



UW STUDY ABROAD

STUDENT HANDBOOK



UNIVERSITY OF WASHINGTON, INTERNATIONAL PROGRAMS AND EXCHANGES

BEFORE YOU GO

IN THIS SECTION:

- Pre-Departure Checklist
- Academic Preparation
- Finances
- Packing
- Insurance
- Emergency Preparedness
- Logistics



CONGRATULATIONS on your decision to study abroad! Please read the following section carefully and complete the necessary steps in order to prepare for your program.



PRE-DEPARTURE CHECK LIST

(BEFORE YOU GO)

ASAP_{as soon as possible}

☐ GET YOUR PASSPORT!

- If you DON'T have a passport apply for one as soon as possible.
- If you DO have a passport, verify that it is valid for at least 6 months after the end of your program.
- US Citizens: <http://travel.state.gov> to renew or apply for a new passport.
- Non-US Citizens: Visit the Embassy website of your home country to find out your specific requirements.

☐ VISA/ENTRY DOCUMENTS

- You may need an entry visa or other travel documents to study in your host country. IT IS YOUR RESPONSIBILITY to verify the visa requirements of your host country and to obtain the student visa.
- Non-US Citizens: You may have different visa requirements than US Citizens.
- Visit the Consular and/or Embassy website of your host country to find specific visa information.





PRE-DEPARTURE CHECK LIST

(BEFORE YOU GO)

TIPS

KEEP TRACK of program payments on your MyUW account and refer to payment contract.

BECOME A FAN of “UW Study Abroad” by ‘liking’ us on Facebook!

3 MONTHS before departure

☐ BOOK YOUR TRAVEL ARRANGEMENTS

- Flights to and from your study abroad destination
- Regional transit (trains, buses, etc.) for any additional trips while abroad

☐ COMPLETE ONLINE APPLICATION POST-DECISION REQUIREMENTS

- Funding source questionnaire
- Student Abroad Insurance Certificate
<http://www.washington.edu/globalaffairs/insurance>
- Passport Information
- Health Screening Catalyst Survey
- Pre-Departure Orientations
 - Study Abroad General Orientation
 - Program Specific Orientation, held by your Program Director or Advisor
- 2 Electronic Signature Documents
 - Concurrent Enrollment Agreement
 - Terms of Participation



PRE-DEPARTURE CHECK LIST

(BEFORE YOU GO)

TIPS

A budget detailing your program costs is saved in your “documents” tab on your online application account.

Financial aid is disbursed at the beginning of the quarter for which it is awarded so you MAY need to plan to cover the costs of pre-departure expenses (such as airfare and insurance).

2 MONTHS before departure

☐ FINANCIAL AID (UW STUDENTS ONLY)

- Contact UW Financial Aid Office to verify that your financial aid award will apply to your foreign study program.

You can submit a Study Abroad Revision Request to the Financial Aid office to adjust your aid to reflect the cost of studying abroad at:

<http://www.washington.edu/students/osfa/currentug/forms.html>

- Set up direct deposit if you are expecting to receive a scholarship or financial aid (MyUW page under Student Finances)

ONLINE
APPLICATION
POST-DECISION
REQUIREMENTS

Fall Quarter
Winter Quarter
Spring Quarter
Summer Quarter
Early Fall

REQUIREMENTS
MUST BE
COMPLETED BY

AUGUST 1ST
NOVEMBER 15TH
FEBRUARY 15TH
MAY 1ST
JUNE 1ST



PRE-DEPARTURE CHECK LIST

(BEFORE YOU GO)

TIPS

Set up a blog so friends and family can experience your time abroad with you!

www.blogger.com
www.wordpress.com

2 WEEKS before departure

☐ VERIFY ENROLLMENT

- Verify through MyUW that the IPE office has enrolled you in the foreign study placeholder course (FSTDY 300/303)
<http://myuw.washington.edu>

☐ REGISTER WITH THE STATE DEPARTMENT

- Register your trip with the US State Department
http://travel.state.gov/travel/tips/registration/registration_4789.html

☐ PHOTOCOPY IMPORTANT DOCUMENTS

- Photocopy your passports, visas, tickets and other personal documents-- give a copy to someone at home you trust



ACADEMIC PREPARATION

(BEFORE YOU GO)

BENEFITS OF CONCURRENT ENROLLEMENT

- remain enrolled at the UW during your period of study abroad
- maintain your financial aid and scholarship eligibility
- earn regular, graded UW credit while abroad
- maintain your pre-registration privileges
- continue deferment of any school-related loans
- non-matriculated students: enables can transfer credits and grades from UW to your home institution
- Satisfy residency requirements for graduation

CREDITS

EARNING CREDIT FOR STUDY ABROAD

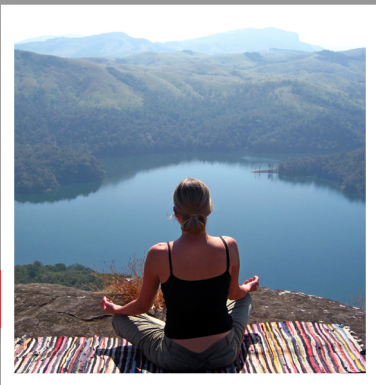
As long as you complete all application and registration materials prior to your departure, you will be enrolled by our office in a FSTDY place-holder course for your time abroad (please refer to the registration page for more information). This is called **concurrent enrollment**. Upon your return this course will be converted to regular, UW resident credits (as opposed to transfer credits) which will reflect the actual courses you completed during your foreign study. You must take a full-time course load while abroad in order to remain eligible for FSTDY enrollment.

All grades earned abroad will be transferred to your UW transcript, regardless of the final mark or need for credit and will be calculated into your UW grade point average (please see the registration page for information on the S/NS Grading Option).

You must take a full-time course load while abroad in order to remain eligible for FSTDY enrollment.

HOW DO I CONCURRENTLY ENROLL?

You concurrently enroll by completing all Online Application Post-Decision Requirements on your online study abroad account. Please see **page 4** for a checklist of these requirements.



ACADEMIC PREPARATION

(BEFORE YOU GO)

DEADLINES

Fall	AUG 1
Winter	NOV 15
Spring	FEB 15
Summer	MAY 1
Early Fall	JUNE 1

REGISTRATION HOLD?

We cannot enroll you in the placeholder course if you have a hold on your account for any reason (such as a library fine). Check for holds by logging onto MyUW.

CREDITS_{continued}

CONCURRENT ENROLLMENT AND REGISTRATION

The registration process for the period you will be abroad for your study abroad experience is different from the on-campus UW registration process. You will not register yourself in courses at the UW for the quarters you are out of the country.

UW Study Abroad will enroll you in a placeholder course, FSTDY 300, for the duration of your studies abroad. On your program you may earn more than 12 credits but UW Study Abroad simply uses the minimum number of credits as the placeholder course to bring you to full-time student status. Your actual courses and credits will be reported upon completion of your program.

I HAVE COMPLETED ALL ONLINE APP POST-DECISION REQUIREMENTS, WHY AM I NOT ENROLLED FOR FSTDY 300?

The Study Abroad Office does not start enrolling students until AFTER the deadline assigned to your quarter abroad. It can also take the Study Abroad Office up to 2 weeks to process and enroll all students going abroad.



ACADEMIC PREPARATION

(BEFORE YOU GO)

REMINDER

You must receive a 2.0 to earn an “S” grade. Please be aware that courses graded S/NS often cannot be used to satisfy any degree requirements.

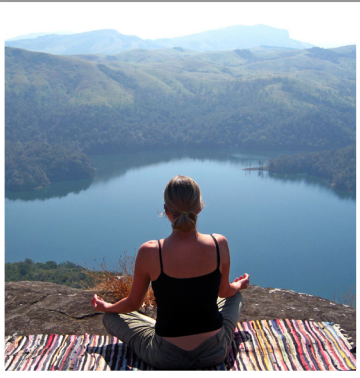
CREDITS_{continued}

WHAT IF I DO NOT WANT CREDIT FOR MY STUDY ABROAD PROGRAM?

Students **cannot** opt out of receiving credit from studying abroad. Students are expected to participate in all program activities and studies. When students concurrently enroll through the Study Abroad Office, all study abroad courses are converted into UW course equivalencies which will be reflected on their UW transcript. Students cannot graduate with the FSTDY 300 placeholder course on their UW transcript.

CAN I SELECT THE SATISFACTORY/NON-SATISFACTORY (S/NS) GRADING OPTION FOR COURSES TAKEN ABROAD?

Yes, students can simply download the **S/NS Grading Request Form** (found under ‘Forms & Documents’ in the student section of the study abroad website) and mail/email to the Study Abroad Office by the deadlines listed on the form.



ACADEMIC PREPARATION

(BEFORE YOU GO)

REMINDER

When participating in a UW program, it is mandatory that students complete all required academic work for each course. It is also mandatory that students participate in and attend all the courses included in the program.

Students are not eligible to drop courses on UW departmental programs. They can however take courses Satisfactory/Non-satisfactory (S/NS). (please see the registration page for information on the S/NS Grading Option).

Students on UW Programs earn UW credit for academic work completed overseas. All grades and credits for courses completed abroad will be reported, regardless of the final mark or need for credit.

CREDITS_{continued}

UW PROGRAMS

- Check in with your advisor within the department before and during the program to discuss how the courses earned will fit in with your degree program(s).
- Go abroad, have fun, study hard!

