

Where
will
YOU
go?



IMPORTANT CONTACTS AT ADELPHI

Center for International Education (516) 877-3487
adelphi.edu/studyabroad

Public Safety (516) 877-3511
administration.adelphi.edu/publicsafety

Office of Academic Services and Retention (516) 877-3150
academics.adelphi.edu/asr

Office of the University Registrar (516) 877-3300
ecampus.adelphi.edu/registrar

Residential Life and Housing (516) 877-3650
students.adelphi.edu/sa/rlh

Student Financial Services (516) 877-3080
ecampus.adelphi.edu/sfs

Health Services Center (516) 877-6000
students.adelphi.edu/sa/hs

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The Center for International Education gratefully acknowledges the use of the following resources in the compilation of this study abroad handbook: NAFSA's Guide to Education Abroad for Advisers and Administrators and the Pre-Departure Study Abroad Handbook from the Office of Study Abroad at Tulane University.

CONGRATULATIONS!

You are about to embark on the journey of a lifetime. The purpose of this handbook is to make your study abroad experience easier as you transition into a new culture and learning environment.

This handbook outlines Adelphi University study abroad policies, recommendations for travel, health, and safety, as well as ways to adjust and take advantage of your host country. This experience is going to be what you make it; at times it might be challenging but remember to be flexible and open minded—if you do, you will gain insight not only into a new culture but also into yourself.

Bon Voyage!

BEFORE YOU GO, PLAN FOR YOUR RETURN...

- Check deadlines for registration, financial aid applications, residence hall applications, etc. and arrange for a Power of Attorney for issues you might need dealt with while abroad.
- You will need to register for the next semester's classes at Adelphi while you are still abroad—talk with your adviser to make sure you know which classes you need and register on the appropriate date on the Internet.
- Plan for housing if you wish to live on campus. Contact the Office of Residential Life and Housing prior to leaving your residence hall to determine if you may reserve a space for your return at students.adelphi.edu/sa/rlh.

UPON YOUR ARRIVAL...

- Email your contact information to the Center for International Education (CIE) at cie@adelphi.edu
- Register with the closest U.S. Embassy at travelregistration.state.gov/ibrs/ui

GETTING READY FOR YOUR TRIP ABROAD

PASSPORTS

All Adelphi students planning to study outside of the United States for any length of time will need a valid passport from their country of citizenship to enter a foreign country and to re-enter the United States. You must be in possession of a valid passport for the entire period of your trip. If you do not have a passport, apply for one as soon as possible. Please go to travel.state.gov and click on "Passport" at the top of the page.

Passport Renewal

Passports are generally valid for 10 years. If you have a passport that will expire while abroad or within six months of the end of your program, make sure to renew it now; you do not want to risk being denied entrance to a foreign country or complicate your return to the United States. Details on how to renew your passport are available at travel.state.gov.

Passport Photos

Before purchasing passport photos, contact your program sponsor to get an accurate count of the number of photos needed. In addition, you should take two extra passport-sized photos with you abroad. This will aid in replacing a lost or stolen passport more quickly.

Securing Your Passport for Overseas Travel

As soon as you receive your passport, make sure to sign it and fill in the information on the inside cover. Your passport is not valid without your signature. We suggest you make several copies of your passport. Take one with you and keep it in a separate place from the original; you should also leave one with whoever is taking care of your affairs in the United States. The CIE will keep a scan of your passport as well. If your passport is lost or stolen, notify the local authorities and the U.S. consulate immediately. After an identification investigation, the consulate will usually issue you a three-month temporary passport.

Never Pack Your Passport in Your Luggage

When traveling from country to country, keep your passport with you at all times, preferably in a money-belt or attached somehow under your clothes.

Once you have arrived at your program “home base,” you will want to locate a safe place to keep your passport. If you plan to travel over a long weekend or semester break, remember to take your passport and carry it on you.

Your U.S. passport (or immigration documents for non-U.S. citizens) is your official identity document abroad and must be available to you at all times. Do not send this document separately back to the United States for any reason.

