Office of International Programs
2043 College Way, UC Box A153
Forest Grove, OR 97116
503-352-1600
intlprograms@pacificu.edu

Study Abroad Handbook

Fall 2016 & Spring 2017

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Pacific University

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Pre-Departure Planning

Immigration Issues

NEW APPLICATION FOR A U.S. PASSPORT

To obtain a passport for the first time, you need to go in person to one of 8,000 passport acceptance facilities located throughout the United States with two photographs of yourself, proof of U.S. citizenship, and a valid form of photo identification such as a driver's license.
If you do not already have a passport, you should apply as soon as possible since it will take approximately 6 weeks to receive your passport. If you need a visa for your study abroad program, you will need to allow enough time to apply for both a passport and a visa.

To apply for a first-time passport, you need to include the following:

- A completed Form DSP-11 (Note: Do not sign this form until the Passport agent requests that you do so.)
- A certified copy of your birth certificate (Note: A certified birth certificate has a registrar's raised, embossed, impressed or multicolored seal, registrar's signature, and the date the certificate was filed with the registrar's office, which must be within 1 year of your birth)
- One (1) official photo ID (i.e. a valid state driver's license)
- A photocopy of your official photo ID. Photocopy must be on plain white paper showing the front and back of your ID.
- One (1) official passport size photo (2"x2")
    - 2x2 inches in size
    - Taken within the past 6 months, showing current appearance
    - Color
    - Printed on photo quality paper
    - Full face, front view with a plain white or off-white background
    - Between 1 inch and 1 3/8 inches from the bottom of the chin to the top of the head
        a. Taken in normal street attire
        b. Uniforms should not be worn in photographs except religious attire that is worn daily.
        c. Do not wear a hat or headgear that obscures the hair or hairline.

d. If you normally wear prescription glasses, a hearing device, wig or similar articles, they should be worn for your picture.
e. Dark glasses or nonprescription glasses with tinted lenses are not acceptable unless you need them for medical reasons. A medical certificate may be required.

- The passport fee is $110. The execution fee is $25. The total charge for a new passport is $135. You can only pay in cash or with a check, so be prepared!
- Application forms and the latest passport information are available at http://travel.state.gov/passport/

PASSPORT PHOTOS

Passport photos can be obtained from many places. Some local options: Fred Meyers or Walgreens in Cornelius. The cost for a pair of photos is $10.99.

First-time applicants for a passport must apply at selected county government offices and/or major post offices for initial certification and approval.

Forest Grove:
Passport Acceptance Facility
City Hall
1924 Council Street
Forest Grove, OR 97116
Ph. (503)992-3221
Fax (503)992-3207
Passport processing hours are a drop in (no appointments):
Monday and Thursday, 9:00 am-3:30 pm.

Hillsboro:
Washington County Dept. of Assessment & Taxation (across from the Washington County Courthouse)
155 North First Avenue, Room 130
Hillsboro, OR 97124
Monday-Friday, 9:00 am-4:00 pm.

REMINDER: MAKE SURE YOUR PASSPORT IS GOOD SIX MONTHS PAST THE DATE YOU PLAN TO RE-ENTER THE U.S.

The best resource for passport information is the U.S. State Department's website, which is http://travel.state.gov/passport/

If you already have a passport, please be sure that the expiration date extends six months beyond the end of your overseas program date (keep in mind any travel plans after your academic program ends). If the date is close to the end of your travel, be safe and get a new passport.

Not a U.S. citizen? Make sure that your own country's passport is still valid and inquire if you need a visa (see stage three checklist). If you are on an F-1 student visa as a student at Pacific, you must see Stephen Prag in the International Programs Office before leaving for your study abroad program and/or the vacation preceding it. If you are a U.S. Permanent Resident, you must possess a valid passport from your country of citizenship and your U.S. Resident Alien Card ("green card").

Visas

You may need to obtain a student visa to attend your study abroad program. The time it takes to obtain a student visa depends on the country you will be visiting. The administrating institution of your study abroad program (i.e. API, IE3 Global, ISA, etc.) will be providing you with further instructions and official letters which will enable you to obtain the relevant visa for your program. Please note that foreign consulates can be difficult to deal with, and show little sympathy for incomplete or late applications. Thus, make sure to carefully complete your visa application, and pay attention to the instructions that come with your application (correct size, style, & number of photos, proper documents, etc.). Failure to properly fill in forms can cause tremendous problems with your travel plans, and usually will require significant expense.

Students studying in the following countries will need a visa:

Argentina	**France**	**Ireland**
Australia	**Germany**	**Japan**
Chile	**Hong Kong (China)**	**Spain**
Ecuador	**Hungary**	
England	**India**	

REMEMBER:

SOME COUNTRIES DO NOT REQUIRE STUDENTS TO HAVE A STUDENT VISA. NEVERTHELESS, THESE CONSULATES, AND EMBASSIES ARE USEFUL SOURCES OF INFORMATION

Embassies and Consulates

Argentina Consulate General of Argentina 5055 Wilshire Blvd, Suite 210 Los Angeles, CA 90036 Ph. (323) 954-9155 http://www.embassyofargentina.us/en/embassy-of-argentina-in-united-states-of-america.html	**France** Consulate-General of France 88 Kearny St, Suite 600 San Francisco, CA 94108 Ph. (415) 397-4330 http://www.consulfrance-sanfrancisco.org/	**Japan** Consulate-General of Japan 1300 SW 5th Avenue, Suite 2700 Portland, OR 97201 Ph. (503) 221-1811 cojportland@se.mofa.go.jp www.portland.us.emb-japan.go.jp
Australia Australian Consulate-General 575 Market Street, Suite 1800 San Francisco, CA, 94105 Ph. (415)644-3620 sanfrancisco@austrade.gov.au http://usa.embassy.gov.au/whwh/SanFranCG.html	**Germany** Consulate-General of Germany 1960 Jackson Street, San Francisco, CA, 94109 Ph. (415)775-1061 portland-OR@hk-diplo.de http://www.san-francisco.diplo.de	**Spain** Consulate-General of Spain 1405 Sutter St. San Francisco, CA 94109 Ph. (415) 922-2995/96 cog.sanfrancisco@maec.es http://www.exteriores.gob.es/Consulados/sanfrancisco/en/Pages/inicio.aspx
Chile 870 Market Street, Suite 1058, San Francisco, California 94102 Ph. (415) 982-7662 sanfrancisco@consulado.gob.cl http://chile.gob.cl/san-francisco/en/	**Hungary** Consulate-General of Hungary 11766 Wilshire Boulevard, Suite 410 Los Angeles, CA 90025 Ph. (310) 473-9344 mission.los@kum.hu www.mfa.gov.hu/cons/los_angeles	**United Kingdom** Consulate of Great Britain 1 Sansome Street, Suite 850 San Francisco CA 94104 Ph. (415) 617-1300 https://www.gov.uk/government/world/organisations/british-consulate-general-san-francisco
China/ Hong Kong Consulate General of the People's Republic of China 1450 Laguna St, San Francisco, CA 94115 Ph. (415) 852-5932 http://www.chinaconsulatesf.org/eng/	**India** Consulate-General of India 540 Arguello Boulevard, San Francisco, CA 94118 Ph. (415) 668-0662 http://www.cgisf.org/	
Ecuador Ecuadorian Consulate General in Los Angeles, the United States 8484 Wilshire Blvd. Suite 540 Beverly Hills, California 90211 Ph. (323) 658-6020 ceculosangeles@cancilleria.gob.ec http://www.consuladovirtual.gob.ec/en/web/guest/inicio http://losangeles.consulado.gob.ec/	**Ireland** Consulate-General of Ireland 100 Pine St. 33rd Floor San Francisco, CA 94111 Ph. (415) 392-4214 https://www.dfa.ie/irish-consulate/sanfrancisco/	

Buying Your Airline Ticket

As you look for a good price on your ticket, keep in mind that several different types of travel agencies and tickets exist and that it is always a good idea to shop around and compare prices.