IE3 GLOBAL INTERNSHIPS // INDEPENDENT STUDY // RESEARCH // PRACTICUM // CLERKSHIP

- You'll need to obtain a faculty sponsor – someone who is willing to sponsor an academic portion of the work that you'll be completing. That could be your graduate advisor if you're doing dissertation work, or a faculty member in the school of business if you are completing a business related internship.
- Have that sponsor complete the credit verification form (you'll find this as a pdf on your study abroad account).



ACADEMIC PREPARATION

(BEFORE YOU GO)

REMINDER

Although credit is guaranteed, the type of UW credit awarded is not determined until after the exchange has ended and the appropriate UW department has evaluated the coursework completed abroad.

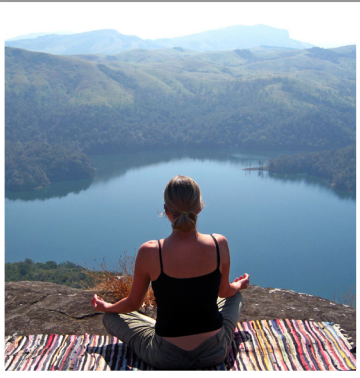
For more information on credit conversion, please see “**CREDITS**” in the “When You Return” section of the handbook.

CREDITS_{continued}

DIRECT EXCHANGE // DEPARTMENTAL EXCHANGES // AFFILIATED PROGRAMS

- Check in with your academic advisor before and during the program to discuss how the courses earned will fit in with your degree program(s).
- If you haven't located it already, check with your study abroad advisor to access course information from your host university
- Take as much course information that you can find from the courses that you're interested in taking to the corresponding UW department and inquire about UW course equivalencies
- Register for courses following the instructions of your host university
- Go abroad, have fun, study hard!

For more information on the credit conversion process after you return, please see the “Credits” section on [page 65](#).



FINANCES

(BEFORE YOU GO)

TIPS

Financial aid and most scholarships are disbursed on the first day of each academic quarter. If your program starts earlier than the financial aid disbursement date, you must finance the start of your studies abroad on your own.

If your program starts after the start of the UW quarter, your aid will be held until the start date of your program.

FINANCIAL AID

USING UW FINANCIAL AID FOR STUDIES ABROAD

To use financial aid for studies abroad, you must successfully complete the UW Study Abroad registration process. You can apply any federal, state, or institutional aid awarded to support your study abroad costs but cannot use tuition waivers or work-study awards. Private scholarships are generally applicable to study abroad but you must verify the conditions of your award with the scholarship administrator or donor directly. If you are not a UW student you cannot qualify for UW financial aid or scholarships.

APPLYING FOR ADDITIONAL FINANCIAL AID

If you qualify for UW Financial Aid, you can request an increase in aid from the Office of Student Financial Aid (OSFA) if the cost of the program or exchange exceeds the regular budgeted amount for a UW student living and studying in the Seattle. Complete an [OSFA Study Abroad Revision Request](#) and obtain an estimated program budget from the UW Study Abroad Office which is uploaded to your student documents section of the online application. Turn both of these documents in to the OSFA. Based on the information you provide in your FAFSA and the estimated budget, OSFA will evaluate your eligibility for additional funding.



FINANCES

(BEFORE YOU GO)

TIPS

As of Summer 2012, students will not be able to submit a revision request to the UW Financial Aid Office for an Unaffiliated Program.

Students who are eligible to receive financial aid will continue to have access to their financial aid package, but it will not be adjusted to reflect the costs of the study abroad program or related expenses.

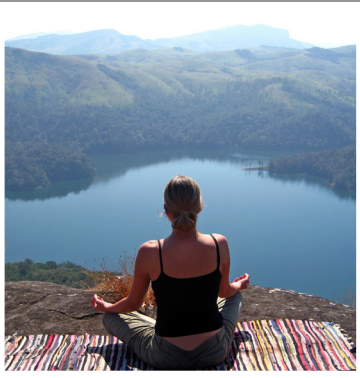
FINANCIAL AID_{continued}

SUMMER QUARTER FINANCIAL AID

If you plan to study abroad summer quarter and need UW financial aid to support your program expenses, you must submit a FAFSA and file a separate application for summer financial aid. Summer quarter aid is not part of the general aid package awarded for autumn, winter and spring quarters.

EXPLORATION SEMINARS

If you are participating in an Early Fall Exploration Seminar, your financial aid will not disburse until the beginning of Autumn Quarter. You will not be charged the balance of your program fee until the Autumn Quarter tuition deadline, but you will need to finance all other aspects of your program in advance. Please be sure to plan accordingly.



FINANCES

(BEFORE YOU GO)

SCHOLARSHIPS

- FRITZ UNDERGRADUATE SCHOLARSHIP
Humanities and Social Sciences; 3.0 GPA or higher required.
- GO! SCHOLARSHIP
Need based; WA state residents only.
- OTHER OPTIONS
Check the Study Abroad website for more scholarship opportunities. Be sure to check with your department as well!

FINANCIAL AID_{continued}

FINANCIAL AID ADVISING

You can receive more financial aid information and assistance from the OSFA and should visit their office early in the process. It may be a good idea to consult with a financial aid advisor before you apply to a program; you may be able to find out the maximum amount of additional aid you are eligible to receive.

Be realistic, plan your foreign study according to the financial aid and financial resources you have and not what you hope to receive in additional aid or scholarships, and keep in mind that most programs and exchanges have a non-refundable deposit or application fee.

REMINDER

The Financial Aid Office does have a Short-Term Loan Program to assist students with temporary cash flow problems. To be eligible, students must be currently enrolled in regular classes in the UW Student Database. Students studying abroad during summer quarter will need to apply for a short term loan before the end of Spring Quarter.

For more information on scholarship opportunities, visit [UW Go Global](#).



FINANCES

(BEFORE YOU GO)



Handling your finances abroad has become much less complicated for students than it was even a decade ago. The frequency of travel has made credit and debit card virtually global. There are however, some important matters to consider when planning access to funds while you are abroad.

MONEY MATTERS

CONTACT YOUR BANK

Let your bank know that you will be out of the country and inform them of the countries you will visit and the duration of your stay. Having your card shut off to protect you from fraud is one of the most common, and frustrating experiences for students abroad.

CONSIDER INTERNATIONAL TRANSACTION FEES

International transaction fees may apply to your particular bank. If your bank charges you a flat rate fee, it may be important to take out large sums of money at a time in order to save on those fees. If you are not comfortable carrying around those sums of money, consider finding a bank that charges a lower rate – many credit unions have a low percentage fee for each transaction. Be sure to check and see if your bank has partner banks in your host country, where the fees may not exist at all.

CONSIDER OPENING A BANK ACCOUNT

For students going abroad for a semester or longer, it may be more cost effective to open a bank account with a local branch in the country you are visiting.



FINANCES

(BEFORE YOU GO)

TIPS

- DIRECT DEPOSIT

If you are receiving financial aid or some other income, be sure to have it set up as direct deposit. Picking up a check will not be convenient for you!

- ATM AVAILABILITY

There are some remote places where ATM's are not an option. If you think you might be going to one of those places, it is a good idea to find out their availability.

MONEY MATTERS_{continued}

KNOW THE EXCHANGE RATE

Check in every once in a while to make sure that the exchange rate you have been using has not fluctuated dramatically. Rates can change even hourly, so check the internet to make sure you are using the correct ratio.

ASSIGN A PIN CODE TO YOUR CARD

Some countries require you to have a PIN code attached to your credit card, and it is something you will need to do in advance of your departure.

MAKE A COPY OF YOUR DEBIT/CREDIT CARD

Keep a copy of your debit card and/or credit card scanned and emailed securely to yourself and someone that you trust. You will be glad you did if you lose your card or it gets stolen. On that note, make sure that you email the international phone number for your debit or credit card to yourself as well, so that you can call your bank.



PACKING

(BEFORE YOU GO)

TIPS

MISCELLANEOUS ITEMS

- Camera
- Journal
- Money belt
- Travel alarm clock
- Small sewing kit
- Sunglasses
- Towel (quick-dry)
- Day pack
- Voltage converters for electronic devices

BE PREPARED

☐ PHOTOCOPY OR SCAN YOUR TRAVEL DOCUMENTS

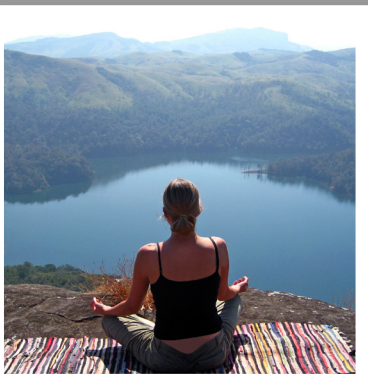
Make two copies of your visa, passport, and other important documents such as debit or credit cards. Keep one copy for yourself and give another copy to a family member or friend in the US. It is also best to scan and email them as well.

☐ CLEARLY IDENTIFY YOUR LUGGAGE

Clearly identify your luggage from the inside and outside with luggage tags. It is a good idea to identify your U.S. address, as well as your address within your host country.

