co.nz) has a comprehensive range of hotels, motels, self-catering and holiday parks (camping, on-site caravans, cabins).


Free activities/events to do:

Free Events in Sydney

- New Years Eve
- Sydney Mardi Gras
- Vivid Sydney
- The Sydney Festival
Mental health

This handbook contains a lot of great information on culture shock. Be familiar with the symptoms of depression so that you can seek help if you need it. It can be difficult to be in a foreign country and adjust to the cultural differences you will encounter. Take care of yourself and be sure to reach out to us for support if you are experiencing serious difficulties. Sometimes the adjustment period can make it more difficult to manage a mental health problem that was being well managed in the U.S. (e.g. eating disorder, depression, etc.). Other students may experience the onset of a mental health issue for the first time while abroad. If you find that you have an issue that is becoming more intense for you to manage, please ask for help immediately.

Students with disabilities

Clemson University encourages all students to consider participation in study abroad. Because U.S. laws and regulations related to disabilities generally do not extend beyond this country's borders, and because study abroad sites vary greatly regarding their capacity for accommodation, you should make use of all campus resources to research appropriate programs and services available abroad.

If you need to request adapted accommodation for your disability at your program site, you must talk to Clemson University's Disabilities Services Office about what kinds of accommodations you should request and how you go about making that request. Prior to or upon arrival you should speak with a disabilities contact at your program site about your request. Prior planning is key to working with disabilities abroad.

Student Disability Services 2nd Floor of Class of ‘56 Academic Success Center Clemson, South Carolina 29634-5126 864.656.6452 - asc@clemson.edu

Waiting to disclose until after classes begin may result in you forfeiting the accommodation you need. Because most programs require documented proof of disability, you should bring with you to the program site a full copy of your disabilities documentation. It is also recommended to send disability services requests to program providers well in advance of arrival to the program. There are many excellent resources available to students with disabilities who are interested in studying abroad. Two are listed here:

Mobility International USA: www.miusa.org MIUSA, along with the Bureau of Educational and Cultural Affairs of the United States Department of State, manages the National Clearinghouse of Disability and Exchange. MIUSA publishes books and other resources, many of which are free for you to download from its website. Publications include:

- Survival Strategies for Going Abroad: A Guide for People with Disabilities

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

An individual with a visible disability should expect to experience unwanted attention. Do not try to be too independent. We expect you to grow individually but you should realize that people are there to help you and assistance may be needed for you to explore the wonders of the world. Be realistic about your explorations and the challenges that may present themselves.
Sexual health

Being in a new situation, meeting new, exciting and different people may prompt sexual behavior you would not have taken part of in the US. Think before you act! If you choose to be sexually active, practice safe sex and protect yourself and your partners. Realize that STDs and AIDS exist around the globe and are, in some cases more common and widespread than in the U.S. Stay safe and make sure you know the individual. Do not try to prove anything or think that because you are in a different place you are immune. Also, some cultures strongly disapprove of sex before marriage and will treat individuals who engage in that activity differently.

Alcohol and drugs

As with sex, please use caution if you choose to use alcohol or drugs abroad. Attitudes toward alcohol and drug use vary considerably from culture to culture. Remember, you are subject to the laws of your host country; be sure to understand the laws surrounding drugs and alcohol.

Although some countries have more liberal laws concerning drugs and alcohol, in many countries the laws and penalties are more severe. You will be held accountable for your behavior abroad and you are expected to abide by the Clemson University Code of Student Conduct.

If you are of legal age to drink alcohol in your host country, do so responsibly. Serving sizes and alcohol content vary by country, which, when coupled with your new environment, may cause alcohol to affect you differently than you are used to. Be cautious and don’t over indulge.

Never let your beverage out of your sight — drugging drinks happens throughout the world.

If you are found in possession of or caught using illegal drugs you will be dismissed from your study abroad program immediately. Nearly one-third of all American arrests abroad are related to drugs, and the penalties can be severe. Be aware that if you are arrested while abroad, there is nothing that the U.S. can do to get you out of jail. Be wary of drug dealers who pose as tour guides only to take advantage of you.