STUDENT VISAS AND RESIDENCY PERMITS

A visa is legal/official permission to reside in a country for a specific purpose for a specified amount of time. Visas are granted by the host country. Many countries require a visa or residency permit to reside and study for a semester or a year. You are responsible for obtaining a visa to study abroad in your host country if it is required. Whether you will need a visa depends on the country and length of time you will reside there. Although tourist visas are usually available at the port of entry, student visas must be obtained in the United States from the host country’s consulate before departure.

It can take between one and three months to procure a visa, so begin the process early. You will need to follow instructions provided by your host institution or study abroad program. The best initial source of information is at your host country’s consular website, as well as the U.S. State Department consular information sheets available at travel.state.gov.

Residency Permits

In many countries, you will need to apply for a residency permit after you arrive. Your program sponsor/director will provide you with details about this, if necessary, in program-specific materials.

Work Abroad and Work Permits

Students should give careful consideration to the practicality of working while participating in a study abroad program. Students who will be abroad for less than a full academic year will find working abroad difficult to arrange. In general, the Center for International Education discourages semester abroad students from working abroad.

Full-time students who plan to stay beyond the end of their program may obtain a work permit through a variety of work permit programs. Students often find

this a useful way to complement their study abroad program and extend their stay. Students going abroad with the specific goal of working should work with a permit program or obtain all necessary documentation before departing for their destination.

ARRANGING TRAVEL

Students book their own flights when participating in most Adelphi semester and academic year study abroad programs. Since students often want to make changes to their return flights because of varying exam schedules and new travel plans, we suggest booking your flight with a student travel agency like STA Travel (statravel.com), where you can get special tickets that allow for adjustments (usually for a small fee). The International Student ID Card (ISIC) can also assist in finding travel discounts. The ISIC is a recognized proof of student status abroad, and offers special discounts on travel, accommodations, museum fees, and more. For more information, go to isic.org.

PACKING YOUR LUGGAGE

Airlines are becoming stricter and stricter about baggage allowances and weight limits, especially for flights abroad. The allowance for flights abroad is usually two pieces of checked baggage plus one carry-on. Check with your airline as baggage allowances, weight limits, and excess charges may vary per airline.

Please remember that you will find few porters to carry your baggage up and down steps in train stations when you arrive abroad. Take no more than what you can handle yourself. We urge you not to take extra boxes, trunks, or footlockers. If you do so, be prepared to make all shipping arrangements, pay shipping costs, and arrange customs clearance.

VOLTAGE AND ELECTRICAL APPLIANCES

The voltage in much of the world, including most of Europe and Latin America, is 220–250V instead of the 110V common in the United States. If you plug an American appliance into an outlet with a 220–250V current, you will overheat and destroy it and possibly shock yourself. It is best to purchase small appliances that have dual voltage or run on batteries. You will probably also need to purchase adapter plugs to modify the flat U.S.-style prongs into the shapes used in other countries.

LAPTOP OR NO LAPTOP?

While the transport of laptop computers rarely causes problems at customs and most come with internal dual voltage capabilities, some are still heavy and will need to be kept secure during your stay. Your destination city may have many cyber cafés or the university itself may offer computer access to students. Check with your contact abroad and with students who have already studied at your host institution to decide if you should take your laptop with you.

PREPARING FOR YOUR RETURN

As you plan your trip abroad, make sure to arrange for your return to campus. The Center for International Education cannot make logistical arrangements for students to return to campus; this is your responsibility.

HEALTH AND SAFETY

VACCINATIONS AND IMMUNIZATIONS

Immunization requirements and health conditions vary widely by country. Please check the Centers for Disease Control and Prevention website ([cdc.gov](https://www.cdc.gov)) and the World Health Organization ([who.org](https://www.who.org)) for up-to-date information on the country and area to which you will be traveling. If you require immunizations, start the process well in advance, as some require multiple doses spaced several months apart.

PRESCRIPTION MEDICINES

Prescriptions written in the United States cannot be filled abroad. In addition, not all medicines offered in the United States are available in other countries. Try to request authorization from your doctor and insurance company to obtain a supply sufficient for the time you will be abroad. Prescription medications should be carried in their original, labeled bottle. In addition, you should have the written prescription on hand in case a customs officer asks to see it.