AGENCIES

You are responsible for making your own travel arrangements. We also recommend that you investigate a variety of options, including STA Travel (www.statravel.com), Orbitz (www.orbitz.com), Expedia (www.expedia.com), and Travelocity (www.travelocity.com), and KAYAK (http://www.kayak.com/). You may also wish to contact individual travel agencies if you prefer.

TYPES OF TICKETS

In general, round-trip tickets are cheaper than one-way fares. Make sure that whatever ticket option you choose, you completely understand the restrictions, special limitations, policies regarding changes, extra fees, and taxes that affect its price before you purchase it. Also, make sure you know how to contact the agency or airline from which you purchase the ticket; there's nothing worse than to be stuck overseas with a problem with your ticket and not know how to contact the people responsible!

Our recommendation

TRAVELING HINT:

MINIMIZE THE NUMBER OF CHANGES YOU HAVE TO MAKE BETWEEN PLANES — IT MINIMIZES THE NUMBER OF TIMES YOU HAVE TO HAUL YOUR LUGGAGE.

It is often much cheaper to purchase a round-trip ticket with a set return date and then pay a fee (usually between $25 and $150) to change the return date once you are sure exactly when you want to return to the United States. We usually recommend this option but caution you to be sure you understand any restrictions on changing the dates of travel. We do not recommend buying a ticket with a return date that cannot be changed, as many things can happen during your time abroad, and flexibility in your return can be extremely valuable.

Open-jaw tickets allow you to fly into one city and then return from another. For example, you could land in Paris, then leave from London. Although this ticket tends to be more expensive, it sometimes proves more convenient.

You are going to be responsible for getting both yourself and your baggage around airports and through customs and immigration lines. You may want to consider buying the most direct ticket you can to your destination to minimize the number of changes you have to make between planes.

Health Insurance

It is mandatory for students to have a current health insurance policy that will provide adequate coverage overseas for the duration of their study abroad program.

If you are a foreign student (on an F-1 visa) at Pacific University, and you maintain your own insurance policy from home, please make sure that it covers you in your study abroad program country.

If you do require medical care while overseas, usually you must pay cash at the time you receive services. Be sure to obtain receipts so your insurance company can reimburse you upon your return to the United States. A few insurance companies will provide on-site representatives to handle payment and other arrangements such as emergency evacuation as deemed necessary.

If you are enrolled in the Pacific medical insurance (United HealthCare), you have overseas medical coverage subject to the terms and conditions of this policy. In addition, you have access to Global Emergency Medical Assistance Service (United HealthCare Global). This is a link to the 2015-2016 Student Injury and Sickness Insurance Plan:

https://www.uhcsr.com/uhcsrBrochures/Public/ClientBrochures/2015-1141-1%20Brochure%20NOC%204.pdf

Note: All students must complete, sign and submit the Study Abroad Insurance Verification Form to the Office of International Programs. This form is included with the study abroad secondary documents.

Travel Assist

Pacific University has foreign liability/travel accident & assistance coverage through AIG/Travel Guard for all students and faculty traveling abroad on University business. Following documents provide helpful information for students and faculty to register on the Travel Guard member website to receive email travel alerts and daily news based on where he or she may be traveling. It may also expedite response at the time of claim or upon request for assistance. The 2nd document is new, so I wanted to offer it as a resource to assist in the registration process.

AIG Travel Accident Card
http://www.pacificu.edu/sites/default/files/documents/Card%2C%2010.13.15.pdf

AIG Travel Assist User Guide

http://www.pacificu.edu/sites/default/files/documents/User%20Guide%20-%20USA%20Benefit%20Solutions%20Assistance%20Website.pdf

Immunizations

Immunization requirements are program specific. Please consult the program information sent by the administering institutions (i.e. API, ISA, LAC, CIEE, etc.) or with the Office of International Programs on campus. The following websites may also be helpful:

http://wwwnc.cdc.gov/travel/

http://www.mcw.edu/MCW

On Campus
Student Health Services
Kathryn Eisenbarth, Director Ext. 2269

Off Campus (Travel Clinics)
Portland Industrial Clinic
2220 NW Petty grove, Portland, OR 97210
(503) 224-0103
Walk-ins only 8:00am-4:30 pm Mon.-Fri.
Vaccinations only, cash or check only

Providence Hospital
Providence Travelers Immunization Clinic
Providence St. Vincent Medical Center Campus
6th floor
Physician's Office Building, Suite 638, 9155 SW Barnes Road, Portland, OR. 97225
Appointments and Information:
(503)216-7000
8:00 am – 5:00 pm M-F
By appointment only

Providence Medical Group
417 SW 117th, Suite 200, Portland, OR 97225
(Cedar Mills Sunset Office)
503.216.9400
(Appointments & Information)
8:00 am – 5:00 pm M-F
Appointment only; must pay at the appt.

Washington County Dept. of Health
155 North 1st Ave., Hillsboro, OR 97124
503.864.8881
Call to make an appt. during business hours (8-4)

Portland Clinic
15950 SW Millikan Way, Beaverton, OR 97006
(Beaverton Location)
Info: 503.646.0161
Appt: 503-223-3113
Appointments available daily
8:00 am – 5:00 pm M-F

Portland Clinic
800 SW 13th, Portland, OR 97205
Info: 503.221.0161
Appt.: 503-223-3113
Appointments available daily
8:00 am – 5:00 pm M-F
All patients must see a physician

What do bring with You

TRAVEL GUIDES

You might be amazed to find how many travel books there are on the market. Some are general and cover an entire continent while others are country or city-specific. It is wise not to purchase too many travel guides; try to find one or two which are helpful, detailed and, most importantly, accurate. Most large bookstores carry travel guides. Locally, Powell's Burnside location and the Powell's Travel Store in the Pioneer Courthouse Square in downtown Portland have the best selections. Also, talk to past participants about which guides were most useful while they were on site.

It is important to learn about your study abroad country's history before going. Travel guides provide basic historical outlines of the country. At the very least, read up on the basics. You are encouraged to dig a little deeper, to better appreciate some of the cultural and historical details of your host country.

Recommended Travel Guides

Lonely Planet Travel Series (http://www.lonelyplanet.com is also a great resource)

Let's Go Budget Travel Guides (http://www.letsgo.com/)

Rick Steve's Europe Through the Backdoor (https://www.ricksteves.com/)

Eurail Guide to World Train Travel (Houghton Mifflin Publishers)

PHOTOS

Take a few photos of home with you. Pictures of your house, family, pets, friends, even Pacific University, are great to share with host families, foreign roommates, or with yourself when you are feeling a little homesick.

GIFTS

Bring a small gift or two along with you that reflects where you come from. These kinds of items can go a long way in starting off a home stay relationship on the right foot, and are great for giving at birthdays and holidays. Don't bring anything too large or expensive, since you need to pack lightly and giving anything too obviously expensive can embarrass or even offend friends and homestay families. Gifts from the Made in Oregon gift stores are always very popular because they are unique and reflect where you come from. If you are not from the Northwest, a similar gift from you own region of the country is suggested.

Because of Customs and Immigration considerations do not purchase fruits, vegetables or meats. Unless you already know a little about your host family, wine or alcohol is probably not a good idea either.

TOILETRIES

What Americans consider being everyday toiletry items can be hard to find overseas, and even the same brand names of shampoo or deodorant can be formulated differently overseas, which may mean the brand of deodorant you've used for years bought overseas won't work as you expect. It is a good idea to take along a large supply of any toiletries you cannot do without.

Every country is different, so it is a good idea to ask someone who has already participated in your program what they could not find at your site. Past participants have suggested bringing along extra shampoo, toothpaste, deodorant, razors, feminine products, sun block, and contact lens care items. If you do end up buying local toiletries, it might be helpful to ask your host family or native friend for suggestions of what brands to use.

Note: some countries have customs requirements regarding the import of toiletries in very large amounts.

MEDICATIONS

Buying medication in another country can be confusing and expensive. We recommend taking a few routine medications with you when you pack. Depending on where you go, certain medications may be difficult to find or more expensive. Ask a past participant about the availability of products, prices, and possible alternatives.