Water and food precautions

Learning to appreciate the food preferences in your host country may take some time. More importantly, you must know which foods are safe to eat. Cooking preparation procedures may not be up to the health standards of the U.S. and could cause food-related sickness. Do not eat foods that appear to be undercooked or that have not been properly refrigerated. Observe what locals eat and ask questions. Use common sense but explore. Eat what you are comfortable with and check out travel guides for food sections and information on tipping. Be prepared to have to eat at different times than you are used to eating. Most countries eat healthier and smaller portions than Americans.

Water may also present a health issue in some countries. You should choose bottled water over tap water. You should also be wary of ice in drinks as it will most likely be made from the local tap water. Your on-site orientation should provide further tips on which local food and water options are the safest. Don’t be surprised by more people drinking alcohol. Abroad the drinking age is different but again be smart and use common sense. Some drinks like beer are stronger and served in greater portions. Binge drinking is typically not seen abroad.

World Health Organization: www.who.int/ith
Centers for Disease Control and Prevention: www.cdc.gov/travel
Dietary needs

Your special dietary needs or restrictions may bring about some difficulties while abroad, but if proper action is taken, accommodations can be made. Research the culture and customs of the country in which you will be living to find more specific information regarding typical eating habits. Many guidebooks include restaurant information and shopping tips for vegetarians or individuals with other special dietary needs. If you are living with a host family, you will most likely be eating the meals they provide. While some families will do their best to meet your needs, you must realize that they should not alter their routines or traditions for you.

When filling out your housing forms, be sure to be as specific as possibly when requesting a housing situation and provide all dietary information on the forms. If you have a serious health issue or allergy, be sure to learn the translation or carry a written version with you to present to waiters to avoid confusion.

Dietary Card: www.dietarycard.com
Vegetarian Restaurants: www.happycow.net; www.vegdining.com

Tattoos and piercings

Before getting a tattoo or piercing while abroad, you should understand the potential health risks you may encounter. Anytime a needle pierces your skin you are at risk for blood-borne diseases or infections. If the needle being used is contaminated then you could be at risk for hepatitis C, hepatitis B, tetanus, tuberculosis, or HIV. For more information, see the Mayo Clinic website at http://www.mayoclinic.org/healthy-living/adult-health/in-depth/tattoos-and-piercings/art-20045067

Over-the-counter medications and first-aid

It’s a good idea to bring a small first-aid kit that contains over-the-counter medications that you use on a regular basis. Products and availability will differ by country, so it’s important to make sure that you bring anything that you may need. We recommend that you pack the following items:

- Pseudo-ephedrine for a decongestant
- Benadryl for allergic reactions and motion sickness
- Topical antibiotic cream and bandages for cuts and scrapes
- Imodium or Pepito-Bismol for diarrhea
- Acetaminophen or ibuprofen for aches, pains, and fever
- Feminine hygiene products (may be difficult to find in some parts of the world)
The Clemson Abroad Office suggests that students studying in a non-English speaking country should know and have a written list of certain phrases in the local language. These phrases include the following:

**Health & Safety Phrases to know:**

- I need help
- Please take me to the hospital/doctor.
- Where can I get help?
- I’m not feeling well.
- Stop! Thief!
- How do I get to the (doctor, hospital)?
- This is an emergency.
- My blood type is...
- Where is the police station?
- I’m allergic to penicillin/aspirin, etc.
- Please help me.
- I am diabetic, etc.
- General Information, Food & Water
- Where can I get something to eat?
- Is this safe drinking water?
- I am allergic to...
- I can’t/don’t eat meat/pork, etc.
Most U.S. citizens who go abroad encounter no vast differences in safety or crime. However, no place in the world is completely without risk, and you should use simple precautions to improve your chances of staying safe, healthy, and happy while abroad. In this handbook and at the Pre-Departure Orientation, we will address general health and safety, along with emergency procedures. It will be important for you to use common sense and remember: if it is not something you would do at home, do not do it abroad. Be open to new experiences, but keep your wits about you. For general safety, learn from the locals, but also follow some basic guidelines. We suggest that you spend the first few days abroad orienting yourself to your new environment. Attend your host university’s on-site orientation, learn which neighborhoods should be avoided, learn the transport system, and observe social cues such as appropriate dress and language. Realize you are going to be a representative of the U.S. regardless of if you want to or not. Ask the Onsite Coordinator about natural phenomenon of the area, environmental and natural hazards, norms of cultural dress and behavior and about individuals that can be trusted.