☐ CHECK AIRLINE REGULATIONS

Confirm the sizes/weight limits for luggage and possible additional charges for checked luggage



PACKING

(BEFORE YOU GO)

TIPS

CLOTHING

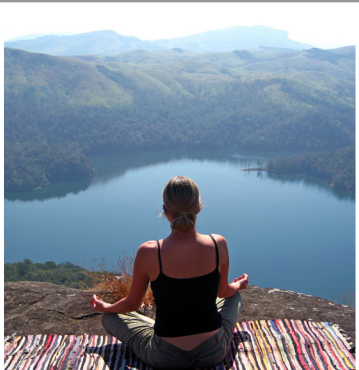
- Consider both the physical & social climate; dress accordingly. Persons in other countries tend to dress a bit more formally than we do in the U.S.
- Dark colors do not show dirt as readily
- Take durable, drip-dry, no-iron clothes
- Take items that have multiple uses
- Comfort and practicality are the keys for both clothing and shoes

BE PREPARED_{continued}

HEALTH AND SAFETY PACKING TIPS

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

- Extra pair of glasses or contact lenses
- Contact lens solution
- Bee sting kit
- Insect repellent
- Medical kit
- Band-aids or gauze
- Thermometer
- Cough and cold medicine
- Syringes for allergy treatment, insulin or other medical injections (for example, Epipens)
- Aspirin/aspirin-free products
- A mild laxative
- Anti-fungal/anti-itch agent
- Anti-bacterial cream/spray
- Sunscreen, sunburn medication
- Feminine hygiene products
- Contraceptives and prescription birth control
- Water shoes
- Water purification systems, if necessary, and know how to use them ahead of time



INSURANCE

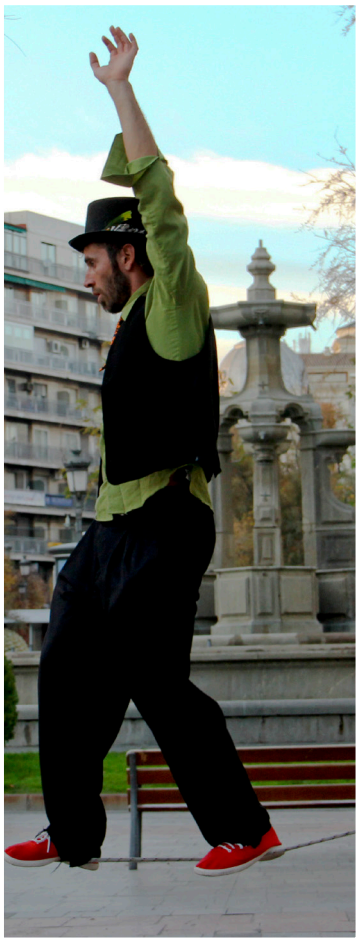
(BEFORE YOU GO)

OVERVIEW

UW STUDENT ABROAD INSURANCE PLAN

The University of Washington requires all students studying abroad to purchase the UW Study Abroad Insurance through On Call International unless they apply for and are granted a waiver of this requirement. Advantages of this plan include:

- Low monthly rates for the duration of your trip
- \$0 deductible per injury or sickness
- Worldwide medical, political & natural disaster evacuation
- Notable hospitals, clinics and pharmacy practices in more than 600 destinations internationally
- Contact On Call to schedule an appointment with a qualified doctor, dentist, or behavioral health professional
- On Call communicates with your family and UW during a crisis
- Assist you with coordinating passport replacement
- Daily health and security email alerts customized by destination





INSURANCE

(BEFORE YOU GO)

WAIVER

Students with personal insurance that covers expenses arising from emergency evacuation, repatriation of remains, injury, illness or death while participating in study or research abroad can petition for a UW Study Abroad Insurance waiver.

If the petition is granted, the student will be exempt from the requirement to purchase the UW Student Abroad Insurance Plan on the condition that the student's personal insurance remains unchanged and in force for the duration of the student's educational activities abroad.

HOW TO PURCHASE

UW STUDY ABROAD INSURANCE PLAN

Purchasing the UW Study Abroad Insurance Plan is easy. Simply follow the 'Enroll' link on the [UW Insurance website](#), and it will take you to the On Call website where you will need to fill out a short form providing contact information, destination and travel dates, and enter your credit card information.

The UW Study Abroad Insurance Plan is a **comprehensive, international medical and emergency evacuation insurance** designed to meet the needs of study abroad students. If you become ill or require hospitalization the plan can connect you to an English-speaking doctor so that you receive the care you need and will guarantee payment eliminating the need to pay for medical expenses out of pocket. If you need to be evacuated from the country due to an emergency medical condition, a natural disaster or security concern the policy will arrange and pay the costs of critical care and transportation. For a complete description of benefits visit the UW Student Abroad Insurance Plan's website.



EMERGENCY PREPAREDNESS

(BEFORE YOU GO)

TIPS

Regardless of whether your study abroad program offers a high or low degree of on-site support, you are the person with the greatest control and responsibility for your personal health and safety while abroad.

Although there are many factors outside your control, your ability to make good decisions, avoid unnecessary risks, and knowing what to do in case of an emergency can help to mitigate the problems or dangers you might otherwise encounter.

BE INFORMED

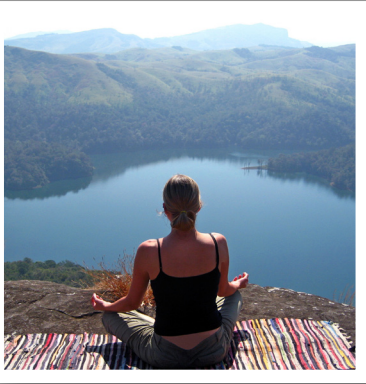
LEARN ABOUT YOUR STUDY ABROAD LOCATION

Take the time to research local conditions, the political landscape and customs of your host country before you depart and stay informed about current events and developing situations while you are away. In many cases, your program director or host university will share details if there is a safety or security concern. However, you should also take independent steps to stay informed through local and independent media and press reports, blogs and other sources. For current news, safety bulletins and state travel warnings:

- Overseas Advisory Council (OSAC)
- Australian Department of Foreign Affairs and Trade
- British Foreign and Commonwealth Office
- US State Department, Bureau of Consular Affairs
- Google News

EMERGENCY PREPAREDNESS

(BEFORE YOU GO)



BE INFORMED_{continued}

HEALTH-RELATED PREPAREDNESS

Sign up online with HTH, look up local emergency numbers, and research your destination countries for current health and medical conditions

- www.studentsabroad.state.gov
- wwwnc.cdc.gov/travel/
- who.int/countries/en/

REGISTER YOUR TRIP

If you are a US citizen, you can register your trip in the **Smart Traveler Enrollment Program (STEP)**. STEP is a free service of the US Department of State (DOS) through which you provide information about your trip to the US State Department so that DOS it can better assist you in case of an emergency and provide important health, safety and security updates for your host country.





LOGISTICS

(BEFORE YOU GO)

TRAVEL VISAS

It is your responsibility to know whether or not you need a travel visa for your particular study abroad program. Visas are required depending on destination, length of stay and nationality.

If you do require a visa to study abroad it is important to start this process early as it can be very detailed and some visas require a trip to consulates.

DEPARTURE PREP

☐ TRAVEL DOCUMENTS

Though all these items do not apply to everyone, make sure to have them handy while traveling to make your travels as hassle-free as possible, especially during the passport control and immigration process at the airport.

- Passport
- Visa
- Immunization Records
- Prescriptions

☐ RECORD KEEPING

- Keep 2 copies of your travel documents in separate places.
- Scan one copy of your passport and email it to yourself
- Give copies of credit cards, debit cards, ID & passport to a trusted family member or guardian



LOGISTICS

(BEFORE YOU GO)

UW HALL HEALTH

UW students who have paid their quarterly Student Activities Fee are eligible to receive a variety of services at little to no additional cost through the Hall Health clinic on campus.

UW Travel Clinic and Hall Health can be contacted for appointments at:

206.616.2495

or for further info

www.hallhealth.washington.edu

DEPARTURE PREP_{continued}

☐ PRIMARY HEALTH CARE

Develop a plan with your physician on how you will maintain your health while traveling. This is especially important if you have any ongoing health issues that may require attention while abroad. If you are on any medications, your plan should include ensuring that you have a supply to last the duration of your time abroad.

☐ TRAVEL CLINIC

It is highly recommended that you schedule a visit to a travel clinic. A travel clinic will focus on immunizations and other health recommendations specific to the country, region and type of program you will be participating in.

It is important to note that some vaccines are given as a series and some require a time interval before departure in order to be effective. Also, check with your insurance provider, as many insurance companies do not cover travel consults or immunizations.



LOGISTICS

(BEFORE YOU GO)

VOTING TIPS

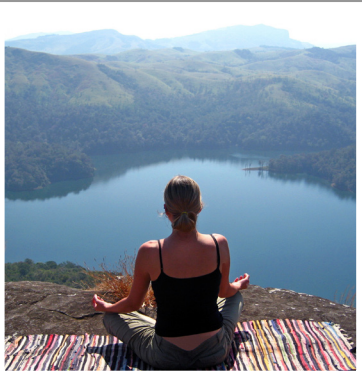
Do you vote? If you are abroad during an election year and want to vote, you can vote by absentee ballot.

Most embassies have personnel who specialize in absentee voting for US citizens.

DEPARTURE PREP_{continued}

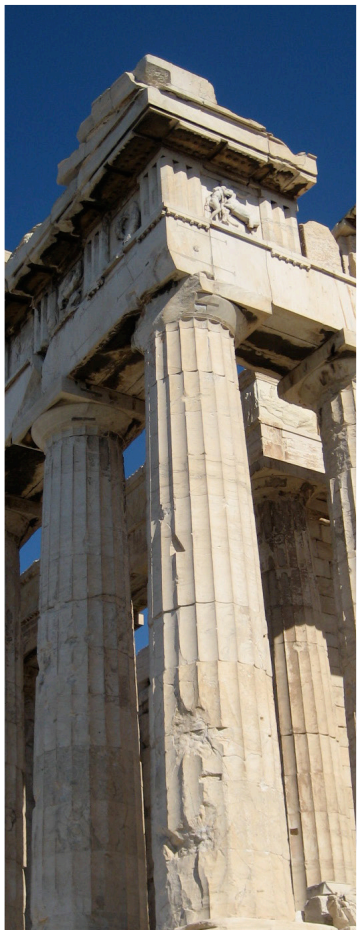
☐ VOTING (ABSENTEE)

- Register to vote before you leave. Consult the Federal Voting Assistance Program website and your local election officials to find out what steps you need to take to vote absentee.
- Depending on what state you live in, you may need to have your vote notarized by the US embassy or consular in your host country.
- For more information, visit the [Youth Vote Overseas Organization](#) website.