If you need prescription drugs, take an adequate supply for your entire trip. Also, take a letter from your physician describing the reason for taking the drug, the scientific or generic name of the drug and the proper dosage. This can prevent problems with Customs and Immigration upon arrival in your host country. Both the prescriptions medications and the letter from your physician, along with a list of allergies you may have should be kept in your carry-on luggage. If your checked luggage is missing, you will ensure possession of your medications. Students with diabetes are advised to bring a supply of disposable syringes for the entire trip. However, some countries do not allow people to bring in certain drugs and/or syringes. Please check with your host country's consulate general if these concerns pertain to you.

Students who wear glasses or contact lenses are advised to bring extra glasses, contact lenses and contact solution.

All students are advised to bring a copy of their health records with them, and pack a list of any allergies they may have in their carry-on.

It may be helpful to consider these websites if you have questions about medical concerns:

Shoreland's Travel Heath On-line http://www.tripprep.com

The Center for Disease Control and Prevention http://www.cdc.gov

PACKING AND SUGGESTED ITEMS OF CLOTHING

Almost all airlines now allow only one piece of check-in luggage and one carry-on bag, which must fit either in the overhead compartment or underneath the seat in front of you. Charges for additional luggage vary. Please check with your travel agent/airline. This makes packing sensibly a priority. You will also need to think about how much you are bringing in your luggage because when you arrive in your program country, you may be traveling by bus or train and the amount of baggage you can have will be limited.

Most travelers' guides say the same thing — bring less than you think you will need, and bring clothes that are durable. Laundry facilities might be very different than what you are accustomed to in the United States, and our standard practice of doing a large load of laundry or two at the end of the week can be very impractical in a country where washing machines are small and dryers do not exist. Be prepared to do very small loads of laundry and to hang your clothes up to dry. Easy care and wrinkle-free clothing are likewise recommended.

In the meantime, talk with past participants of your program. See what kind of clothes they wore while abroad. What kind of outfit drew lots of "look-at-that-foreigner" stares? What kind of outfits blended in? Americans, especially young people from the Northwest, are notorious for their casual (some would say sloppy) attire. In many countries, students wear skirts and slacks to class and would only wear tennis shoes and t-shirts while exercising. It is usually a good idea to bring a few items that are more formal so you will not be caught unprepared.

There's one problem with this piece of advice: Every country, indeed every site within a given country, dresses differently. Some students found they brought too many dress clothes with them. Once again, talk with past participants, and read the materials your program sponsor sends about what to pack. Find out if you should go the dress shoes and slacks route, or the tank-top and shorts route.

SHIPPING ITEMS OVERSEAS

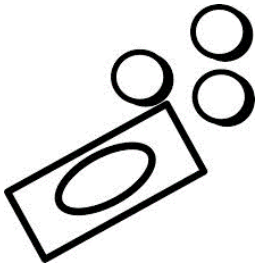
If there are items that you cannot live without, but they will not fit in your suitcase, you may want to consider shipping them to yourself to your address abroad. However, some countries recommend that you do not have items of value shipped to you while you are there. Please check with past participants and your program sponsor for advice. If you do decide to ship items to yourself, keep in mind the time it takes for parcels to arrive depending on forwarding method. You can usually send things care of the site director, who can then hold onto your boxes until you get there. This is a very good idea for anyone who will be wintering in a cold climate, such as the UK, Germany, Ireland, Austria, or Japan.

When mailing items overseas, it is advisable to insure your packages. Insurance is inexpensive, and it provides some peace of mind that either your belongings will reach you, or you will get money to replace your missing items.

Money Matters

Studying abroad presents a wonderful opportunity to learn how to budget your money. You'll learn firsthand the effects that the rise and fall of the dollar can have on exchange rates. Listed below are some tips about handling your finances while abroad, and different avenues available for you to consider. Keep in mind that it is a good idea to take money with you in different forms. Talk with past participants of your program to find out what worked best for them.

CASH



Convert about $200 into the foreign currency of your host country before leaving the U.S. This money will come in handy for meals, local transportation, or an unexpected delay in arriving at your program site. Foreign currency can be obtained at any downtown Portland branch of a major bank (i.e. U.S. Bank, Wells Fargo, Bank of America). However, be forewarned — most banks do not keep foreign currency on hand, and will have to order it from the closest major bank. This could take from two to four weeks, so don't wait until the last minute to convert money. IF you are last minute, most airports have a foreign exchange service.

TRAVELER'S CHECKS

Traveler's checks are a very safe way of transporting money and are very handy if other forms of payment are not accepted in your host country. After you purchase traveler's checks, make a copy of the serial numbers to leave at home and a copy to keep with you (but separately from the checks themselves). You can then cash the checks at a bank once you are there. Keep in mind that AAA members can get traveler's checks with no service charge.

ATM/BANK CARDS

Most ATM cards can be used in foreign ATM machines, but check with your bank about where its card will be accepted and about fees associated with overseas withdrawals (some can be as high as $5 per transaction!). ATM cards with the Visa, Cirrus, or Plus network logo are usually easier to use overseas than some others, and usually, only checking accounts are accessible abroad. Plan ahead with your parents or another trusted person as to how you will deal with banking issues once you are abroad. Students often leave some checking deposit slips behind in case someone needs to add money to the account, and others have added family member's names to the account and had another ATM card issued in those people's names.

CREDIT CARDS

Credit Cards can be a good way of meeting emergency travel expenses or accessing instant cash, but don't forget that a credit use carries interest rates and that a cash advance can carry hefty charges. Check with your bank for specific fees for cash advances, as well as daily limits ($100-$150 is average). Many places overseas accept credit cards, although their use is not as widespread worldwide as it is in the U.S. — check first; don't just assume that a place will take a credit card! Make sure not to charge

over your credit limit, and arrange to have someone make your payments while you are abroad, or you may arrive home to a seriously damaged credit report.

BANK ACCOUNTS ABROAD

Students often set up bank accounts in their host country once they arrive. This is done for various reasons, depending on the country, and through various routes. Check with your site director or with returned students from your host country to find out pros and cons, and get a feel for what will be best for you.

KEEPING YOUR MONEY SAFE

Be especially careful with money while abroad. Pickpockets often target people from the U.S. traveling abroad. Buy a money belt or neck wallet for traveler's checks, and keep an eye out for pickpockets while in large crowds or on public transportation. Don't flash large sums of money, and if you feel unsafe, go to well-lit, public places where there are people around. Don't be afraid to ask someone for help if you feel threatened.

WIRE TRANSFERS

Banks, American Express offices and commercial agencies will wire money to a bank account or agent abroad in three to four business days. There may be a large transaction fee both to send the money and receive it. ASK about these fees both at home and abroad before wiring money.

THE EURO ZONE

If you are studying in Europe or plan to do any traveling there, remember that 16 countries have converted to using the Euro. These countries are: Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, Malta, The Netherlands, Portugal, Slovakia, Slovenia and Spain. For additional information, refer to http://www.ecb.europa.eu/euro/intro/html/map.en.html

Safety Overseas

National and Local Laws

The following section on obeying the law comes from http://www.studyabroad.com/

OBEYING THE LAW

Whether at your program site or elsewhere, when you visit another country, you are that country's guest and are expected to follow its laws. They may be very different from those of the United States, which is why it is so important to find out what they are. Then be sure to follow them carefully-- even if you feel they are repressive, irrational, or antiquated. Don't make the mistake of assuming that other countries will excuse illegal acts simply because you are a foreigner or a student. Even "minor"

infractions, such as exchanging money on the black market or making purchases for foreign friends in hard-currency shops that are off limits for natives, can lead to severe penalties. Breaking a law will, at a minimum, get you dismissed from your study abroad program and possibly deported from your host country.