Do not plan on sending prescriptions through the mail as many countries restrict, prohibit, and/or place very high customs duties on such shipments, even when obviously intended for personal use. We recommend that students who wear eyeglasses or contact lenses take an extra pair as well as their prescription.

STUDENT HEALTH

Many study abroad program providers require a physical health evaluation from a healthcare provider; students should consider scheduling an appointment before departure.

Students must fill out Adelphi's Pre-Travel Student Health Questionnaire and schedule a consultation with the Health Services Center. The CIE will then receive clearance for the student to go abroad. The goal of this requirement is not to eliminate students from program participation, but to identify and design a treatment plan for any medical/psychological conditions that may affect them while abroad.

HEALTH INSURANCE COVERAGE

Students going abroad must purchase Adelphi’s International Accident and Sickness Medical Insurance coverage administered by Cultural Insurance Services International (CISI) for the duration of their term abroad, unless the study abroad provider has an alternative insurance in place. CISI insurance cards will be issued by the CIE.

HEALTH AND SAFETY RESOURCES ON THE INTERNET

- U.S. Embassies and Consulates Worldwideusembassy.gov
- U.S. Customs and Border Protection.....cbp.gov
- Transportation Security Administration (TSA) tsa.gov
- Federal Aviation Administration (FAA) faa.gov
- Centers for Disease Control (CDC) cdc.gov
- Association for Safe International Road Travel asirt.org
- World Health Organization (WHO)..... who.org
- International Travel.....travel.state.gov/travel

FINANCIAL CONSIDERATIONS

CURRENCY EXCHANGE AND MONEY ABROAD

Students should exchange \$100–\$200 into the currency of the host country before departing the United States so that they can cover immediate expenses upon arrival. This is especially true if students will be arriving at night or on weekends. Some of this currency should be in small denominations to be used for tipping, meals, and other incidentals. In addition, most airports have ATMs if you choose to wait until you arrive to withdraw money. However, ATM availability is not guaranteed and exchange kiosks have very high exchange rates.

In many urban areas, it is possible to use bank cards and credit cards to obtain local currency at ATMs. This is usually NOT the case in rural areas. Before departure, students should check with home financial institutions to see if their cards and PIN numbers will work abroad. By comparison, international bank-to-bank wire transfers are complicated to execute and personal checks are usually impossible to cash or deposit while abroad. It would also be prudent to bring a major credit card with cash advance service. To avoid suspension of credit card service due to anti-fraud protocols, notify the company that you will be using the card abroad. For current exchange rates, visit xe.com.

TUITION AND FEES

Study abroad participants are charged Adelphi tuition and fees for their time abroad. One semester abroad is equal to one semester at Adelphi; two semesters abroad is equal to two semesters at Adelphi.

Students will receive invoices for Adelphi tuition and fees after registration and prior to the next semester. Students will need to pay their balance before leaving the country unless receiving financial aid that will cover the cost.

ROOM AND BOARD

In addition to tuition and fees students studying abroad pay the room and board fees associated with their program. Students pay room and board to the host institution or program provider, not to Adelphi University.

FINANCIAL AID AND SCHOLARSHIPS

For students on financial aid, all federal financial aid except for work-study awards can be applied to all Adelphi study abroad programs. In addition, 75% of Adelphi University institutional aid can be used for participation in Adelphi-sanctioned study abroad programs. If a student is going on one of Adelphi's direct exchanges, 100% of institutional aid applies.

ARRIVING AT YOUR DESTINATION

ARRIVAL DATES

Plan to arrive in your host city in time to attend orientation activities, in addition to any pre-semester language and culture programs. For students attending universities abroad, consult the arrival dates provided by the institution or organization in your pre-departure materials. Late arrivals are not permitted.

AIRPORT ARRIVAL

It is wise to familiarize yourself with the layout of your transfer and destination airports. The World Airport Guide (worldtravelguide.net/airports) is a useful resource.