LOGISTICS

(BEFORE YOU GO)



DEPARTURE PREP_{continued}

☐ FILING TAXES ABROAD

If you are abroad during the spring semester/quarter, you will be abroad on tax day, April 15th. You have a couple options for filing your taxes:

- Ask your Power of Attorney to file your taxes for you. You must send a [Power of Attorney](#) form to the IRS.
- File for an extension. You must file your extension before the April 15th deadline. Visit the [IRS Extension of Time to File Your Tax Return](#) page for more information.
- For more general information about filing your taxes while you are abroad visit the [IRS US Citizens and Resident Aliens Abroad](#) page.

Consult the IRS or a tax professional for more advice on filing taxes while abroad.

WHILE YOU'RE AWAY

IN THIS SECTION:

- Health Abroad
- Safety Abroad
- Legal Issues
- Cultural Adjustment
- Documenting Life Abroad
- Academics Abroad



In this section, we will provide you with practical information that we think is most useful to you while on the ground in your host country. It is important to take some time to familiarize yourself with the content in these sections to ensure you have a safe, successful, and enjoyable experience.



HEALTH ABROAD

(WHILE YOU'RE AWAY)

TIPS

Be sure that you read the terms and conditions of your insurance policy carefully. If applicable, it is a good idea for a parent or guardian to have a copy of your insurance card and policy.

ON CALL INSURANCE

HOW IT WORKS

The UW Student Abroad Insurance plan, through On Call International, provides security and natural disaster evacuation services in addition to medical evacuation and travel assistance services. If you need medical assistance, it is important to contact On Call. Their staff can facilitate appointments and submit

ON CALL CONTACT INFO

- Phone: +001.603.328.1358
- Website: www.uwsearchlightportal.com
- Email: mail@oncallinternational.com

Likewise, if you ever need to pay out-of-pocket for a prescription that a medical professional deems necessary while you are abroad, you can submit a reimbursement claim to On Call. Simply get an itemized receipt from the pharmacy, and submit it along with the [a Claim Form](#) to On Call.



HEALTH ABROAD

(WHILE YOU'RE AWAY)

ENSURING GOOD HEALTH

REPORT MEDICAL CONDITIONS

We strongly encourage you to inform your program director or on-ground coordinator of any medical or psychological conditions in person. The stress of being overseas – especially initially upon arrival – may cause conditions for which you have successfully been treated in the past to recur. If you have any questions or concerns about this possibility, consult your physician.

EAT WELL, EXERCISE REGULARLY, AND GET ADEQUATE SLEEP

An important part of maintaining your health while you are abroad is maintaining a healthy diet, exercise regiment and getting enough sleep. Remember that in addition to the psychological and cultural adjustment you will be experiencing, your body will also be going through a physical adjustment to a new climate, a new time zone, new food, etc. In some locations additional precautions may be necessary to avoid falling victim to food poisoning, drinking contaminated water or exposure to insect-borne diseases. You will also find that you get quite a bit of exercise by simply walking more than you normally do. Make sure that you allow time for your body to adjust to new food, environment, exercise and sleeping patterns. Getting plenty of sleep will allow your body to recover more quickly so that you can enjoy the excitement of your new location and experience.





HEALTH ABROAD

(WHILE YOU'RE AWAY)

TIPS

For more information on traveller's health, visit:

Center for Disease Control

World Health Organization

National Institutes of Health
Medline Plus

Overseas Advisory Council

Australian Department of Foreign
Affairs and Trade

British Foreign and Commonwealth
Office

US State Department

ENSURING GOOD HEALTH

continued

WASH HANDS

Wash your hands often with soap and water, especially before meals and after going to the bathroom. If soap and water are not available and your hands are not visibly dirty, use an alcohol-based hand gel (containing at least 60% alcohol) to clean your hands.

H2O

Be aware of the water safety/contamination of your host country. If you are traveling to a developing area be sure to boil your water, or if unsure drink bottled water or carbonated beverages with an intact seal. Remember, ice cubes could be made of unfiltered water and a chance for infection. In addition, brushing your teeth with tap water is not advisable in places where you must drink bottled water.

FOOD

Foods readily available in the US may not be available or easy to find in your host country. Watch for raw fruits and vegetables that may be washed in unfiltered or tap water. Watch for raw or undercooked meat, shellfish, or un-refrigerated foods and dairy – food storage temperature requirements overseas are often less enforced or simply different than they are here and your system may not be ready for this.



HEALTH ABROAD

(WHILE YOU'RE AWAY)

TIPS

DO NOT PLAN TO HAVE MEDICINES OR VITAMINS MAILED TO YOU BECAUSE THEY MAY BE HELD IN CUSTOMS.

PRESCRIPTIONS

If you have a pre-existing medical condition for which you will require prescription medication while abroad take an adequate supply of your medication to last your entire trip. All medications must be carried in their original containers along with a letter from your physician indicating the generic name and brand name of the medication, as well as the dosage and a description of your medical condition. If you wear prescriptive eye-glasses or contact lenses you should also take a second pair in case your primary set is lost or damaged.

BRING AN ADEQUATE SUPPLY OF MEDICATION ABROAD

If you need to take a prescription drug throughout the duration of the program but cannot bring an adequate supply with you, talk with your doctor before you leave about how you will obtain the remainder of your prescription abroad.

- If you plan to purchase medication overseas, you will likely need to **see a host country physician** for a new prescription and should know some **acceptable generic forms** of your medication, as the exact same medication is sometimes not available overseas.
- It is also essential that you **know if there is no substitute for your medication**. There are times when physicians will not advise you to take generic forms, and it is important to know if that applies to you before you leave so you can relay that information to the on-site physician.



HEALTH ABROAD

(WHILE YOU'RE AWAY)

PRESCRIPTIONS_{continued}

BE INFORMED OF THE LAWS REGARDING YOUR MEDICATION

Brand name pharmaceuticals sold in the United States are frequently sold under different names in different countries and, in some locations, may be illegal. The UW Study Abroad Insurance Plan offers a drug translation guide to all enrollees that provides the corresponding names for many brand name drugs in other countries. Students who are taking prescribed medications for depression/anxiety/OCD or ADD/ADHD should know that in some countries, the drugs often used to treat these conditions are severely restricted or even illegal. If this is an issue, make sure to talk to your physician and research your alternative options well before going abroad.

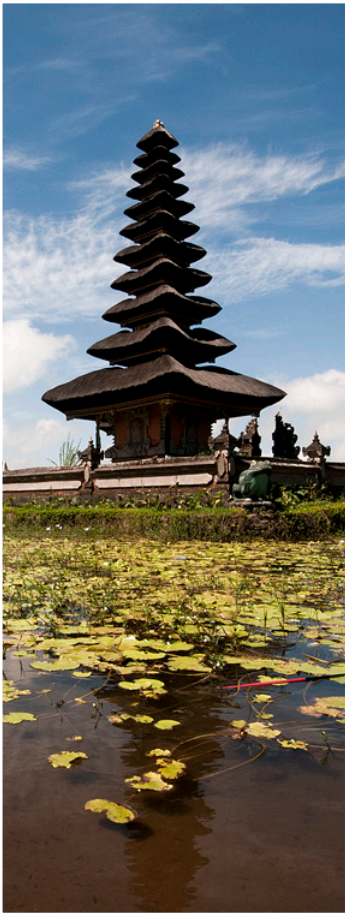
For more information, please visit the consular website of the country you are visiting. Additional information can also be found at http://travel.state.gov/travel/tips/health/health_4971.html





HEALTH ABROAD

(WHILE YOU'RE AWAY)



MENTAL HEALTH

Traveling or studying overseas is not a cure for health conditions such as depression or attention deficit disorder. Sometimes going abroad may in fact, amplify a condition. A student may not have adequate access to their prescription medication or mental health facilities. In addition, culture shock, language barriers, and homesickness can deepen isolation or depression.

WORKABLE PLAN

Before traveling, create a workable plan for managing your mental health while abroad. The availability and quality of mental health services differ widely from country to country. In many countries, students will find it difficult—and sometimes impossible—to find treatment for mental health conditions. With your health services provider or your school, put together a workable mental health plan before you go overseas.

- If you have a medical or psychological condition that may require treatment while you are abroad, **discuss this ahead of time with your doctor.** A vacation or study abroad is a great opportunity to try new things but this is not the time to experiment with not taking your medicine or mixing alcohol with medicine.