Try to understand the cultural context of these laws and regulations. If you disagree with them, it is fine to discuss your feelings with other North American participants in your program. You may also want to write about objectionable conditions in your journal. However, be careful about discussing your feelings with your host family or local students, until you know their views and the cultural context better. They may well be embarrassed to hear their country criticized. They may risk trouble by talking about issues that may not be discussed openly in their society. If you object so strongly to local laws or customs that you do not think you can follow them, it may be advisable to choose a different country. Talk to your study abroad advisor in the early stages of your planning.

U.S. notions regarding freedom of speech and expression have no parallel in many countries. It is important to realize that civil rights protections and U.S. legal procedures do not apply in other countries. People who are arrested are typically held without bail until their trial. Prison conditions in many developed countries can be wretched, and the U.S. idea of "innocent until proven guilty" may not apply.

U.S. embassies and consulates can offer only limited assistance to U.S. visitors who break laws. If you are arrested, they can contact your family and provide you with a list of local attorneys. They can visit you in prison to see that you are being treated humanely. They cannot, however, provide free legal assistance or money for bail. Most importantly, they cannot get you out of jail.

SUBSTANCE ABUSE

Sometimes students who are away from their home campuses and the U.S. laws regarding the use of alcohol fall into patterns of alcohol abuse. They may misinterpret how alcohol is used in their new culture. It may be less expensive to buy; there may be a lower drinking age or maybe the laws against drunkenness are less stringent. Your program sponsors will most likely discuss this topic during your orientation to explain the program's regulations concerning alcohol consumption as well as the consequences of abuse. If you currently attend a sup-port group such as Alcoholics Anonymous, check on meeting availability and schedules in your host country. (For Alcoholics Anonymous contact Alcoholics Anonymous World Services, Telephone: 212-870-3400).

Drug abuse overseas can carry much more serious cultural and legal consequences than it does in the United States. Legal systems in other countries often make no distinction between having a small amount of an illegal substance in one’s possession for personal use and a large amount intended for distribution. American students and tourists have been stereotyped as frequent drug users overseas, and you can (depending on your host country) expect to be under the watchful eye of local authorities on that basis alone. Risks of drug abuse are magnified tenfold by impure drugs, local informers, and

rigid legal systems that impose severe penalties. The U.S. government has no jurisdiction and very little influence over the judicial systems in other countries.

Universities in the United States frequently try to address the breach of drug and alcohol laws internally, without involving local law enforcement, but you should not expect this while abroad. Your host institution may leave you on your own to deal with local authorities and the legal system if you involve yourself in illegal activity.

POLITICAL ACTIVITY

University students in many countries are very politically active, and protests and strikes can be commonplace, but local authorities are usually strongly alienated by foreign nationals participating in political demonstrations. Despite any strong feelings you have, it is wisest not to participate in demonstrations, protests, or strikes, and political issues are usually best discussed carefully in private.
Also, keep in mind that many insurance policies exclude coverage for injuries incurred during a riot or civil disorder.

DON'T MAKE THE MISTAKE OF ASSUMING THAT OTHER COUNTRIES WILL EXCUSE ILLEGAL ACTS SIMPLY BECAUSE YOU ARE A STUDENT

General Safety Tips

This is not a perfect world. Be careful, be safe, and your trip should go off swimmingly. Many of these points may seem obvious, or not applicable to your particular host country, but they should be mentioned nonetheless.

BE SMART ON THE STREET

Beware of pickpockets, scam artists, over-friendly strangers, loiterers, etc. Follow your instincts – if a situation feels uncomfortable, remove yourself from that situation. Here in "small town USA" we frequently make eye contact with strangers when out in public. This is NOT the practice in many parts of the world, and can be perceived as aggressive or flirtatious behavior.

DON'T DRAW ATTENTION TO YOURSELF

Be careful not to flash large amounts of money when paying for things. Speak quietly when riding on public transportation and out in public, especially when traveling in a group. Avoid wearing clothing that identifies your nationality or home campus. Be discreet and perceptive. It is often safer and easier to travel with one or two others than with a large group.

EATING AND DRINKING VENUES

Avoid loud conversations in restaurants and bars; be discreet if discussing current events. Avoid establishments that cater largely to U.S. travelers. Enjoy some people-watching, but try not to seem like you are taking an undue interest in your neighbors. Eat native, but be safe. Use your judgment in deciding whether a place is clean enough to eat at or not. Also, be aware that drinking water may not be clean. If you are at all suspicious, stay away from fresh vegetables and fruits, and opt for bottled drinks as opposed to tap water or fresh fruit juice.

MEETING NEW PEOPLE

Exercise cautious judgment when establishing relationships with strangers. Do not easily give out your address or phone number. Politely decline offers of food or drinks from strangers.

A NOTE FOR WOMEN

U.S. culture expects women to be independent and self-assured, and as a general rule gender does not influence our behavior as much as it does in other cultures. Women in your host country may be expected to play a different role in public, and what to an American may seem like friendly behavior can be interpreted in other cultures as flirtatiousness. Although it may seem unnatural, it is wise to observe how women behave in public in your host country and to try and fine-tune your behavior so that you are sending the non-verbal (and verbal) messages you intend to send.

A NOTE FOR LESBIAN, BISEXUAL, GAY AND TRANSGENDERED STUDENTS

In many foreign countries, a great stigma is placed on LBGT students. In some countries, it is dangerous to be identified as LBGT, and sexual expression among the LBGT community is illegal. For your safety, it may be a good idea to research the legal status of LGBT students in your host country and how they are treated by the community.

PRACTICE COMMON SENSE

No matter how safe your program site may seem, you are encouraged to exercise the same level of caution as you would at home.

OUTDOOR ACTIVITIES

Please enjoy all the outdoor activities your program site offers, but make sure your insurance is not invalidated by participating in higher-risk activities like diving or rock climbing. You may also want to exercise even more care when choosing activities than you would at home, because being injured while you are on a study abroad program might seriously diminish your experience.

Sexually Transmitted Diseases

In some countries, HIV, the virus that causes AIDS, is a widespread health problem. Take the same steps to avoid this disease as you would at home. Use a condom and/or a dental dam if you are sexually active. (It may be a good idea to bring condoms with you, because the quality of condoms in some countries is unreliable.) Never share needles or use a needle that has been used before. This rule applies to injecting drugs, ear and body piercing, tattooing, and acupuncture.

Other sexually transmitted diseases, such as syphilis, herpes, and Hepatitis B are also highly prevalent worldwide. Use the same precautions you would take against HIV to minimize your risk of contracting these diseases.

Get up-to-date travel health advisories from the U.S. Centers for Disease Control and Prevention at http://www.cdc.gov/travel

Pre-Departure Medical Care

Although you may have had a physical as part of the study abroad application process, it is advised that you also get any necessary medical treatment or examinations (such as dental work) before leaving the country. Not all insurance covers overseas dental work and, depending on the host country, dental care standards may or may not be what you are used to. If you have dental conditions that may need work (i.e. wisdom teeth, root canal, etc.), you are advised to get them done here by people you know and trust, rather than chancing a dental emergency abroad. Other yearly exams, such as eye exams, gynecological exams, and any other basic checkups should all be taken care of before leaving the country.

International Student Identity Card

In many countries, the International Student Identity Card (ISIC) can be extremely valuable. It proves your student status and in many countries, it will qualify you for discounts on airfares, insurance, and reduced admission costs at museums, theaters, and concerts. The ISIC also gives you supplemental health insurance coverage (like emergency medical evacuation and repatriation of remains that many domestic insurance policies do not provide) and a toll-free help line that can be invaluable in the case of a medical, legal, or financial emergency. The card comes with a handbook that details its many uses.

Some programs issue you with this card automatically, while others may require that you purchase the card yourself. The ISIC costs $25 and can be purchased online from: http://www.isic.org.

Personal Business While Abroad

Power of Attorney

The university business office will have you complete a power of attorney form that gives them the power to act on your behalf to sign and deposit any financial aid checks you receive while abroad to cover your educational costs. You may also want to consider giving a family member or trusted and reliable friend power of attorney so that they can act on your behalf in case a legal document requires your signature while you are away. It may also be helpful when completing and signing other financial aid forms, such as your FAFSA (Free Application for Student Aid), that must be taken care of while you are gone. You can also give someone power of attorney by simply writing what duties that person will be allowed to perform on your behalf and having the paper notarized.