IMPORTANT DOCUMENTS

In your carry-on luggage, pack your passport and visa, plane tickets, study abroad acceptance letters, pre-departure materials and guides, and contact information for your on-site hosts. You might also pack a change of clothes in case your luggage is lost.

CUSTOMS AND IMMIGRATION

When arriving and departing from your host country, you will be required to pass through immigration and customs. Immigration will check your passport and visa (if required) and customs may check your luggage and carry-on bag to ensure that you are following the import and export regulations of the country. Individual rules and regulations vary from country to country. You will also have to pass through customs and immigration when you return to the United States.

LOST LUGGAGE

Any number of events can transpire to cause your luggage to arrive at a different time than you. It may be wise to carry on items that will allow you to

spruce up in case you find yourself in your host city without your baggage—fresh undergarments, a shirt, etc. If your checked luggage does not arrive at the airport, you should notify a representative from your airline, and register with their department of lost luggage. If you haven't yet received your permanent address in your host city, you can leave your study center or international office's address with the airline.

GETTING TO YOUR ACCOMMODATIONS

In the literature you'll receive from your host institution or program, you should receive the address of your host family, apartment, or student residence. You should verify this information, and bring it in your carry-on luggage on your flight to your host city. As indicated above, familiarize yourself with your arrival airport, and have a plan to get yourself—and your stuff—to your final destination. In many cases, public transportation is tedious and time-consuming. Consider splurging on a taxi, just this once, or identify options that have door-to-door service, like a call-ahead shuttle service. Make reservations in advance! Some programs may provide transportation from the airport to your destination.

ADJUSTING TO YOUR NEW HOME

JET LAG

Expect jet lag—and a little cultural adjustment. Get your body on the new schedule by drinking plenty of water, eating plenty of nutritious food, exercising, and resting. Cultural adjustment is a natural effect of being exposed to new lifestyles and values; you may feel a bit impatient, confused, or anxious, and might hit emotional highs and lows as you adjust. Time usually takes care of it, but if any problems persist, consult your on-site program director or get help from a counselor or doctor.

DISCOVERING YOUR NEIGHBORHOOD, ONE BLOCK AT A TIME

Welcome to your new neighborhood! By now, you've put your bags down, unpacked a little, and you're ready to ease into the day-to-day life of a citizen in your host location. A key part to understanding the culture of your new surroundings will be getting to know your neighborhood and the businesses and parks within it. The moment is primed for you to find an interesting café and pop in for a bite. What does the clientele look like? What are they eating, and when? Part of getting used to your new situation will be becoming a member of a new community. Do this by noticing the "who, what, when, and where," and then participating, becoming one of the "who's." As you become more familiar with the area immediately surrounding your apartment or dorm, branch out and expand your base of knowledge.

TRAVEL WHILE ABROAD

International Student Identity Card

The International Student Identity Card (ISIC) may entitle you to discounts for airplane, train, or bus tickets, entry to certain museums and other places of interest, and discounts at certain hotels. If purchased in the United States, the ISIC will provide a limited measure of insurance. For more information and to purchase the ISIC, visit isic.org. Your age may also entitle you to reduced rates. Don't hesitate to show your passport and request a youth (usually under 26) fare.

Rail Passes

Many economy rail passes can be purchased only in the United States through travel agencies such as STA Travel (statravel.com). On-site, discount travel passes may be available in your country for students or visitors. Look to local guidebooks for details specific to your country.

Other Travel

Travel by bus is an inexpensive way to get around in most cities and most countries. On the other hand, driving an automobile while abroad may be a more expensive and possibly risky mode of transportation. Traffic patterns and driving customs may be very different, possibly even dangerous in some parts of the world. In addition, insurance requirements or restrictions in some countries are costly or prohibitive, and your home policy may not cover you while driving abroad. The Center for International Education does not recommend renting a car or driving while participating in a study abroad program. Low-cost airlines are becoming increasingly popular in Europe, providing an inexpensive and quick alternative to trains for students who do some advance planning.