HEALTH ABROAD

(WHILE YOU'RE AWAY)



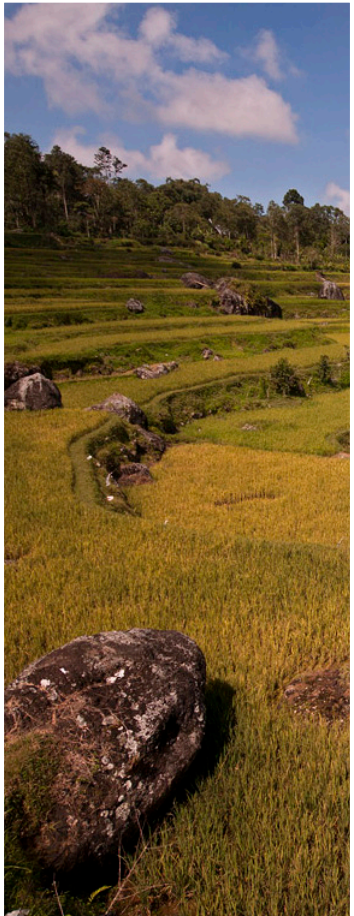
MENTAL HEALTH_{continued}

- If currently receiving mental health services – including prescription medication – find out if those services and/or medication are available at your destination. Also, check out our info about carrying prescriptions abroad.
- Research the social culture of your destination to learn about how mental illnesses are viewed. Attitudes toward mental health can greatly vary between countries.
- Consider the support system you will have in place while abroad. If possible, know ahead of time who you can consult with about your mental health.



HEALTH ABROAD

(WHILE YOU'RE AWAY)



SEXUAL HEALTH

Sexually Transmitted Diseases (STDs) & Sexually Transmitted Infections (STIs), including HIV/AIDS, are among the most common infections worldwide. The most reliable way to avoid transmission of sexually transmitted diseases is to abstain from sexual activity. If you are sexually active, correct and consistent use of condoms can reduce the risk of HIV infection and some STDs. As the availability and quality of condoms can vary by country and location you might consider packing your own supply as a precaution. Do not use drugs intravenously or share needles for any reason.

For more information, please visit:

[CDC Traveller's Health Information on Sexually Transmitted Diseases.](#)



SAFETY ABROAD

(WHILE YOU'RE AWAY)

OVERVIEW

Some students (and parents) focus safety concerns on terrorism and civil unrest abroad. In reality, however, it is much more likely for students to be injured in more mundane situations like traffic accidents. For example, it is common for Americans to instinctively look the “wrong” direction when crossing a street in the UK or Australia because traffic moves in the opposite direction from traffic in the U.S.

In a foreign culture it is often more challenging to read situations and to assess risks than it is at home. In other words, you can no longer completely rely on your “common sense” to get a feel for what kind of situation you are in and how you might deal with it because common sense is something that you have developed according to your own familiar culture and environment. The following strategies are meant to help you stay safe in unfamiliar contexts while abroad.





SAFETY ABROAD

(WHILE YOU'RE AWAY)



BEHAVIORAL EXPECTATIONS

BEHAVIOR ABROAD

UW students who participate in study abroad are representatives of UW and are expected to conduct themselves appropriately and respectfully while abroad. Study abroad students, just as on campus students, are expected to abide by the UW Code of Conduct. The policies within the Code of Conduct exist to facilitate the educational process and to ensure a safe, fair, and successful experience for all students.

Please familiarize yourself with the [University of Washington Student Code of Conduct](#).



SAFETY ABROAD

(WHILE YOU'RE AWAY)



STRATEGIES FOR STAYING SAFE

CRIME

Crime can occur anywhere but as a visitor in a foreign country you may be particularly vulnerable. Standing out as different, being unfamiliar with your environment and not understanding the verbal and non-verbal cues that might signal danger, can place you at a disadvantage and make you a target for crime. Nevertheless, there are simple steps you can take that can significantly reduce the chance that you will be a victim of crime:

- **Situational awareness:** Be conscious of what is happening around you at all times.
- **Trust your instincts:** Take immediate action to remove yourself from situations that feel unsafe or uncomfortable.
- **Avoid behaviors and situations that put you at risk:** If you consume alcohol and drugs, do not walk alone, and never leave a club or get into a car with someone you do not know.



SAFETY ABROAD

(WHILE YOU'RE AWAY)

TIPS

For more information about illegal drugs, their consequences, and your rights abroad, please visit the US Department of State--Drugs Abroad webpage.

ALCOHOL & DRUGS

DRUGS

Although it is true that in some countries laws concerning drug use and possession are less restrictive than in the United States, in many countries they are more severe. In some locations, possession of illegal drugs carries a mandatory prison sentence; in others, corporal punishment or the death penalty are potential consequences. The safe and smart approach abroad (and in the United States) is to avoid drug possession and use altogether. If someone asks you to carry a suitcase or package, no matter how small, do not do it. You do not want to become an unwitting drug smuggler.

ALCOHOL & DRUGS ABROAD

Students who are of a legal age and choose to consume alcohol should do so with the knowledge that, like at home, they remain responsible for their actions at all times and are expected to drink responsibly.

Excessive and irresponsible drinking leading to intoxication and behavior that interferes with the program or the rights of others is subject to immediate disciplinary action, and may result in dismissal from the program. In addition, intoxication is considered offensive in many cultures and even illegal in some.



SAFETY ABROAD

(WHILE YOU'RE AWAY)

REMEMBER

Students are prohibited from selling, using, or possessing any drugs that are considered by host country law to be illicit or illegal.

Students are cautioned that the possession of drugs is often dealt with harshly by host country law enforcement. Any drug infraction will be considered a grave violation of policy and will result in immediate disciplinary action, including possible dismissal from the program.

ALCOHOL & DRUGS_{continued}

KNOW THE RULES

In both a legal and cultural sense – before you engage in drinking in your host culture. Be aware of the customs of the country. Drinking to get drunk is rarely acceptable, even in countries where alcohol is consumed with every meal.

BEWARE OF “DRUGGING”

Remember that “drugging” is not at all uncommon in situations where alcohol is involved. To try to prevent this, always try to buy your own drinks. Never go home with a stranger. Consider going out with at least one friend (especially if you are a woman), and return with that friend if possible.

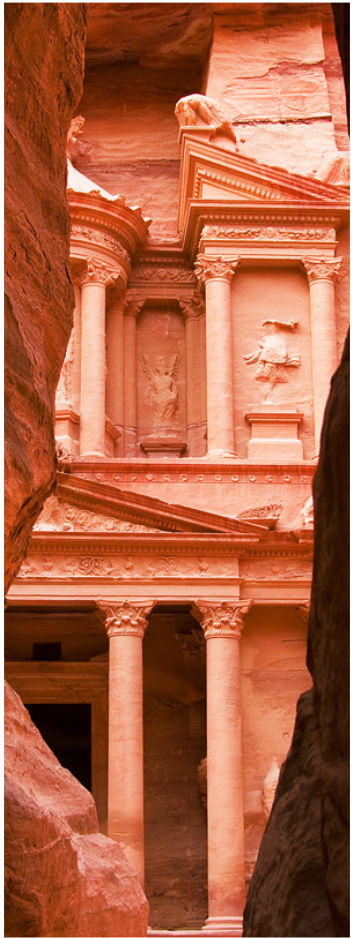
CONSEQUENCES OF DRUG USE ABROAD

Despite what you may have heard about looser drug laws outside of the U.S., drugs are illegal in most countries around the world. In fact, drug laws are often stricter outside U.S. borders. In several countries, including Thailand, China, Saudi Arabia, Malaysia, and Turkey, possession of even a relatively small amount of illegal drugs can be grounds for the death penalty. *(Continued on the next page)*



SAFETY ABROAD

(WHILE YOU'RE AWAY)



ALCOHOL & DRUGS_{continued}

In several others, including Mexico and the Dominican Republic, it can be grounds for mandatory jail sentences. In addition, in some countries it can be illegal to even enter the country with drugs still in your system. This is called “internal possession” and is grounds for prosecution similar to what you would endure if you actually physically possessed drugs. Police or customs in these countries can demand a urine sample upon entry to the country without any reasonable cause. If they find that you have taken drugs in another country and are entering their country with these drugs in your system, you may find yourself in an extremely unfavorable position. Once you have ventured beyond U.S. borders, U.S. laws or constitutional rights no longer protect you. Thus, **DO NOT** do drugs abroad! The penalties are much too dangerous.



SAFETY ABROAD

(WHILE YOU'RE AWAY)

TIPS

To find out more information on being an American woman abroad, and to see past study abroad female students' comments please visit: the Study Abroad Website.

Overwhelmingly, female students suggest that women abroad be alert and assertive if any unwelcome attention surfaces, and consider dressing a bit more conservatively than they might at home.

GENDER TOPICS

GENDER AND WOMEN'S TOPICS ABROAD

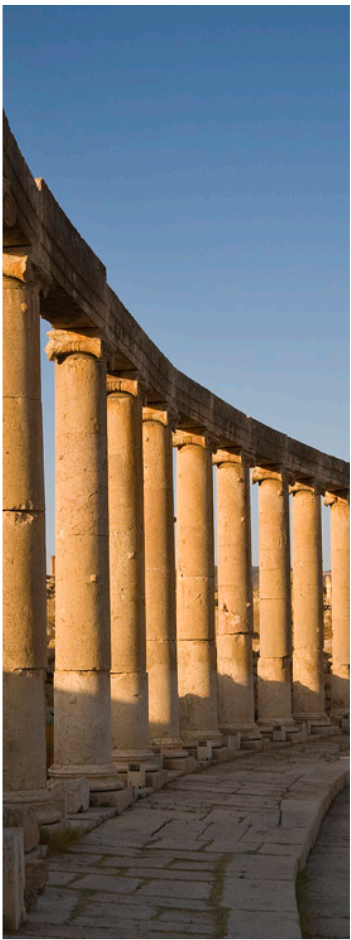
There are two primary reasons to consider gender within the context of health and safety abroad. The first reason is that women have specific safety concerns, both at home and abroad. Although men are also the targets of muggings and other crimes, women are often seen as easy or fragile victims and are more often the targets of sexual assaults. Therefore, women should remain extra vigilant while abroad and do their best to prevent themselves from ending up in a possibly threatening situation.