Absentee Voting

If you wish to vote in national, state, or local elections while abroad you will need to complete an absentee ballot. Contact local election officials to obtain information on absentee voting, including whether you need to have your ballot notarized at a U.S. embassy or consulate. Don't forget to register to vote before leaving for your study abroad program.

Filing Income Tax

American embassies and consulates abroad usually have tax forms that they can send or fax you, and frequently larger offices will have a tax division. If you are abroad during the spring semester, you can usually request an extension so that you can take a few more months to file your tax returns. If this may be of concern to you while abroad you should investigate it before leaving home.

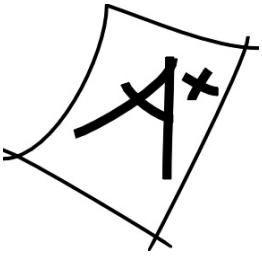
U.S. Customs and Duties

In most cases, you are allowed to bring back up to $800.00 of gifts and souvenirs duty-free. Above that amount, you will be charged an import duty equivalent to ten percent of the value of the items. More detailed information about U.S. Customs regulations can be found at the following website: http://www.cbp.gov, or in a publication "Know Before You Go."

Cultural Adjustment

Academics

First and foremost, when you are studying abroad, you are a student. Your time away from Pacific will be exciting and will offer lots of distractions, but remember that the grades you earn abroad will transfer back home. Classes overseas need to be taken seriously so that you do not end up damaging your G.P.A. All Study Abroad coursework through Pacific University or affiliates will be counted as upper-division. The first 31credits of study abroad coursework earned through Pacific University will count as Pacific University credit; the remainder of study abroad credit will be treated as transfer work and evaluated accordingly.



EDUCATIONAL SYSTEMS ABROAD

The standard advice about keeping an open mind when it comes to your time overseas applies to your host country's academic system as well. Depending on the country, there may be differences in how faculty interact with students, how courses are organized and run, the amount of in-class and out-of-class work students are expected to put in, how the university is organized, and how students are evaluated, just to name a few possibilities. Remember, there are positives and negatives to every difference, and if you are having adjustment issues, it can help to talk to the site director of your program since he or she can often give you a different perspective on your particular challenges. Before departing, it is a good idea to talk with people who know your specific country to get an idea of what to expect from your new academic environment, and past study abroad students and your program can be very helpful in giving insights into the academic system you will face.

Adjusting to a New Environment

Students participating in study abroad programs all face the same challenge — adjusting to a new environment and the way the residents of that environment organize their lives and society. Unlike tourists, who are insulated from their experience to some degree by the brevity of their time abroad, you are immersing yourself in a new culture for a considerable amount of time and should expect to feel some disorientation and even discomfort. Those feelings are called culture shock, and usually, they increase and decrease over time in waves — usually striking when your expectations do not match up with reality.

FIRST CONTACT

The excitement of just arriving in your host country will usually keep you busy, and taking in the new sounds, smells, food, and linguistic differences can be something of a high point. This initial period is characterized by openness to new things, an experimental attitude, and receiving new cultural signals with little resistance. This initial excitement lasts for a few weeks for some, and months for others. Take advantage of this time and try to explore your new home. Getting out and seeing people going about their daily activities will help you pick up the body language and style of interaction commonly used in your host country. This is the time to make yourself as familiar with your new home as possible, and to take advantage of the boost of energy most people experience at the beginning of their programs.

Typical General Attitudes: Exhilaration and euphoria

Typical Events: Orientation, starting new classes, meeting teachers, and exploring sights and shops.

Typical Emotional Responses: Enthusiasm and a sense of adventure.

Typical Behavioral Responses: Expressing curiosity about host nationals, showing enthusiasm for studies and site, and passively observing the host culture.

Typical Physical Responses: Intestinal disturbances and minor insomnia.

CULTURE SHOCK, PHASE TWO —

Once the novelty of your new home wears off, you may begin to experience tiredness, disorientation or isolation. Depending on the season and climate you are experiencing, this time may be accompanied by a change for the worse in weather, which can exacerbate your negative feelings. You may notice a change in sleeping/eating habits, mental fatigue, or disorientation during social events. If you feel you have reached this stage, remind yourself that what you are experiencing is normal and that culture shock itself can be a learning experience. This stage is characterized by a resistance to new experiences, comparing and judging your new environment against your old, and feeling tempted to withdraw emotionally and physically from the host culture.

General Attitudes: May include irritability, bewilderment, disenchantment, restlessness, and impatience.

Typical Events: Attending classes, doing homework and occasional social events.

Typical Emotional Responses: May include uncertainty, irritability, loss of enthusiasm, skepticism, frustration and questioning of self and others.

Behavioral Responses: Searching for security in familiar activities (e.g. reading books in English), increased alcohol and/or food consumption, sleeping longer hours, and general withdrawal.

Physical Responses: might be colds, headaches, and fatigue.

Verbal Responses: "Why do they have to do it like that?" "Why can't they just. .?" "I cannot believe they do/don't . . . !"

BLENDING INTO THE CULTURE

After a period of being stressed (either mildly or severely) by your transition to a new cultural environment, most people begin to feel more comfortable and positive again. They usually begin to re-involve themselves in their host culture's activities, feel better both physically and emotionally, and come to terms with both the positives and negatives of their host culture (as they perceive them). This time might be characterized as developing an objective and balanced view of your host culture.

FIGHTING ONE BATTLE AT A TIME

Young adulthood in the United States is a time of defining one's personality and autonomy, and often Americans do this by struggling against the rules and expectations established by parents, institutions, and authority figures. Taking this struggle overseas with you, and struggling against the cultural traditions, manners, and laws of your host culture is counterproductive. Hopefully, you are studying abroad to earn a better understanding of a different culture, not to try and transform it, ignore it, or defy it. You do not need to completely abandon your personal standards to a new culture's norms, but you should try to be open to new ideas and behaviors — even when you might feel disconnected or alienated from your host culture or institution.

TIPS ABOUT DEALING WITH CULTURE SHOCK

Problems most often arise abroad when there is a discrepancy between our expectations and reality. Even though we know we are in a different cultural reality abroad, we expect, often unconsciously, that things will be and work like they do at home. When we begin to recognize that our host culture is truly different, we can experience the symptoms noted in the previous section.

In a tense or difficult situation, try to step physically and mentally back. This can take the form of a quick trip to a bathroom, a hallway, a bedroom, or even a park bench where you can reflect for a minute on what is triggering your negative reaction. Try to reflect on what is going on before you act, and understand that your evaluation and interpretation of events is colored by your cultural background. Keep in mind that the source of any conflict or discomfort can be simple misinterpretation or misunderstanding.

Assume that keeping the lines of communication open in a difficult situation is your personal responsibility. The tips below may sound targeted at students studying at non-English speaking program sites, but communication difficulties can arise from cultural differences as well as from linguistic differences. The actions you may need to take can include:

1. Asking for the assistance of a cultural "coach" (a faculty member, program director, friend from the host culture, or long-time foreign resident)
2. Asking many questions to make sure you've understood what you've heard correctly
3. Paraphrasing and summarizing what you hear to ensure you've been understood correctly
4. Making a special effort to make your non-verbal communication match what you are expressing verbally.

Journaling Your Experience

Journaling during your time overseas can help provide you with both a written record of your time abroad as well as a chance to reflect on your experiences. This often helps put things into perspective, and can be a great counter to the immediacy of culture shock.

Four Suggestions for Successful Journal Writing

1. Objective observation: Divide your journal into 3 sections:
   a. Write a detailed, objective description of what happened
   b. Write what you learned/your analysis of what happened (may need to be done after a period of reflection)
   c. Write your feelings and reactions to what happened
2. Perspective writing

   Imagine a day in the life of a person of the host culture: What do they do? What do they look forward to? What/when do they eat? How does this person view you? Do they understand you? In what ways are you similar/different to this person?