TRAVEL AND VISITORS FROM HOME

The Center for International Education encourages you to travel during free time, but recreational travel must be confined to weekends, holidays, and breaks, and must not interfere with timely completion of all coursework and assignments. If any friends or family wish to visit you, they should time their visits to coincide with breaks. Remember, you must always respect the rights and privacy of your roommates or home-stay family if you plan to travel or have visitors. Check with your program-specific handbook or program sponsor for any additional rules regarding travel and visitors.

HOUSING

In advance of your study abroad experience, read up on the housing option you've selected so you have an idea of what to expect. Depending on your program and housing choice, your accommodations may be a significant distance from your university—this is the norm abroad. You should count on a commute as part of your international experience.

MEALS

Of course food varies significantly from culture to culture, but so do other things related to meals such as time of service. In many locations, meals are served in restaurants or dorms only between certain hours—if you miss the two-hour window for breakfast, lunch, or dinner, you may be hard-pressed to find something to eat! If you have specific dietary concerns, you should opt to self-cater (don't choose a meal plan) and/or disclose your needs to your program provider, host family, and any other relevant parties.

BE FLEXIBLE

Your first few weeks in your host city may be difficult—you'll be doing a million things at once: meeting host families, scheduling classes, getting used to a new city, often in a foreign language. Every day will be a test—use what you've learned in the classroom, on unfamiliar streets, and in classrooms in a brand new institution.

But you know all this, and it's part of why you've decided to study abroad! One way to deal with everything is to be flexible. Every experience may feel new to you, and not everything may go as planned. Try not to isolate individual events as being negative, and instead, take it all in as part of one larger experience that will ultimately help you grow and become more independent.

Some ways to help deal with this transition are to:

Learn about Local Customs

Lifestyles, practices, and expectations will be very different from home—even in places that seem on the surface to be relatively similar to the United States. Make sure you understand how things work. Don't assume that behavior you took for granted at home will be accepted in your host country. Ask about safety issues such as local transportation, swimming practices, and electrical appliances; security issues such as neighborhood security and personal security at night; and, cultural issues like attitudes toward gender, friendship, and dating.

Make New Friends

It may not sound like a health tip, but don't isolate yourself. You will probably have to make the first move in developing friendships, but relationships make the whole experience meaningful. The friends that you'll make this coming

semester will serve as your family away from home and your support system. Befriending international or local students will also be a mechanism to find out about your host culture.

Stay Healthy

We can't stress this enough! Eat well, stay hydrated, and sleep regularly. Being away from the United States will not render you immune to sickness. Illness exists outside of our borders. Take the necessary precautions to stay healthy!

DAILY LIFE

Once you've arrived, you'll want to be in your host city, living like a citizen. Take this opportunity to really get to know your neighborhood and your city. Most cities publish an entertainment guide. Locals read these guides and you should too in order to plug into popular events around town. Listen to local radio stations, read the local paper, and interact with locals to get connected to local events.

To facilitate integration, **STAY IN YOUR HOST CITY!** Spend your entire first month in your host city, even on the weekends, so that you know what it means to call this place home. Don't give in to the temptation to travel every weekend. Trust us, there is enough to entertain you in your host city—get involved!

Plan to arrive early (if your visa allows) or leave late if you'd like to travel extensively. There are generally very few breaks during the fall semester for travel. Use the summer before your study begins and winter break. Buy a flexible ticket so you can extend your time abroad if you'd like.

As you're getting to know the neighborhood, develop your own routine. You can bet everyone in Buenos Aires has their favorite café and their preferred park bench. Identify these things for yourself as well. The more time you spend in a certain place and among regulars of a café or restaurant, the more insight you'll get into their culture—and the more likely it is that they'll invite you out for a coffee! When you do travel, you'll feel great having familiar routines to come home to.

Just like you'll want to meet locals in your city, also go out of your way to meet local students. Get involved in university activities and clubs. Don't be ashamed to speak the language. You've studied for so long—now's your chance to use it. People will be more receptive if you attempt to speak in their native tongue—

remember that you're a guest in their country. The friendships that ensue may last for a long time.

As we've stressed, this experience will change you. It's inevitable. Keep a journal of your experiences to track where you've come from and your aspirations for the future. You'll be engaged in so many activities that, once it's all said and done, you may struggle to remember the most basic characteristics of your life abroad. Write them down!