The second reason to consider gender while abroad relates to how cultural expectations and practices often result in well-defined gender roles within a society. Gender roles abroad may differ greatly from those in the U.S. You may not choose to behave in exactly the same ways as traditional local women or men do; however, it is important to educate yourself about cultural gender roles within your host community in order to make sensitive choices about how you will behave as a woman or a man while abroad, and to understand how your personal views and opinions may be interpreted by your host culture. Think about ways to deal with intercultural frustrations relating to gender and/or being a woman overseas, including your response to people's possible stereotypes of American woman. American women have a reputation in many countries as being looser, more carefree, and often more relaxed with their personal boundaries. This opinion is often created/reinforced by American television shows, music, and films.



SAFETY ABROAD

(WHILE YOU'RE AWAY)



GENDER TOPICS_{continued}

SEXUAL HARASSMENT

Although what you might perceive as sexual harassment in the U.S. may be considered socially acceptable in another country, cross-cultural sensitivity does not mean you have to relax or adjust your personal boundaries in this regard. If you feel you have been a victim of sexual harassment, you should immediately inform your primary on-site contact.

PREVENTING PHYSICAL OR SEXUAL ASSAULT

There are many preventative steps you can take to protect yourself and others by being an Active Bystander:

- **Be aware of your surroundings and your “inner alarm.”** If something does not feel right, remove yourself and others from the situation.
- **Take responsibility for others with the Buddy System.** Leave with the same people you arrived with, and take taxi's or public transportation with at least one other person.
- **Take preventative measures with respect to alcohol use.** Do not take drinks from strangers (alcoholic or non-alcoholic); watch the bartender open the bottle and pour the drink; and if you walk away from your drink buy a new one--do not pick up and drink the old one.



SAFETY ABROAD

(WHILE YOU'RE AWAY)

TIPS

You can also contact the UW Sexual Assault & Relationship Violence Information Service (SARIS) at 1-206-685-4357 or www.washington.edu/students/saris ,

Counselors are available to help with a situation even when you are abroad.

GENDER TOPICS_{continued}

RESPONDING TO PHYSICAL OR SEXUAL ASSAULT

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

- Go to a safe place
- Do not shower or change clothes
- Get help from a trusted person
- Inform your Faculty Director or on-site administrator
- Follow the guidance of the Faculty Director or on-site administrator for medical, psychological, and legal support

It is critical that you inform your on-site director of any incident. She/he can help in a variety of ways, including providing support for you while you make choices about what to do next. This person may assist you in contacting your family if you wish to inform them and connecting you with local sources of emotional support.



SAFETY ABROAD

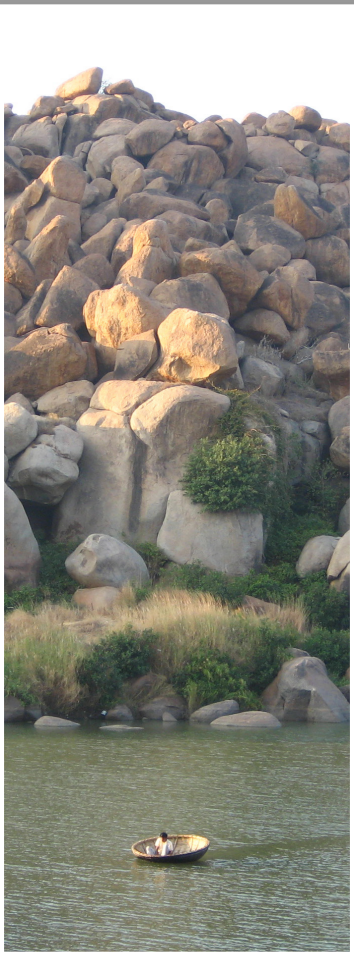
(WHILE YOU'RE AWAY)

GENDER TOPICS_{continued}

RESOURCES

For tips on sexual assault and harrassment prevention and resources for support view the following links:

- [SARIS: Sexual Assault and Relationship Violence Information Services](#)
- [RAINN: Rape, Abuse, and Incest National Network](#)
- [Article: "How Female Travelers Can Deal With Sexual Harrassment and Assault Overseas"](#)
- [Australian Government: Tips to Avoid Becoming a Victim of Sexual Assault](#)





SAFETY ABROAD

(WHILE YOU'RE AWAY)

BEST PRACTICES

ADDITIONAL SAFETY SUGGESTIONS WHILE ABROAD

Visitors have a reputation abroad as being easy targets for theft and assault. Therefore, it is important that you use good judgment and caution when navigating your new environment. Here are some general tips to help you stay safe:

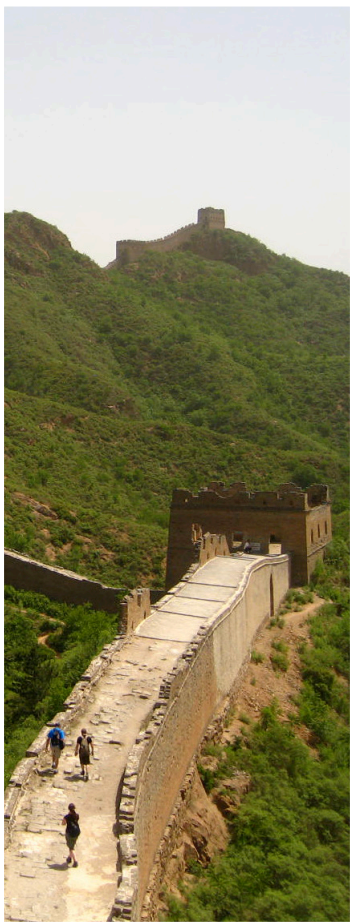
- Carry the UW Study Abroad Emergency Number (+001.206.632.0153) with you at all times.
- Try not to draw too much attention to yourself as a foreigner or as an american specifically. College sweatshirts, baseball caps, etc. could be bad clothing choices in an area with strong anti-American sentiment.
- At a minimum, know how to ask for help in the native language of the country and know local emergency telephone numbers.
- Always keep your eye on your purses, cameras & electronics: If you choose to bring an ipod or music player abroad, conceal these as best as possible. They are quickly becoming a target for theft both in the US and abroad. Consider using alternative headphones other than the white ones that are sold with the iPods', as they have become a trademark give-away and attract more attention. Backpacks, laptops, and big purses can also be targets.





SAFETY ABROAD

(WHILE YOU'RE AWAY)



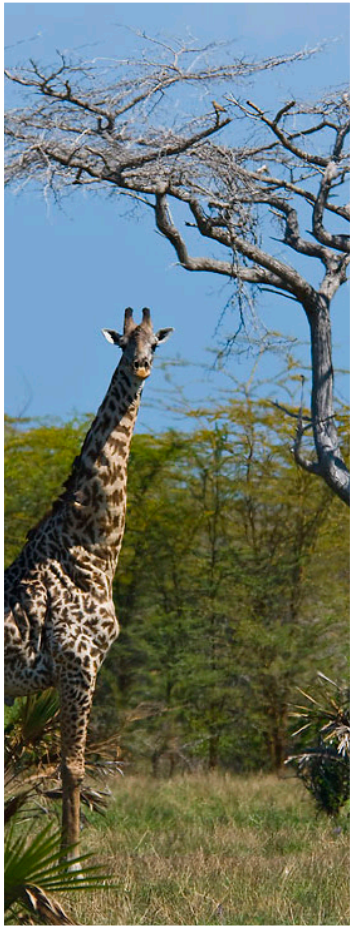
BEST PRACTICES_{continued}

- Do not carry large amounts of cash, and do not carry all of your money and documents in one bag or in back pockets where you might not see someone slip things out.
- Be alert in crowds, especially in train stations or popular tourist attractions, because thieves often use distractions in these locations to their advantage.
- Do not hitchhike.
- Do not rent cars, motorcycles, mopeds, or scooters.
- Do not stay out late at night alone, or walk alone late at night.
- When traveling long distances by train or bus, attach your bag to the luggage rack with a bike chain or lock.
- Foreign policy affects how people overseas will treat you. You will often be seen as a representative of your country whether you want to be one or not. If your travel destination is having political or military difficulties, ranging from demonstrations to terrorist attacks to civil war, stay away from all sites of such activity.



SAFETY ABROAD

(WHILE YOU'RE AWAY)



SAFETY RESOURCES

Centers for Disease Control and Prevention:

Health recommendations and precautions for travelers.

The U.S. Department of State's Bureau of Consular Affairs

Essential information about travel safety advisories, crisis assistance to U.S. citizens abroad, U.S. embassies and consulates abroad, and passport services.

Bureau of Consular Affairs: Links to U.S. Embassies and Consulates worldwide.

Bureau of Consular Affairs: Tips for students

Northwestern University's Guide to Studying Abroad, 2008-2009

<http://www.northwestern.edu/studyabroad/resources/online-guide/health-and-safety/safety/strategies-for-staying-safe.html>



SAFETY ABROAD

(WHILE YOU'RE AWAY)

EMERGENCIES THAT OCCUR AT HOME

(WHILE YOU'RE AWAY)

Should an emergency arise at home while a student is abroad (for example, a family member falls ill, a terrorist attack occurs, etc), it is critical that your family or friends at home know how to get in touch with you abroad—especially if you are away from your program city or the program has ended.

If you choose to travel during free weekends or after a program ends, please contact your family every couple of days either by phone or email to let them know where you are and how you can be reached. Have a plan in place.

EMERGENCIES

WHAT IS AN EMERGENCY?