3. Focus/Topics

   What feeling/idea/quality about yourself seemed especially strong today? Does this alter your perception of yourself in any way? What did you discover about other people today? Does this change your perception of them?

4. Start journaling now!

   Your study abroad experience starts with the preparation and continues long after you come home. Perhaps start writing about your personal goals for the program, your excitement, your worried, or what you would like to do or see while you are abroad.

IDEAS FOR JOURNALS AND SCRAPBOOKS

- List what you miss from home
- List what you will miss from your host country when you get home
- Bring a sketchbook. Write on one side, sketches on the opposite side
- List all the countries that you visit
- Make your journal your scrapbook
- Save stamps, coins, wrappers, tickets, letters from friends/family, emails, postcards
- Keep your address in your journal or scrapbook for easy postcard access
- Glue an envelope in the back of your journal or scrapbook to hold loose items such as tickets, stamps, or wrappers
- Pack markers, colored pens, glue sticks, colored pencils, or crayons to aid in scrapbook creations
- Get ideas from others on the program

Keeping in Touch

Correspondence with family and friends often becomes very important to students while abroad. Communicating with family and friends at home can help make the return to the U.S. go a bit more smoothly as well since you will be more aware of events that have taken place since you left.

E-mail

You can check your Pacific E-mail account at Hotmail, yahoo, excite, or other free internet services. Check to see if your host school offers a free E-mail account. Please forward your Pacific E-mail account to any other E-mail account you may use. You will receive housing and registration information via E-mail.

Air/Ground Postal Mail

It is always nice to get something in the mailbox, too. Sending family and friends' letters, pictures and postcards is a great way to keep in touch with everyone, which makes re-entry at the end of your time abroad much easier. Some countries will suggest that you avoid sending items of value through the mail. Please check with your site director.

Telephone

Although the telephone is the most expensive avenue of communication, it is sometimes nice to hear a familiar voice (and/or language). Find out the country code for your host country (i.e. England's is 44, France's is 33, etc.) before you leave. This will save much confusion for people who want to call you from home. There are several different programs for overseas phone calls. Shop around, and find the pro-gram that best fits your needs. Some popular programs are AT&T World, MCI, and Sprint International. You may also want to try the following websites: http://goabroad.ekit.com/ekit/home/ and www.telestial.com. Students taking a laptop abroad may also consider subscribing to SKYPE, a service which enables free and low-cost calls over the Internet. More information is available at http://www.skype.com/en/. Keep in mind that 1-800 numbers are not free if called from overseas, and some countries have public phones that require a special "calling card." It may be cheaper for your family and friends to call you than for you to call them, or vise versa. In some countries, it may even be cheaper for you to call from the host country using phones at an internet café or like businesses without the use of a calling card. Talk to past participants about this, and get tips about specific countries. You can get a calling card from a U.S. telecommunications company (MCI, AT&T, Sprint) or a global calling card.

Inform friends and family at home that you may not have a phone immediately available when you arrive in your host country. Agree on a time by which you definitely will have called home.

Phone Tips from http://www.studyabroad.com/

DON’T FORGET US BOXERS!

If you need to make more than one call, don't hang up after each one; press # and you can avoid separate access charges for each call. If you press a wrong number, don't hang up, press the * key; this will allow you to start over. Remember the time difference between your country and the part of the United States you want to call. As in the United States, shield the phone keypad when entering your calling card number so no one can see it and use it. In countries where touch-tone service is not available, your long distance company may have voice-activated service and dialing.

Please keep the Office of International Programs informed of ALL address changes that take place both before you leave for your overseas program and after you arrive. It is quite common for your foreign address to change as a result of new living arrangements or host family alterations. Letting International Programs know of your address changes will assure continued correspondence from the Grove, as well as prompt receipt of information from the various administrative offices at Pacific that relies on our records to communicate with you while you are studying overseas. We here in International Programs enjoy receiving postcards, and so do your favorite teachers who gave you all the great letters of recommendation when you applied to study abroad. A nice postcard from your host country is a great way to say “Thanks.”

The International Programs Office may be reached by E-mail at: intlprograms@pacificu.edu

Special Concerns

Studying Abroad as a Minority Student

If you have a strong ethnic, racial, or religious minority background, the key to your successful study abroad experiences lies in making an informed choice on what you will find overseas, based on the full and accurate information. In these regards, the quality of advising available to you on your home campus may or may not be adequate. Your most important questions are likely to concern how you will be received in a foreign country. However encouraging, and informed your study abroad advisor is, probably your best resource will be other minority students who have studied abroad at the same host site. Returned students report a variety of experiences with racial or ethnic prejudice overseas, just as they have a variety of experiences in this country. Some have found that local people were 'only' curious about their race and ethnicity, which, while occasionally annoying, was not a problem that interfered with their primary reasons for living and learning in another country. There said they were willing, when asked, to answer questions, for instances, about their hair, religion, historically black institutions, and many other topics, as long as the questions were asked with genuine curiosity and did not reflect racist attitudes.

Other returnees report having been elated to find that, for the first time in their lives, their skin color or ethnic heritage was not an issue, although there was still the matter of being a foreigner in that particular country. Still others found some active prejudice in their new host country and had to deal with this, however possible. No matter the new social climate, however, the majority of returning minority students felt that the overall experience was so important to their education (in the broadest sense) and their development as individuals that almost all argued that the fear of discrimination should not keep someone at home. As one Spelman College student said, "Getting stared at and hearing ourselves described as 'dirty' was a small price to pay for a semester in the studios of Florentine artists."

Studying Abroad with a Disability

Although programs and universities abroad are becoming more aware of the inclusion of students with disabilities, the extent to which accommodations can be provided depends on the nature of the accommodation needs, the general situation in that particular country regarding accessibility and available services, and the creativity and flexibility of the student and staff/faculty in planning for the experience abroad. Programs will try to provide accommodations as necessary, such as more exam time for a student with a learning disability, materials in alternative formats or readers for someone who is blind, interpreters for a deaf participant, or an accessible home-stay for a person who uses a wheelchair. Some schools abroad also can arrange contact between students with disabilities from the U.S. and the host country.

Mobility International

Mobility International USA / The National Clearinghouse on Disability and Exchange If you have a disability and would like to study abroad, your advisor may recommend, in addition to exploring your own institution's pro-gram, which you contact Mobility International USA (MIUSA). MIUSA is a non-profit organization dedicated to expanding opportunities for people with disabilities in international exchange, leadership development, disability rights training and community service and, in collaboration with the United States Information Agency, coordinates the National Clearinghouse on Disability and Exchange. The Clearinghouse works with international exchange organizations to increase the inclusion of students with disabilities in their international programs and to advise on ways for making their programs accessible. It provides free information and referral to individuals with disabilities who would like to study, volunteer, or work abroad. MIUSA and the Clearinghouse also publish a semi-annual journal, books, videos and brochures with useful information for those with disabilities who are planning international opportunities. Contact MIUSA and the Clearinghouse at:

Mobility International USA/National Clearinghouse On Disability and Exchange
132 E. Broadway, Suite 343 Eugene, OR 97401
Telephone: 541-343-1284 (voice/TTY) Fax: 541-343-6812
E-mail: clearinghouse@miusa.org
Website: http://www.miusa.org

An excellent reference for students with disabilities who want to study in Europe or Canada is Studying Abroad: A Guide to Accessible University Programs and Facilities for Students with Disabilities. This is available from
University of New Orleans Training, Resource and Assistive-Technology Center
P.O. Box 1051
New Orleans, LA 70148
Telephone: 504-280-5700 (voicemail)
Fax: 504-280-5707
E-mail: GGAGLIAN@UNO.EDU

TRAVELING WITH A DISABILITY

U.S. airlines are required to accommodate travelers with Disabilities. A publication called New Horizons for Air Travel with a Disability will tell you about your rights. This is available free of charge by contacting:
Department of Transportation Office of Consumer Affairs
400 Seventh Street SW, Room 10454 Washington, DC 20590
Telephone: 202-366-2220 (voice) or (202) 366-0511(TTY)
Email: airconsumer@ost.dot.gov
Web: https://www.transportation.gov/airconsumer

On foreign carriers, accessibility varies. If you plan to travel on a non-U.S. airline, find out what their policy is regarding Individuals with disabilities and let them know what you need well In advance of departure. General travel and Accessibility Information is available from:
Society for Accessible Travel & Hospitality (SATH)
347 Fifth Avenue, Suite 605
New York, NY 10016
Telephone: 212-447-7284
Fax: 212-447-1928
Email: sathtravel@aol.com
Web: http://www.sath.org

While You are Abroad

Preparing for a Career

Studying abroad can open the door for future opportunities. Students who study abroad often return to their host country at a later time to work or to continue their studies. While you study abroad, consider these guidelines to help plan for your future.