CONTACT WITH HOME

International communication is easier than ever. Even if you decide not to bring a laptop, internet cafés will be everywhere. Email will be at your fingertips. Most students find that Skype (skype.com) is the cheapest and most efficient way to call home. Some students purchase a cell phone on-site. Often, incoming calls are free to the receiver, so students have their family and friends in the United States call them.

However you decide to communicate, it's important to contact your family to let them know that you've arrived safely and settled into your accommodation. But during the semester, you should avoid calling home too often, as fees add up and communication may increase the likelihood of homesickness.

BLOGGING ABROAD

Consider starting a blog to keep your friends and family updated. You'll be able to write, upload photos, and receive comments. Check out blogspot.com, wordpress.com, or tumblr.com for a free blog.

LEARNING ABROAD AND ACADEMIC POLICIES

ACADEMIC EXPECTATIONS

It's a huge reason why you've embarked on this experience—the study part of study abroad! Classes may be structured differently than what you're used to at Adelphi. Some differences that you may encounter include large classes taught by seemingly detached professors; very few graded assignments; a syllabus that consists only of an extensive reading list. The key to being successful is adaptation. Find out how local students learn this way, and then adopt their strategies. Remember, just because a system may be different than what you're used to does not mean it's of any more or less value.

Professors

The student-professor relationship may vary greatly from the relationships you have with your professors at Adelphi. Abroad, you may find many of your professors to be unreachable or formal. Professors abroad may instruct more courses than your professors do at Adelphi. You may, however, have access to tutors or seminar instructors—many who are graduate assistants—who you can approach for advising or questions about your courses. Don't hesitate to seek assistance from local classmates who are accustomed to the style of instruction and the expectations of the professors at your institution.

EARNING ADELPHI CREDIT

Course Selection

Study abroad students will select their courses with the assistance of their faculty adviser and the Center for International Education. Students must submit a Course Approval Form signed by their faculty adviser and department chair. Courses that are approved as substantially equivalent to Adelphi's will satisfy the same curriculum requirements as the Adelphi course satisfies. Courses for which there is no Adelphi equivalent, but which are deemed appropriate or desirable to enhance the student's educational goals or specialization major, must have the approval of the department chair.

Students should seek approval for more courses than they are intending to take prior to departing campus in order to minimize problems with changing classes while abroad. Students choosing to drop/add courses while abroad

must obtain new approval from their faculty adviser and department chair. Such approvals could be confirmed via email, no later than the third week of the host institution's semester or the second week of the host institution's summer term. Students must notify the CIE in writing regarding proposed course substitutions or changes, which will be updated in their Course Approval Form. Students who fail to obtain approval for changes in their study abroad courses cannot be guaranteed that they will receive academic credit for classes that are not on their signed Course Approval Form, regardless of whether they have completed them or have paid for the new courses.

All foreign courses must be taken for a grade, not for Pass/Fail. Students studying abroad must receive a grade equivalent of C- or better for undergraduate courses, and equivalent of B or better for graduate courses, in order to earn Adelphi credit. Study abroad courses will be posted on the student's transcript with the designation of country/institution of study and credits attained; however, their grades will not count in the calculation of a student's GPA. Students enrolling in an Adelphi internship, research project, and/or independent study course as part of the study abroad program must be approved by an Adelphi faculty supervisor who will grade the course. This grade will be processed as any regular Adelphi course.

Students who are abroad for a semester must enroll in a minimum equivalent of 12 Adelphi credit hours, or an approved combination of course, research, and internship work. While studying abroad, students must maintain a full-time course load each term. The receiving foreign institution will determine full course loads. Failure to keep full-time status may result in cancellation of your term abroad with the subsequent loss of academic credits, tuition payment, and federal or other financial aid.

Some international institutions may require a language placement examination. If a student is placed in a different level (higher or lower) than the one indicated on the study abroad Course Approval Form, the student will be awarded Adelphi-equivalent credit based on the actual level taken abroad.