SAFETY TIPS

• Act like you know where you are going and what you are doing. If you are lost or need to check a map, step into a café or other business, but be aware of your surroundings and your belongings.
• Backpacks, purses, and camera bags can be a target. Wear them snug to your body and keep them closed. Carry your wallet in your front pocket rather than back. If confronted, give up your valuables. Do NOT resist or fight attackers.
• Don’t carry large amounts of cash, and don’t carry all of your money and documents in one bag.
• Be alert in crowds, especially in train stations or at tourist attractions. Thieves may use distractions to their advantage.
• Don’t carry your passport unless you absolutely need it or are crossing international borders. A photocopy of your passport will probably suffice for everyday use.
• Check the security of a hotel or hostel before booking a room by making sure your items can be secured in a safe or locker. A few extra dollars saved on cheap accommodations will not cover the replacement costs of a passport, camera, etc.
• When traveling at night by bus or train, attach your bag to the luggage rack or your seat by using a lock or strap from the bag.
• Do not take valuable items with you overseas, such as expensive jewelry, electronics, etc. They may get lost, stolen, or damaged while traveling.
• Don’t travel alone. Stay in public places, travel with a friend, and always let someone know where you are.
• Stay informed about developments in your host country and around the world. Read the U.S. Department of State travel information at: www.travel.state.gov if, the U.S. decides to launch military or diplomatic action, you will immediately become a representative of your country. If your destination is having political or military demonstrations or attacks, stay away from all sites of such activity.
• Talk to students, faculty, and others who have visited or lived in the areas where you will be traveling. You will be able to discuss this with other students and Study Abroad Office staff at the orientation. Stay in contact with your parents and your emergency contact. Make sure they have up to date information about you.

• Be aware when talking with strangers. It is possible that they have bad intentions, and may try to draw information out of you during conversation, such as where you are staying, if you are alone or just with a few friends, or if you have valuables on you. (Think that cab ride in Taken.) Deflect these with other questions, nondescript replies, or pleading ignorance.

• Don’t give too much information on social media. Be aware that, just like at home, this information can be used against you. Refrain from posting your address, where and when you will be places, etc. It is a good idea to update your privacy settings and be wary of random friend requests.

• Remember the dangers of public wifi are just as real abroad as they are at home. Identities, passwords, account information, etc. can be stolen.

• A NOTE TO WOMEN: American women are almost universally perceived as having lower sexual inhibitions, or “easy”. Be aware that wearing revealing clothing may cause some unwanted and unexpected attention. Think before you act and refer to your advisors and peers at your host institution about advice on this matter. For example, if studying abroad in Africa, a woman should not ask a man for directions. If at any time you feel like you are in an uncomfortable situation, please notify your program coordinators immediately.
REGISTRATION WITH THE U.S. EMBASSY OR CONSULATE

Clemson students traveling abroad are required to register with their nearest embassy or consulate through the U.S. State Department’s website. By doing so, you will receive updated information on travel and security within the country to which you are heading. You also make it easier for the U.S. embassy (and your family) to locate you in case of emergency or disaster. To register, go to: https://travelregistration.state.gov/ibrs/

Other services provided by U.S. consular officers are the following:

- Replacing your passport (this may take a few of days)
- Helping you to find medical assistance
- Helping you to get funds
- Helping you in an emergency
- Visiting you in (but not getting you out of) jail
- Helping in a disaster/evacuation • Assisting with absentee voting
- Also see the US State Department’s tips for traveling abroad at www.travel.state.gov

IN THE EVENT OF AN EMERGENCY

Each program has an on-site person whom you can contact for any emergency. It may be a program director or someone in the local International Office. Find out who that emergency contact is before you need them because emergencies often happen after office hours or on weekends.