PREPARATION AND STUDY ABROAD

Your time abroad will be a wonderful way of enriching and diversifying your education. You will learn a tremendous amount simply by living in a new social and cultural environment. For many students, the study abroad experience goes beyond giving them a new way of looking at themselves and the world to suggest new ideas about what comes after they graduate.

Employers look favorably at applicants who have both a strong academic record and hands-on work experience, and in the increasingly globalized economy and job market, international work experience may be seen as especially valuable. Many study abroad programs have internship components; some are even centered around internships. It is also sometimes possible to set up some work project, volunteer service, etc. in the community surrounding your program, as long as you can do it without conflict with your studies. In any of these instances, your home institution may or may not grant credit. Its policy is something to find out about as early as possible.

Here is a check-list of things you can do before, during, and after you study abroad, to maximize the career-enhancing potential of your time overseas. It is adapted from a handout written by Jane Cary, formerly of Amherst College:

Things to do before you go:

Make a list of alumni from your college living in the city/country where you'll be. Get names and addresses from the Alumni Office.

Talk with current students who are back from your study site. Did any of them work or perform an internship while there?

If yes, did they do it during the semester or after? How did they arrange it?

Read the sections of all "work abroad" books that mention the country/city where you will be.

Read back issues of TRANSITIONS ABROAD magazine.

Prepare a resume, in case you need to show an employee or internship advisor overseas what you've already done.

Things to do while abroad:

Maintain a "contacts" notebook. Include the name, address, and phone number, email address, etc. of every interesting professional you meet.

Contact alumni. Meet them at their place of business or socially. Express your interest in staying on after your program of study ends, or your interest in returning after graduation.

Check out the local "yellow pages" and scan the daily paper's want ads for future reference.

Look for schools that teach in English. Check them out. What qualifications do their teachers have?

If in a home stay, often talk with adults in the family about the local economy. Take every opportunity to meet the family's friends and extended family to the network.

Practice, practice, practice the local language – if English, learn the idioms, accent, vocabulary, etc. Speak with 'natives' in all walks of life, constantly. Read the local, national papers and periodicals.

When you encounter 'older' Americans living locally, introduce yourself. Make note of where they are employed and how they obtained their positions.

Pay attention to the cost of living as opposed to the U.S. Figure out how much money you would need to live there.

Have a standby friend at home pick up and save summer job and internship information for you.

If graduate study in that country might be an option, get application information while you are there.

After Returning:

Visit your campus Career Center early and often after you return, and learn about its services for job-hunting seniors; attend all relevant job-seekers workshops.

Learn whether firms with offices abroad recruit on campus. Don't be distressed to learn that you might have to work in the U.S. first.

Ascertain whether you will need a higher degree to obtain the job you want. What graduate entrance exams are required? Where in the U.S. or abroad can that degree be earned?

Make time to gather and pursue short-term and more permanent work-abroad resources.

Prepare your resume. Make sure it adequately describes your experiences abroad and all skills you acquired, including language competency.

Keep in touch with all the contacts you gathered abroad. Write to them, stating your serious interest in returning to work in that country after graduation (if you ARE serious).

Investigate short-session programs that teach the Teaching of English as a Second Language. Do they help with job placement?

Determine your financial situation. Must you earn $ before you go? How long can you afford to live abroad?

Find a buddy to job-hunt with. Two heads are better than one, and you can share leads and contacts.

Pacific Resources:

Career Development Center – Chapman Hall

Brian O'Driscoll – odriscob@pacificu.edu

June Dressler – dressler@pacificu.edu

Classes are, of course, the focus of studying abroad. However, with that said, take advantage of breaks, weekends, and vacations to explore the great wide world! Whether it is exploring the beautiful landscapes of Japan, or hiking up a mountainside in Spain, opportunities abound for the adventurous.

Travel

TICKETS

Discounts are readily available to students. Check with on-site program support staff to find out where to get some good deals. Past participants can also be an excellent resource, so talk with them before you go about travel deals and the best way to get around them.

DOCUMENTS

Whether or not you decide to take your passport with you while traveling is program specific. Some countries require a show of your passport as you enter, whereas in other areas it is recommended that you leave your passport at home to avoid theft. Check with the site director and with past participants. If you do take your passport with you, a copy of it left at home is an excellent idea, on the off chance that you do lose the original. This will save you a bit of a headache involved in replacing a lost passport. Your passport and any extra cash that you are bringing should go into your money belt or neck wallet and stay there.

PACKING

Keep in mind that while on a trip, you may find yourself carrying your pack for great distances looking for a cheap hostel, or that "local" train station sometimes a mile or two away. Often, students find that

two or three outfits (add extra underwear and socks, of course) are a sufficient travel wardrobe, along with some soap for a little sink laundry along the way.

Travel size bottles of shampoo, etc. are very handy and space saving. Be sure to bring a travel guide, which can point out interesting facts and history about the places you are visiting, as well as help you find a cheap meal or hostel. Many people do not like to take their address books with them (imagine what you would do if your little black book were lost), so a piece of paper with a copy of people's addresses does the job just as well. Don't forget your camera and journal!

WHERE TO GO?

Of course, this is completely up to you. Some people liked to stay in their host country and explore its nooks and crannies, while other, especially those in Europe, ventured to neighboring countries to see what they had to offer. Sit down and budget how much money you can realistically spend on traveling, and then see where you can go from there. Travel guides, such as Lonely Planet, estimate how much things like a hotel, meal, and bus/subway ticket will cost.

It is always a good idea while you are researching what area to visit, to know any travel advisories, and also to know where a U.S. embassy or consulate is. The following website is helpful in this area: https://travel.state.gov/content/travel/en.html

ON THE TRIP

Don't spend a lot of money on a room. It is, after all, just a place to store your stuff and lay your weary head. Stay at a hostel, which is also a great place to meet other travelers, and use that extra money to visit a museum or explore a nearby town. Don't just sit in your hotel/hostel room and watch TV. Local cafés and pubs are a great place to go with a buddy to meet people or simply to people watch. Explore some local terrain, se the city by foot, go on a hike, or just hang out in a park or on a beach. Make the most of your trip, keep a journal and TAKE LOTS OF PICTURES! For information on cheap tickets and hostels, consult the websites listed below:

http://www.hostels.com

http://www.travlang.com/hotels

http://www.transitionsabroad.com/listings/travel/index.shtml

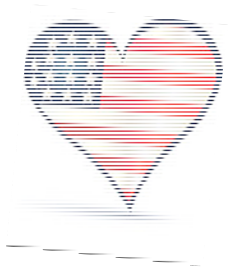
http://www.routesinternational.com

http://www.budgettravel.com

When you return from your study abroad experience, make sure and check in with the Office of International Programs. Let us know how everything went, and bring pictures! We also hope you can

attend some returnee events, complete the study abroad survey, and perhaps volunteer to attend some events with prospective and newly accepted study abroad students to give them the benefit of your experience!

Returning to the United States



BUILD ON YOUR EXPERIENCE

There are many ways to incorporate your experiences abroad into your life after you return to Pacific. You may decide to volunteer with an organization that works with people who speak the same language as those from your study abroad host country, or you may decide to be-come a language mentor at Pacific, or you might decide to volunteer your time with the Office of International Programs. You can polish your language skills by taking advanced language classes or joining a language club. You might also consider becoming involved with an international student as a roommate, a tutor, or just as a friend.