Grade appeals regarding study abroad courses will be considered in accordance with the procedures of the host institution or the provider. In the case of an Adelphi independent study course(s) taken abroad, appeals will be processed as in any other Adelphi courses.

ACADEMIC AND BEHAVIOR CODES OF CONDUCT

Students are held to the Code of Conduct for Students as well as Academic Honesty guidelines while abroad. This is in addition to the codes of the host institution. Adelphi's codes may be viewed at academics.adelphi.edu/policies.

EARLY WITHDRAWAL/DISMISSAL POLICY

Students who voluntarily or involuntarily withdraw from their study abroad program will be subject to both Adelphi and the host organization/institution withdrawal policies and penalties. Students withdrawing from a program for any reason will be responsible for expenses that were made on their behalf and costs that are non-refundable. In addition you may be subject to refund policies of the study abroad provider or institution to which you have applied. Mid-semester withdrawals for any reason will require the University to perform a recalculation of eligibility for financial aid under the mandated federal formula (Return of Title IV Aid Calculation). This calculation may not be appealed.

In case of emergency program cancellation or repatriation determined by Adelphi or by the Department of State advisory, Adelphi will undertake to provide completion of semester studies or alternative ways for students to complete their planned number of credits in the term involved at no additional cost. Should the University determine an early program termination, Adelphi will cover airfare penalties, if any, for the early return of participants. This does not apply if students are terminated for cause or if they cut short their studies abroad on their own for any other reason.

SOCIAL RELATIONSHIPS AND CULTURAL DIVERSITY

As a study abroad student, you will need to take the initiative to meet people. Just as you have an established circle of friends in the United States, students abroad have established friends and habits. Don't be afraid to start a conversation and pursue contact in order to meet new people.

Women are encouraged to consult cultural and travel books about the possible differences in attitudes toward females abroad. It is important to be prepared for the possible changes in style and attitudes that may exist.

Remember to use common sense when giving out your address or phone number. It is wise to set up times and places to meet others rather than give out any personal information. For those living with a family, be sure to check with your host family before giving out their phone number, address, or inviting guests over. Do not have overnight guests without checking with your roommate or host family first. In general, overnight guests are not appropriate with a host family.

RELATIONSHIPS

For many of you, your stay will be the first time out of the United States. You may have the opportunity to make some very good friends. These types of strong friendships are not only encouraged but can lead to continued exchanges between you and your newfound friends after you return home. Nevertheless, please keep a few words of caution in mind.

- Be careful of persons wanting to get to know you very quickly, as they may have an ulterior motive. Meet people in public places during the day, preferably with the company of a friend or two. Do not give out your phone number or address freely, as this can lead to problems for you, program staff, other participants, or your host family. Agree to meet the person at a specific time and place.
- U.S. citizens can be easy to identify. They often dress differently, speak loudly in groups, carry backpacks, wear tennis shoes or flip-flops, and speak with a U.S. accent. Some people view U.S. citizens as wealthy and may want to become friends in order to obtain your money or your passport. Use common sense and be cautious. Be aware of your surrounding environment!

- Entering into a relationship abroad should be approached with the same precautions as at home. It can be very tempting to be charmed by the idea of a once-in-a-lifetime romance, but you should consider any relationship carefully, particularly when you are abroad. Keep in mind that in your host country there may be many different cultural values and rules regarding dating and relationships. Proceed cautiously, realizing that you are only in the country for a short period of time.
- Proceed with caution with any relationship and only enter into a close relationship after knowing the partner for a sustained period of time. U.S. women are often stereotyped as easy sexual partners, and each year women find themselves in difficult situations because they were not cautious. Do not go to the home or apartment of someone you do not know well, especially if there is drinking involved. Most problems of this kind are alcohol related. Be extremely careful of drinking in bars. There have been reported cases of drinks being drugged, so it would be a good idea to have the drink opened while you are watching and not to accept a drink brought to the table and paid for by “an admirer.”
- Please be aware that in any type of relationship, whether heterosexual or homosexual, you could end up with a sexually transmitted disease, AIDS, or possibly, a pregnancy. This is not meant as a scare tactic but rather for you to realize that it can and has happened. Be sure that you know the person very well before developing a more intimate relationship and always demand that you both take necessary precautions.