Because 911 is NOT the universal emergency number, you should memorize and write the local emergency number for police, fire, and ambulance on your Emergency Card. If you need a doctor, you can use the emergency number on your ISIC card to locate an English-speaking doctor.

In case of a serious emergency, contact the Clemson University Police Department. They have a representative available 24 hours a day for student emergencies. Do not be afraid to contact them. The phone number (864-656-2222) is listed on your Emergency Card as well as on the inside of this Pre-Departure Orientation Guide.
When you are in another country, you must obey the laws and regulations that are in place. You may not have the same legal protections and rights that you may be accustomed to in the United States. American embassies and consulates can provide you with the names of attorneys and doctors, but they cannot provide financial assistance or intervene on your behalf in the administration of justice in the host country. It is your responsibility to familiarize yourself with the laws of your host country.

**Arrest**

While we hope that none of you will face arrest while you are abroad, we want to prepare you for all possible situations. Almost every country you could travel to has agreed to sign the Vienna Convention on Consular Relations. This means that you have the right to speak to a consular officer from the nearest U.S. embassy or consulate if you have been arrested or detained (or your home country consulate, if you are not a U.S. citizen). To find the closest United States embassy or consulate please visit [www.usembassy.gov](http://www.usembassy.gov).

Bail provisions are rare outside of the United States. Pretrial detention without bail is common in other countries. Prison conditions are often worse than conditions found in the United States and the principle of “innocent until proven guilty” is not necessarily believed in legal systems abroad.

Adhere to the following procedures if you are arrested or detained while abroad:

- Do not make any statements to the host country police before contacting a U.S. embassy or consulate (or your home country consulate, if you are not a U.S. citizen) and wait for a lawyer to be present. Tell the consular officer that you have been arrested and request assistance. They will almost always send a representative within 24 hours.
- Call the study abroad office as soon as possible so that we can assist you as much as we can.

It is important to understand that neither the U.S. government or Clemson University can get you out of jail if you are arrested abroad. Do everything possible to understand and obey the laws of your host country or any country you visit while abroad.

**Helpful Phrases**

- Please call the American Embassy/Consulate immediately.
- I don’t understand.
- What (time, date, day) is it?
- I am an American citizen.
- I have a right to call the American Embassy/Consulate.
Studying abroad gives students an incredible opportunity to grow academically, professionally, and personally. The vast array of programs offered by the Study Abroad office are appealing to a diverse group of students with a variety of interests. We hope that this section of the handbook will help you better understand your own identities and provide resources to help you be successful abroad.

**Women Abroad**

Women studying abroad should be very careful about where, when, and with whom they are going to travel. Cultural differences between the host and home culture could lead to misunderstandings. Women in particular need to be aware of their surroundings and the people they are interacting with. Misreading non-verbal cues, language difficulties, and inaccurate notions about American women may cause some issues when it comes to casual interactions with other people.

In some countries, a smile and a “hello” from a young woman could be interpreted as something other than friendliness. It is wise to be slightly more restrained in your social interactions when you are first meeting people. Uncomfortable situations could be avoided if you take a few easy precautions. Dress more conservatively than you would at home. Some outfits may encourage unwanted attention.

Also, in some places being alone in public may be seen as an invitation for company. Observe local women to understand behavioral norms and talk to people about what to do in certain situations before they arise. Avoid walking home alone at night or in questionable neighborhoods. Be careful about going to unfamiliar places with people who you do not know very well. Rape and sexual assault occurs just as often abroad as it does in the United States.

Do not carry mace with you unless you are absolutely certain that it is necessary and that it is not against the law in your host country to carry it.