CAREER PLANNING

Your study abroad experience may encourage you to choose a career path that involves international travel or foreign languages. If you are interested in working abroad after graduation, consult publications on the topic, and pay attention to immigration policies in the countries that interest you. If, while you were abroad, you met people who worked in areas that are of interest to you, write or E-mail them to them to let them know that you are thinking about returning abroad to work after you graduate. Visit the Career Center to get help in preparing a resume. Inquire as to what kind of experience you may be able to get in the United States to strengthen that resume. Try to attend as many workshops and information meetings that are relevant to your career goals as possible. If you are interested in teaching English as a Foreign Language overseas, check with the Office of International Programs as well as with the Career Center for advice. Keep in mind that it is never too early to start planning for life after graduation.

Re-Entry Shock

It may seem early to think about returning to the U.S., but by thinking ahead you will be better prepared for the discomfort that many people experience upon returning to their homes after a study abroad experience. Re-entry is often more difficult to deal with than culture shock while abroad, since you may have used the idea of returning home as a comforting thought while overseas. Coming back from a year or a semester abroad is often a very difficult time. Family and friends may not be as interested as you would like them to be in hearing about what you have just lived and experienced, and once the initial welcome-home festivities have ended and people expect you to simply resume life as before, you may begin to feel isolated and alone. Correspondence with friends you made while overseas can help you to get through this time, as does the knowledge that it too will pass. Once you've successfully integrated your overseas experience into your perspective of daily life, the cycle is

complete. Don't live in the past; instead, base your goals for the future on what you've learned about the world, your home country and culture, and yourself.

Typical General Attitudes: Feelings of ambivalence, disappointment

Typical Events: Homecoming parties, starting a new semester, finding others to be uninterested in your experiences.

Typical Emotional Responses: may include mixed feelings, disconnection, disorientation, irritability, depression, homesickness for overseas life, and uncertainty about "home."

Typical Behavioral Responses: criticism of home and friends, lethargy, and a keen interest in foreign affairs and news.

Typical Physical Responses: colds, headaches, feeling uncomfortable with central heating or air-conditioning, depending on climate

Verbal Responses: might include "When I was in . . . ." "We did not do . . .when I was abroad" "I never realized we . . .".

TIPS TO HELP COMBAT THE "I'M HOME" BLUES

- Begin to learn to share feelings instead of experiences with your friends and family members. By explaining feelings rather than events, they will come to get a better sense of what life was like for you abroad.
- A good way to catch up on news, pop culture and new slang vocabulary is to ask questions like you are a foreigner. Seek out one of your friends to help explain these new phenomena in the U.S. They will be happy to be your teacher if you are willing to learn your country again. Don't let your new insight into values, perceptions, and attitudes inhibit you from really listening to the current things happening in your own culture.
- Go research and explore different clubs, groups, and people that allow and accept you and your study abroad experience. International clubs, travel groups, and other students who went abroad, or who are currently studying abroad in the U.S., can be great outlets for telling about your exciting trips and experiences. Share common experiences while making new friends.

TIPS ON COMBATING HOSTILITY TOWARDS YOUR FELLOW U.S. CITIZENS

The United States follows a different set of rules and structures than other parts of the world. Remember that neither culture is "wrong," they are just different. You may find yourself irritated during certain instances, particularly if you were studying abroad in a culture where there is little sense of time having an inherent value. Foreign visitors to the U.S. often describe people here as rushed, self-involved, and too busy during their workday to make chit-chat or acknowledge a friend, and these characteristics may jump out at you upon your return. Remember this display of behavior is not wrong or even rude, just different. Describe the situation to yourself, interpret what the other person was thinking, and then evaluate why you are irritated.

INTERNATIONAL PROGRAMS IS HERE TO HELP YOU WITH ANY RE-ENTRY ISSUES YOU'RE EXPERIENCING — WE'VE BEEN THERE OURSELVES.

Before You Go

Obtain Your:

- ❑ Passport (if you do not already have one)
- ❑ Student Visa (if required by your host country)
- ❑ Adequate Insurance Coverage
- ❑ Any Required/Suggested Immunizations (see your physician or a travel clinic)
- ❑ Airline Ticket
- ❑ International Student Identity Card (if required, or desired)

Academic Advising

- ❑ Declare your major
- ❑ Secure an adviser in your major's department
- ❑ Make sure your adviser knows you will be studying abroad

Business Office

- ❑ Before leaving for summer break or your overseas study program, check in with the Business Office and take care of all remaining billing issues. You must also leave a completed and notarized power of attorney form with them so that they can process any payments they receive in your name.

Electronic Communications

- ❑ If necessary, forward your Pacific e-mail account to an alternative account. A variety of departments and administrative offices around campus will send an important e-mail to your Pacific account, so this step is very important.

Financial Aid

- ❑ If you receive Financial Aid, reconfirm your study abroad plans with Stacy Englund in the Financial Aid Office before leaving for summer vacation. You may reach her by e-mail to set up an appointment at engl4160@pacificu.edu
- ❑ Sign all necessary Financial Aid paperwork before leaving for summer vacation.
- ❑ Discuss with the Financial Aid Office how you can make sure you are filing your FAFSAs in a timely manner

International Programs

- ☐ Submit all **REQUIRED** supplemental forms to Office of International Programs, i.e.,:
  - ❑ Study Abroad Rights & Responsibilities,
  - ❑ Study Abroad Privacy Release
  - ❑ Study Abroad Participant Address Form
  - ❑ Release and Assumption of Risk Form
  - ❑ Parent Guardian Handbook Release Form
  - ❑ Study Abroad Insurance Verification Form
  - ❑ Academic Adviser verification for Study Abroad Participants
  - ❑ Study Abroad Participant Survey.
- ☐ Update International Programs with your physical and mailing addresses overseas. This can be done at http://goo.gl/forms/boF8eUYxWL

Mailroom

- ❑ Make sure to inform Donna Hepler in the Mailroom of the U.C. where they can forward your mail. It is a good idea to have mail sent to your home or permanent address rather than overseas. The mailroom has forwarding cards on hand for setting up forwarding with the postal service as well.

Academic Adviser

- ❑ Send your academic adviser a copy of your class schedule abroad so that he or she can see what courses could fill course requirements at Pacific.

While You are Abroad

Airline Ticket

- ❑ If you need to change the return date on your ticket home, do so well within the requirements of your airline or ticket purchase contract.

Billing and Payments

- ❑ If any questions or concerns arise about billing and payments while you are abroad, please contact Renee Vanzant in the Business Office (vanzanjr@pacificu.edu). You will still be making all payments to Pacific while you are on an approved study abroad program.

Housing

- ❑ If you are living on campus upon your return to Pacific, make sure to review the instructions from the Housing Office about the lottery system and participating in it from abroad.

Registrar's Office

- ❑ If you are abroad for a year-long program, you do not need to do anything to register for neither your first nor your second semester abroad. The Registrar's Office will register you for 12 study abroad placeholder credits (SA 476) automatically. You do need to register for classes for the semester when you will return to Pacific. You can now register for classes via BoxerOnline. Check the Registrar's Office website and their communications with you while you are abroad for instructions on how to do so.
- ❑ If you are abroad for a semester-long program, you only need to register for classes for the semester when you will return to Pacific. You can now register for classes via BoxerOnline. Check the Registrar's Office website and their communications with you through your Pacific e-mail while you are abroad for instructions on how to do so.
- ❑ If you plan to graduate in Fall, you need to apply for graduation by October 15th. If you plan to graduate in Spring, you must apply by January 15th. Please note that you will find the application for graduation at BoxerOnline by clicking on "Apply for Graduation."

University Positions Upon Return

- ❑ If you are applying to work as a RA, House Tutor, Orientation Leader, or Work-Study employee upon your return to Pacific, make sure you are in contact with the appropriate staff member(s).