An emergency is an occurrence or situation that poses a genuine and sometimes immediate risk to your health, safety or security. Situations that are an emergency include, but are not limited to:

- **Medical:** A life-threatening accident, injury, or illness; severe psychological or mental problem; any hospitalization
- **Crime:** Sexual assault; victim of a violent crime or physical assault; arrest, detention, or questioning by police or other security forces; disappearance or missing person
- **Deaths**
- **Natural Disaster:** immediately affecting safety, security, or health
- **Political Crisis:** immediately affecting safety, security, or health; terrorist attacks; outbreaks of war; riots or civil unrest



SAFETY ABROAD

(WHILE YOU'RE AWAY)

*NOTE

The afterhours emergency number connects to the UW Police Department which receives calls 24 hours per day, seven days a week.

The UW Police will ask you to provide basic information about your situation, how/when you can be contacted, and relay these details to UW Study Abroad staff. UW Study Abroad staff will respond to your call as quickly as possible.

EMERGENCIES_{continued}

IN THE EVENT OF AN EMERGENCY, BE AWARE OF THE FOLLOWING RESOURCES:

- The local emergency number in the country where you are located
- On Call International Insurance at +001.603.328.1358 (students who received a waiver and purchased their own insurance should contact their individual insurance carrier).
- Your on-site Program Director, Resident Director and/or the International Office at your host institution.
- The 24 hour UW International Emergency*phone line at +001.206.632.0153 for further assistance.



LEGAL ISSUES

(WHILE YOU'RE AWAY)

NOTE

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

OVERVIEW

Regardless of your citizenship, as a visitor abroad you are required to obey the laws of the country you are visiting. If you ever get into legal trouble abroad, you should immediately contact your program director. If you are a citizen, you may also contact a Consular officer at your local U.S. Embassy abroad. However, their ability to help in some situations is limited.

A US CONSULAR OFFICER CAN:

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

A US CONSULAR OFFICER CANNOT:

- Get you out of jail
- Represent you at trial or give legal counsel
- Pay legal fees or fines with US government funds



CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)

TIPS

We hope that you will take some time to learn more about this issue. The more that you know, the easier and more valuable the experience of adjusting to a new culture will be.

As always, we encourage you to visit with a study abroad advisor if you have questions.

Most people who live in a foreign country for an extended period of time experience cultural stress. It is normal to feel overwhelmed and frustrated.

Because every student brings their own unique experience and perspective to the issue of cultural adjustment, there is not a blanket description of the adjustment that each student goes through. Many students experience highs and lows as they progress through their study abroad experience, just remember that this is perfectly normal.



One thing is certain, you will encounter another culture – it is part of the very reason that we are excited you have chosen to study abroad. It is our intention that your encounter with this other culture will provide you with a set of perspectives different from your own, and a glimpse into the way in which other people see the world.

On the following page you will find some intensity factors to reflect on before and during your experience. We hope that these will provide you with some tools for helping to understand what factors will play an important role in your adjustment abroad.



CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)



INTENSITY FACTORS to consider

- **Difference:** *How different is the host culture from mine?*
- **Ethnocentrism:** *How relatively insular/accepting of difference is my home culture?*
- **Language:** *How much will I have to communicate?*
- **Immersion:** *How immersed will I be in the host culture?*
- **Isolation:** *How isolated will I be from others from my home culture?*
- **Experience:** *How much experience do I have dealing with difference?*
- **Expectations:** *How realistic are my expectations? What are they based on?*
- **Visibility:** *How much will I stick out? What about me will be hidden?*
- **Status:** *Will I receive more or less respect due to markers such as my ethnicity, gender, age or nationality? How will this make me feel?*
- **Power:** *Will I have more or less power due to my status, my language level, my knowledge of the culture, my housing situation?*

Adapted from: Paige, R. M. et. al. (2009). Maximizing study abroad: A students' guide to strategies for language and culture learning and use. Minneapolis, Minn: Center for Advanced Research on Language Acquisition, University of Minnesota.



CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)

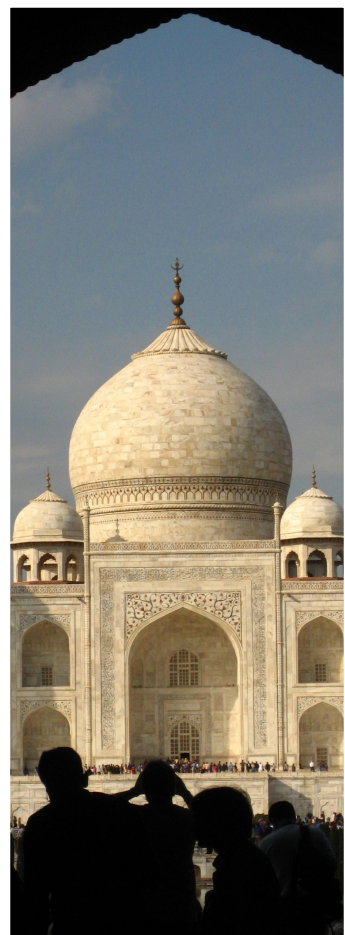
SOCIAL CONSIDERATIONS

OVERVIEW

The “rules” of dating will vary from culture to culture. Your behavior in some situations may be viewed differently than if you behaved the exact same way at home. For example, accepting a drink that someone buys you in certain countries may come with more social obligations than it would in America. It is important that you be aware of your behavior and inform yourself as best as possible about how dating and relationships generally function in your host culture. This knowledge will help you to better identify and act in situations that make you uncomfortable either physically or psychologically.

RACE AND ETHNICITY

Race and ethnic relations are also culturally determined, which means that while you are abroad, you may be part of an ethnic minority for the first time in your life. The ethnic identity you have always felt to be an integral part of yourself may be viewed in a completely different way in your host country. Those of you visiting a country where you have ethnic or racial roots may be expected to behave according to the host country norms in a way that other Americans of a different background are not. Perhaps you will be considered American first, and your ethnic or racial identity will be considered unimportant. In many countries, there are homegrown ethnic or racial conflicts, and you may be identified
(continued on the next page)





CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)



SOCIAL CONSIDERATIONS

continued

with one group or another because of your physical appearance, until people discover you are American. It is extremely unlikely that any of these situations will involve any threat of physical harm to you as an international student; however, you should prepare yourself for the situations you may encounter by researching the situation in your host country.



CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)

SOCIAL CONSIDERATIONS continued

SEXUAL ORIENTATION

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

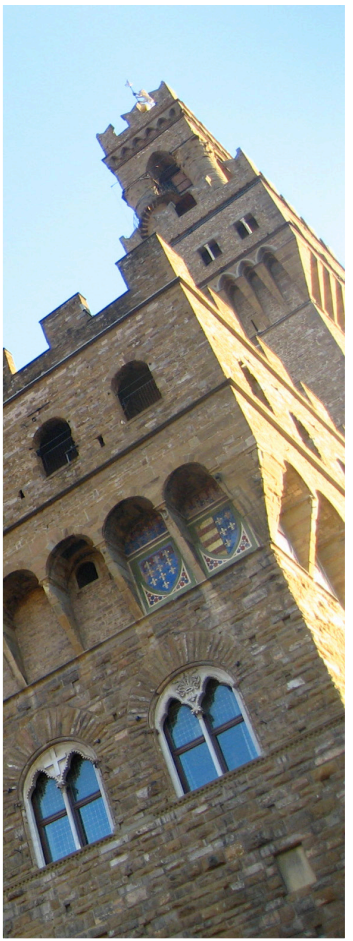
In some cultures, Western understandings of “gay” and “straight” do not exist, or do not carry the same importance as they do in the U.S. People involved in same-sex relationships may not see this behavior or preference as an identity. In other cultures, there are active social movements for civil rights for sexual minorities. In preparing for your study abroad experience, it may be important for you to research the LGBT climate of the country you will be visiting. Though it might seem intimidating to research these kinds of issues, it will help you be better prepared to face the world you will encounter. Even if you do not plan to have a sexual relationship while away, you should be informed about specific laws pertaining to sexual behavior and sexual/gender orientation. The following page contains a list of issues to consider.





CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)



SOCIAL CONSIDERATIONS continued

WHEN RESEARCHING LAWS PERTAINING TO SEXUAL BEHAVIOR,
TRY TO ASCERTAIN:

- The legality of same-sex sexual behavior (sometimes male-male sexual behavior is illegal while female-female sexual behavior is not)
- Restrictions on freedom of association or expression for LGBT people
- Anti-discrimination laws (these can be national laws or specific to local areas)
- Sodomy laws
- You may find that you can be freer in your behavior than in the U.S., or that you need to hide your sexual preferences completely to avoid cultural ostracism or arrest



CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)

SOCIAL CONSIDERATIONS continued

A LIST OF QUESTIONS TO ASK YOURSELF, UW STUDY ABROAD,
YOUR PROGRAM DIRECTOR, OR ON-SITE PROGRAM STAFF:

- *Does your right to be LGBT in the United States conflict with your host country's religious or cultural values and traditions?*
- *How will you reconcile your human rights with the cultural values of your host society?*
- *Are there safety considerations that you should be aware of?*
- *What are gender relations in the host culture?*
- *What is considered typical male and female social behavior in the host culture?*
- *What is the social perception of members of the LGBT community? How are they socially defined?*
- *What roles do transgendered people play in the host culture?*





CULTURAL ADJUSTMENT

(WHILE YOU'RE AWAY)



LGBT RESOURCES

Action Without Borders

A global network of individuals and organizations working to build a world where all people can live free and dignified lives in a healthy environment.