**Men Abroad**

Gender norms abroad also impact men and the way they should behave abroad. There may be different norms for the treatment of women. Some countries may have higher standards for gender equality while in others you may witness behavior that would be considered harassment by gender discrimination. Some cultures also have customs surrounding friendship between members of opposite sexes. Behave conservatively until you can better observe the behavior of those around you.

**LGBTQ Students**

Acceptance of the LGBTQ community varies by country. Some countries are more open and progressive than the United States but in other countries it is illegal to be homosexual. Make sure that you research your host country and consider the following.

- Host country’s cultural norms and laws related to the LGBTQ community
- Deciding how and when you will express your sexual orientation
- Potential impacts of sharing or not sharing your sexual orientation
- Health resources abroad
- Housing options and living with a host family
- Challenges of gender presentation and potential challenges when showing travel documents, such as passports
Identity Abroad

helpful tips

Resources for LGBTQ Students
NAFSA: Association of International Educators Rainbow Special Interest Group (SIG): http://www.rainbowsig.org
International Lesbian, Gay, Bisexual, Trans and Intersex Association: www.ilga.org
National Center for Transgender Equality: transequality.org/Issues/travel.html
Transportation Security Administration: www.tsa.gov/traveler-information/transgender-travelers

Students of Color
Studying abroad can be challenging for students of color as they encounter stereotypes associated with Americans and prejudices associated with different racial or ethnic populations. You may be a part of a racial or ethnic majority, but people will still consider you an outsider because you are an American. You may also be exposed to different stereotypes than you have been in the United States.

You may also find that your identity as a person of color can facilitate conversations with people from the host country who may not have ever interacted with someone who looks like you before. This could bring both positive and negative feelings depending on your experience.

Some students will experience discrimination during their time abroad and others will not. We hope that the following resources will provide you with information and strategies that you can use to overcome potential challenges. Make sure that you reach out to our office or your existing support networks if you are struggling.

Resources for Students of Color
Supporting Diversity in Study Abroad: http://allabroad.us
Diversity Abroad: www.diversityabroad.com/minority-study-abroad
Access International Education (University of Pittsburgh): www.usic.pitt.edu/aie/students
Supporting Diversity in Study Abroad (http://allabroad.us)

RESOURCES FOR LGBTQ STUDENTS ABROAD
NAFSA: Association of International Educators Rainbow Special Interest Group (SIG)
http://www.rainbowsig.org
USING A FOREIGN TELEPHONE

Before you leave, you should contact your long distance carrier for information on using their calling cards overseas. Family and friends who plan to call you while you are abroad can also check on special calling rates to your host country.

If your housing arrangements include a private phone, please remember that in some countries you will be charged for local as well as long-distance calls. However, be aware that private phone access may or may not be available in your housing arrangement (i.e. homestays, student dorms).

When making your first call, you may experience some frustration because each country has a different telephone system. Go into this situation planning to learn something new. A good reference for you and your family about dialing internationally is www.countrycallingcodes.com/

When calling home or friends, please consider the time difference! Another good reference for you and your family is www.timeanddate.com/worldclock/ which identifies the local date and time for 140 cities around the world. For the most part, you will have access to payphones. The cheapest and easiest method of payment is usually a pre-paid phone card bought in-country. Check with local staff or students for recommendations on where to buy these.

MOBILE PHONES

Mobile phones are widely used in many countries. They can be bought or sometimes rented. You will find it much easier to buy a mobile phone and prepaid service in your host country than to take your own mobile with you as most standard US/Canada mobile phones will not work in other countries. Contact your personal telephone provider for recommendations for international use of your mobile phone. The following services allow you to buy the phone in the U.S. to take abroad, which is beneficial because the instructions are in English and you will have the phone number to give to friends and family:

• Piccell www.piccellwireless.com/
• Telestial www.telestial.com/

Some third party providers give each student a mobile phone. You will need to check with them about rate and payment information.
INTERNET PHONES
Several internet phone packages exist that allow you to talk from computer-to-computer for free around the world. Also, some services offer computer-to-phone service for competitive calling rates. These services include the following:

- **Skype (www.skype.com)** This internet telephone service is free from computer-to-computer and charges just over $0.02/minute to call into the US from anywhere in the world. Skype is known for its telephone-like voice quality. Video, call in, and voicemail also available.
- **JAJAH (www.jajah.com)** Provides free calls to landlines and cell phones in numerous countries.
- **Google Talk / MSN / AOL**: These instant message services also offer free computer-to-computer telephone service.