STUDENTS WITH DISABILITIES

Many of the disability accommodations or services that are provided at U.S. universities may be different or unavailable abroad. Being in a new environment can also be stressful, and accommodations that you may not have needed at home may become necessary in an unfamiliar setting.

You should arrange for any disability accommodations at study abroad sites before you depart. Receiving accommodations once you are abroad will be more difficult and may not be possible. Your acceptance into a program is not influenced by disclosing accommodation needs, and it is to your advantage to be certain that the accommodation you need will be available.

You are encouraged to begin the process as early as possible. The disability specialists and study abroad staff can discuss possible alternatives with you, if necessary. To make requests you can contact your home institution's disability services specialists. For more information, contact Adelphi University's Office of Disability Support Services (DSS) at students.adelphi.edu/sa/dss. The CIE staff will also work with you to inquire about necessary arrangements.

For additional resources, Adelphi students can contact Mobility International for additional resources abroad at miusa.org.

GENDER ISSUES

Both male and female students abroad will discover that growing up in the United States has prepared them for different roles in society than those of their contemporaries in other countries expect. Since you will be viewed according to the gender expectations of the host culture, you may feel uncomfortable at times. This is particularly true for female students who may find themselves the targets of unwanted attention.

Try to understand the role of the sexes in the culture to which you are traveling. What may be appropriate and friendly behavior in the United States may bring you unwanted attention in another culture.

You may find the following resources useful:

Culture Shock! Series

The *Culture Shock!* series of books is useful to aid in understanding gender issues in your host country.

Her Own Way: A Woman's Guide to Safe and Successful Travel

The Canadian Consular Affairs Bureau provides information about security, packing, culture shock, and more in this article for women travelers.

JourneyWoman

An online travel resource for women.

“Sexual Harassment and Prevention in College Students Studying Abroad” (SAFETI Online Newsletter)

The SAFETI Online Newsletter addresses issues of safety in study abroad. This article explores how women can minimize their risk of being sexually harassed while traveling abroad.

Women Travelers

Britain’s Foreign and Commonwealth Office (FCO) lists a number of tips for women travelers. The FCO is the department of the British Government responsible for overseas relations and foreign affairs.

Women Abroad

Safety tips, student comments, and other resources from University of Michigan’s International Center.

American Association of University Women (AAUW)

Membership benefits include cheaper group insurance rates, publications, and scholarship eligibility. You can apply at your local branch and become a member at both the state and national level.

U.S. Department of State’s Tips for Traveling Abroad

Advice from the branch of the U.S. government responsible for the welfare of U.S. citizens abroad.

Transitions Abroad: The Women Travel Portal

A great collection of firsthand articles, websites, and agencies by this award-winning, respected travel magazine.

RETURNING TO ADELPHI

Once you return to Adelphi from studying abroad, you'll probably discover that you learned just as much, if not more, outside the classroom as you did inside the classroom. You may feel like you've established many important connections, and we hope you'll work to keep those relations established.

IMPORTANT EVENTS TO REMEMBER

- Welcome Back Reception for Returnees
- Fall and Spring Study Abroad Fairs
- Pre-Departure Orientation

PROGRAM EVALUATION

We want to hear about your experience! We ask that you take a few minutes to fill out a program evaluation form. Your feedback is crucial to our effort to provide Adelphi students with quality study abroad programs. You're the expert on class quality, professors, and student services. The CIE will send you an evaluation upon your return to campus.

USEFUL WEBSITES

State Department Study Abroad website

studentsabroad.state.gov

U.S. Consular Locations and Phone Numbers

usembassy.gov

U.S. Department of State Travel Warnings and Announcements

travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html

Registration with U.S. Embassies

travelregistration.state.gov/ibrs/ui

Centers for Disease Control

cdc.gov

Long Island Travel Immunization Center

northshorelij.com

Hostelling International USA

hiayh.org

Free Internet Calling

skype.com



ADELPHI.EDU/STUDYABROAD