Amnesty International

A global movement to fight injustice and promote human rights

Behind the Mask

A web magazine devoted to lesbian and gay affairs in Africa.

Forplu

An online community and resource for information on LGBT rights in different countries

Gay Lesbian Arabic Society

A networking organization for gays and lesbians of Arab descent or living in Arab countries

Gay-MART

A comprehensive site on issues of concern to lesbian and gay participants in international exchange and travel

International Gay and Lesbian Human Rights Commission

An international organization for human rights advocacy

NAFSA International Educators Rainbow Special Interest Group

Provides counsel and support for international and study abroad students

The International Lesbian and Gay Association

Aims to educate and raise awareness of global LGBTI issues

Trans and Traveling

A resource for trans students traveling who may want to take into account issues they could face while traveling: discriminated during security procedures in airports, laws governing medication brought into countries, discrimination when presenting their identification to officials that does not match their displayed gender identity.



DOCUMENTING LIFE ABROAD

(WHILE YOU'RE AWAY)

FREE BLOG HOSTS

Blogger
Wordpress

BLOGS TO FOLLOW

UW Study Abroad
Open Travel
Twenty-Something Travel
Shantanughosh

SHARE YOUR BLOG!

Submit some of your blog entries to the Study Abroad Office for future students to learn about your program.

SHARE YOUR EXPERIENCE

Whether you want to share your experience with your family and friends at home, remember exactly how you felt at a specific moment abroad, enter a photo contest or write an autobiography in 20 years, there are several ways to document your time abroad.

WRITE A JOURNAL

- Helps you recall and recreate what you have seen and experienced in greater detail – you will appreciate that you made the effort to do this as the years pass and your experience grows older and more distant.
- Provides you with material for future writing (essays, articles, research, a senior honors thesis or independent study, travel writing, etc.).

WRITE A BLOG

- Blogs are an easy way to keep in contact with lots of people while still being able to focus on your time abroad (not on the 30 people who want an email from you).
- REMEMBER! Blogs are PUBLIC, meaning that family, program directors, professors, members of your host community, future employers, University of Washington, etc. can all access your blog if they search for it. You are representing the University of Washington, your family, and the United States with everything you write. Please act accordingly and be appropriate.



DOCUMENTING LIFE ABROAD

(WHILE YOU'RE AWAY)

TIPS

- Enter your best photos in the annual UW Study Abroad photo contest!
- Create a scrapbook with other items such as ticket stubs to have all of your photos located in one spot
- Consider submitting your photos to publications about student travel:

Glimpse Magazine
AbroadView Magazine
Student World Traveler

SHARE YOUR EXPERIENCE

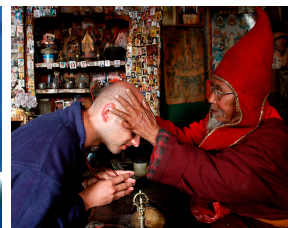
continued

TAKE PHOTOGRAPHS

Documenting your travel experience is easier than ever with digital cameras and phones. However, it is important to remember to be respectful of the places and people you are photographing. Always ask permission to take photos in sacred or religious sites. Also, many countries have laws against taking photos of government buildings and more. Be respectful of the culture and feelings of those around you. When in doubt – ask.

PHOTO EXCHANGE

When possible, try to find a way to give a copy of the photo to the people you take pictures of. Getting their address (mailing or email) and sending them a photo is a great way to strike up a friendship.





ACADEMICS ABROAD

(WHILE YOU'RE AWAY)

REMINDER

All of your grades and credits earned abroad will count towards your UW GPA, regardless of your need for them.

TIPS FOR SUCCESS

ACADEMIC LOGISTICS

- **S/NS REQUESTS:** Just like here at the UW, you can request to assign Satisfactory or Unsatisfactory to a specific course. It cannot be a degree requirement, so be sure to check in with your academic advisor before you make the request, and remember that this request must go through the study abroad office. You'll find a request form on our website. (link) Different programs have different deadlines for SNS requests, so be sure you get yours in before the deadline. Courses assigned SNS will not be factored into your GPA.
- **EDUCATIONAL PLAN:** Please consider that whatever you do abroad has an impact back here at the UW - so before you make any changes to your schedule or academic plan, be sure you are aware of the consequences - when in doubt, check in with your academic advisor.
- **TRANSCRIPT:** If you are participating in a direct or departmental exchange or affiliated program, make sure to have your transcript sent to us - we can begin the process of evaluation without something to evaluate.
- **COURSE MATERIALS:** Keep your course materials if you are receiving a foreign transcript - The relevant department may need those materials to determine course equivalencies.
- **CLASSROOM EXPECTATIONS:** Remember that many places in the world may have very different sets of classroom expectations regarding dress, or attendance, so be aware.
- **CONVERSION SCALES:** There is a conversion scale for every country that we send students to with respect to both credits and grades, so ask your study abroad advisor if it's not already on your study abroad account.

WHEN YOU RETURN

IN THIS SECTION:

- Academics
- Reverse Culture Shock
- Ways to Stay Involved



Welcome Home! Returning home from a term abroad can be one of the most exciting and challenging aspects of your program. We hope you had a productive, fun and safe term abroad. The following section addresses topics on reintegrating your experiences back into life on campus at UW and beyond. These pages will help you navigate some important administrative processes, such as credit transfer and registration. They also provide information on how to incorporate your study abroad experience into your academic and professional careers as well as your social life.



ACADEMICS

(WHEN YOU RETURN)

TIPS

You will receive an email from the Study Abroad Office notifying you that your Credit Evaluation Form is ready for pick-up.

Once you obtain the form, department advisors can sign off on the credits you earned abroad.

You should return the signed credit evaluation form to the Study Abroad Office to complete the credit conversion process.

CREDITS

UW PROGRAMS

- Once your program has ended and all coursework has been evaluated by your program director/professor, he/she will report all courses and grades to the Study Abroad Office. The Study Abroad Office will then transfer these credits onto your UW transcript, usually within one week of receipt of the grade report.

IE3 GLOBAL INTERNSHIPS // INDEPENDENT STUDY // RESEARCH // PRACTICUM // CLERKSHIP

- Upon your return from abroad, you will check in with your sponsoring faculty/departments to have your academic performance evaluated from your independent study/internship. The sponsor will then complete the “upon return” section of the credit verification form.
- Return the completed form to the UW Study Abroad office and we’ll post the grades to your transcript.



ACADEMICS

(WHEN YOU RETURN)

CREDITS_{continued}

DIRECT EXCHANGE // DEPARTMENTAL EXCHANGE // AFFILIATED PROGRAMS

- 1 Be sure to have a copy of your official transcript mailed to the UW Study Abroad Office ([address link](#)) after you complete the term.
- 2 Once the transcript has arrived, our office will prepare a Credit Evaluation Form, providing a preliminary evaluation of the number of credits and grades for each course, using country/university-specific grading scales. We
- 3 You will then take the Credit Evaluation Form, along with course syllabi and coursework completed while abroad, to the appropriate UW departments to have UW equivalent courses assigned to each foreign course.
- 4 Once all courses have been assigned UW course numbers, return the Credit Evaluation Form to the UW Study Abroad Office and we will transfer the credits to your UW transcript, usually within one week of receipt of the completed form.



REVERSE CULTURE SHOCK

(WHEN YOU RETURN)

TIPS

- Organize a reunion of your study abroad peers to reminisce and reconnect;
- Put together a scrapbook or blog of your pictures and journal entries;
- Get involved with local international organizations or FIUTS – the Foundation for International Understanding Through Students – UW's international social organization;
- Find a local language partner (FIUTS is a great place to start looking);
- Study abroad again!

WHAT IS REVERSE CULTURE SHOCK?

It is normal to experience Reverse Culture Shock when you return from your study abroad program. The experience is different for everyone, but there are some commonalities. It can be surprising to return home and find that this place has remained the same, but that you have changed. This can be one of the most interesting and rewarding aspects of your study abroad experience, so take the time to acknowledge this adjustment and try to learn from it. Keep in mind that reestablishing yourself in your home culture may take some time and patience.



COMMON FEELINGS

- feeling as though your friends and family do not understand the experience you had abroad
- inability to communicate the impact of your experience on the person you are now
- interest in seeking out others who have also studied abroad
- feeling critical of U.S. / Seattle / UW customs and behaviors
- a desire to return to the country or community in which you were immersed



WAYS TO STAY INVOLVED

(WHEN YOU RETURN)

Staying involved with the people or culture from your program can be one of the best ways to ease your transition back to the University of Washington. It's also an important aspect of how you choose to integrate your experience abroad with your life back in Seattle.

STUDY ABROAD AGAIN

One of the best ways to stay involved with study abroad is to go again! The study abroad office doesn't have a policy that limits the number of programs that students can participate in, though you may want to check in with your academic advisor to ensure that you can stay on track to graduate if you're thinking of going again. Perhaps you did an exploration seminar and now you're ready for the challenge of an [exchange program](#), or there is another theme within our [UW programs](#) that intrigues you. Come and ask an advisor if you have questions.

FIUTS

We also encourage you to get involved with an organization here on campus that helps to orient and integrate international students. [The Foundation for International Understanding Through Students](#) is a great way to meet inbound students from the country that you visited, and have a lot of fun doing it. FIUTS organizes many cultural activities for students throughout the year.

NORTHWEST RETURNEE CONFERENCE

Any student in the Northwest who has had an international experience is welcome to attend the Northwest Returnee Conference regarding returning from study abroad. Resources for going abroad again are available at this conference, and it's also a terrific forum to share your experience abroad with others from this region and exchange tips for adjusting to life back here in the Northwest.



PHOTO CREDITS

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