However, voice quality depends on the quality of the internet connection. Internet phones are something to consider when deciding to bring your laptop. Remember: all these services require a computer microphone or headset. Also think about how much privacy you may have where you will have internet access.

**Please note that the Study Abroad Office is in no way endorsing these companies above others that provide the same or similar services. The companies listed above have been used by study abroad students in the past.**

EMAIL
Please note that the study abroad office will use your Clemson email address to keep in contact with you while abroad. If you do not plan to use your Clemson email, please forward it to the email address that you will be using. You may have access to email either through your study abroad program or through local cyber cafes. You will be able to access your CU account through Webmail using your CU ID number and your password.

**Communicating with loved ones at home**
Calling and communicating with those back home is important in order for them to keep up with you. However, remember you are abroad to grow. Try to avoid excessive use of email and phones when abroad and become a part of that country’s society.
If homesick try to communicate with locals or participate in some of that country’s activities to meet people. Communicating and functioning in the host language and culture could help you adapt to that society to become an independent individual. Try to deal with emergencies on your own with the local contacts first, then if needed call your parents. Remember people in your program and your on-site coordinators are there for a reason. Write about, photograph, and record your experiences to send to parents and loved ones to help ease their concerns and to show them what you are experiencing.
Blogging

A blog is a fantastic way to share your study abroad experience with a large number of people at the same time. It will reassure your family and friends to see your posts about all of the exciting new things you will be experiencing! It will also allow you to look back on your experience once you have returned home.

Social Media

Social media sites are a great way to stay connected to your friends and family. Make sure that you limit your activity on social media so that you can fully immerse yourself in the host country’s culture. Social media can also increase homesickness, so make sure to limit your use. Additionally, remember that your use of social media is reflective of your professional goals and objectives.

Web and Smartphone Apps

Programs such as Google Hangout, Skype, and Facetime make it easy to video chat with friends and family back home for free. You can also make voice calls over data and WiFi. You can purchase minutes through Skype to make international voice calls from a computer at a reasonable price. Popular smartphone apps include WhatsApp and Viber.
Reverse Culture Shock
As you arrive back in the United States, you are may experience what is known as reverse culture shock. As you readjust to life back in the U.S. and on Clemson’s campus you may find it difficult to re-establish ties with friends and family, settle back into a routine, find food products which you have become accustomed to, or face other challenges. This is completely normal. You may feel as though you no longer fit in as you have changed culturally. If you need to talk about these issues or anything else please contact the Study Abroad Office.

Easing your transition back into the United States

- Find a more receptive audience for your stories, successes, and struggles (like a study abroad staff member or student ambassador)
- Take advantage of opportunities to meet other study abroad alumni
- Get involved with international organizations on campus or participate in study abroad recruitment events
- Continue your foreign language studies
- Stay in touch with the people you met while abroad
- Subscribe to newspapers or magazines from your host country

Remember that reverse culture shock is temporary and you will readjust to your home culture. Be patient, flexible, and understanding of the events and people around you.
Staying Involved

As we mentioned before, study abroad is a process. You’ll need some preparation adjusting back to life in the U.S. You might find it difficult to explain your study abroad experience; find the U.S. extremely different; and find that old friends and family are not interested in discussing your experiences. All these are part of the process called re-entry shock. Use your experience! Things you can do to continue your international experience at home include:

- Become a Study Abroad Ambassador!
- Review resources for returning students: 
  http://www.clemson.edu/studyabroad/returning-students.html
- Participate in International Awareness Week and the Clemson Abroad photo contest in the spring
- Study or work abroad again even for a short term experience
- Share photos with the Clemson Abroad Office via social media
- Become a peer mentor to an incoming international exchange student
- Become involved with our Study Abroad Fairs
- Consider being a Study Abroad Ambassador or Global Ambassador Intern
- Stay in touch – both with new foreign friends and the Americans who shared your journey.
- Evaluate your experience! Ask yourself some of these questions:
  - How has my view of my own country, family and friends changed?
  - How have I changed?
  - What am I happiest to return to?
  - What will I miss most from my experience abroad?
- Live in the Cultural Exchange Community
  http://www.clemson.edu/campus-life/international-programs/cec.html
- Participate in the Clemson Cultural Partner Program
  http://www.clemson.edu/campus-life/international-programs/cpp/index.html
Tourist vs. Traveler

<table>
<thead>
<tr>
<th>Observes</th>
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<tbody>
<tr>
<td>Just there to look around and see the notable “must-sees”</td>
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</table>

<table>
<thead>
<tr>
<th>Sticks Out</th>
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<tbody>
<tr>
<td>Separates themselves from the people and the local culture</td>
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<table>
<thead>
<tr>
<th>Complains</th>
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<tbody>
<tr>
<td>Constantly makes comparisons between here and home</td>
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<thead>
<tr>
<th>Oblivious</th>
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<tbody>
<tr>
<td>Doesn’t pay attention to people or surroundings</td>
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<table>
<thead>
<tr>
<th>Result</th>
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</thead>
<tbody>
<tr>
<td>A nice tan and a thinner waist</td>
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<table>
<thead>
<tr>
<th>Souvenir</th>
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<tbody>
<tr>
<td>An overpriced gift shop trinket</td>
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<table>
<thead>
<tr>
<th>Experiences</th>
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<tbody>
<tr>
<td>Immerses themselves in the culture</td>
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<thead>
<tr>
<th>Blends In</th>
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<tbody>
<tr>
<td>Makes friends and connections with the locals</td>
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<table>
<thead>
<tr>
<th>Curious</th>
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<tbody>
<tr>
<td>Asks questions and explores with an open mind</td>
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<table>
<thead>
<tr>
<th>Sensitive</th>
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<tbody>
<tr>
<td>Aware and respectful of cultural norms</td>
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<table>
<thead>
<tr>
<th>Goal</th>
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</thead>
<tbody>
<tr>
<td>Make lasting memories and lifelong experiences are gained</td>
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</table>

<table>
<thead>
<tr>
<th>Keepsake</th>
</tr>
</thead>
<tbody>
<tr>
<td>A unique piece of physical culture</td>
</tr>
</tbody>
</table>

2 tips for avoiding the stereotypes:

1. Be Respectful
   - Be respectful of the cultural traditions and values of the place you’re visiting.

2. Be Yourself
   - Don’t compare yourself or your own identity. Embrace who you are and let that shine through in the present culture.

Presented by landoftravel.com

Singer, T.
(2013, April 16)
Resources

Government websites
Department of State travel information for students
studentsabroad.state.gov
Department of State travel registration
step.state.gov/step
Passport services and information
travel.state.gov/content/passports/english.html
Foreign embassies in the U.S.
state.gov/s/cpr/rls/fco
Foreign entry requirements
travel.state.gov/content/passports/english/country.html
Department of State travel warnings
travel.state.gov/content/passports/english/alertswarnings.html
Overseas Security Advisory Council
osac.gov
Centers for Disease Control and Prevention
cdc.gov

Culture and travel websites
What’s up with culture?
www2.pacific.edu/sis/culture
Lonely Planet
lonelyplanet.com
Exchange rate information
oanda.com, xe.com
Electrical outlets abroad
electricaloutlet.org
Student Universe
studentuniverse.org
STA Travel
statravel.com
Worldwide hostel listings
hostels.com
Hostelling International
hihostels.com
