Introduction

The director and staff of International Programs and Services at the University of the Pacific developed this workbook to be used as a component of the Cross-Cultural Training I course offered at UOP. We have been given permission to use and make minor changes to this workbook, as we found it to be a valuable exercise for students interested in studying abroad. Completion of the workbook is required for A&S 2000: Introduction to Study Abroad, will earn you bonus points towards a Reciprocal Exchange application, and will greatly assist your preparation for study abroad.

The questions in this workbook will help you prepare for your time abroad, regardless of your destination. Answers to the questions can be found in the country-specific information at the Study Abroad/NSE Office, in the information given to you by the program to which you have applied, in the Student Guide packet (also produced by the University of the Pacific that can be found at http://www.studentsabroad.com/contents.html), at the web sites listed throughout the workbook, or in readily available publications either on-line or in the library. If at first the answers are not readily apparent, be creative with your sources. Medical professionals and experienced individuals may also be of help to you… be sure to cite where or who your information came from. Doing so gives credit to those who have created the resources you use and will also help you to return to the sources should you require additional information.

Please follow the format of the workbook when answering the questions (i.e., 1.A.1, etc.) and type your answers.

You must attach the following:

- A copy of web information pertaining to your host country where indicated (*);
- If you cannot locate the above, please give an explanation in your answers. Additionally, if you believe that any of the questions in this Workbook do not apply to your program, please give an explanation at the appropriate place (i.e., I. A. 1., etc.).

If you have any questions, please contact:

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I. Health Issues

A. Center for Disease Control (CDC) Health Recommendations (http://www.cdc.gov/travel/)
1. List the CDC's health recommendations for your host country.
2. List any specific immunizations you must have.
3. List any specific health concerns for traveling to the country.

B. Health Insurance
1. Are you required to have health insurance to study abroad?
2. What type of coverage do you have? Are there deductibles, limits or exemptions? Do you need to carry forms with you for reimbursement or will the insurance carrier be billed directly?

C. Other
1. What medical facilities are available in your host country? (http://travel.state.gov)
2. What should you carry in a first aid kit?
3. What are the health risks associated with sexual activity while abroad?
4. If you have pre-existing health conditions, or you need to carry special medications overseas, what should you do before you go abroad?
5. What are the local staple foods of your host country? Do you have any dietary restrictions? If so, do they pose a problem in your host country?

II. Safety and Legal Concerns

A. Consular Information Sheet (http://travel.state.gov/travel/travel_1744.html)*
(Select “International Travel Information” & “Travel Warnings” on the left hand menu bar)
1. Print out any travel advisories or warnings for the country.
2. Are there any current Public Announcements that will affect travel in your host country or region?
3. What types of crime incidents are common?
4. Are the drug and alcohol laws similar to US laws? What are the penalties for breaking drug and alcohol laws?
5. Has there been any terrorist activity in this country?

Select “US Embassies & Consulates” under “Tips for Traveling Abroad” on the menu on the left hand side
1. Where is the nearest US Embassy/Consulate in your host country?
2. What types of emergency services are provided by consular officers abroad? (http://travel.state.gov/travel/travel_1744.html)
Select “Emergencies & Crises” under “Tips for Traveling Abroad” on the menu on the left hand side
3. Will the US Embassy loan you money in an emergency?

C. Crisis Management (http://travel.state.gov/travel/travel_1744.html)
Select “Emergencies & Crises” under “Tips for Traveling Abroad” on the menu on the left hand side from there select the “Crisis Management”
1. In addition to your program director or the Study Abroad Office at OSU, whom should you contact in an emergency?
2. Should you register with the US Embassy?

D. Other
1. Does the US Constitution apply to you in your host country?
2. Do you need a financial power of attorney while you are overseas? Why or Why not? (A financial power of attorney is a legal document you sign giving someone else permission to deal with your personal affairs while you are abroad (i.e., file tax returns, take money out of your bank account, etc.).]  
3. Will you need to file an income tax return while overseas?

III. Immigration Regulations

A. Passports  
To obtain a passport: (http://travel.state.gov/passport/passport_1738.html)  
1. Who should have photocopies of your passport?  
2. What should you do if you lose your passport while abroad?  
   (Note: You should take two replacement photos with you.)

B. Visas (http://travel.state.gov/visa/visa_1750.html)  
1. Do you need a student visa to study in your host country?  
2. How do you obtain a student visa to study in your host country?  
3. How much does a student visa cost?

IV. Knowledge of your Host Country

A. General  
http://www.state.gov/www/background_notes  
1. What language(s) is/are spoken in the host country?  
2. What is the major religion in the host country?  
3. What are the major holidays?

B. Daily Living  
1. What information is available about your host country?  
   (Print out the first page of web information about your host country.)  
2. What information is available about your host city?  
   (Print out the first page of web information about your host city.)  
3. What are the telephone codes for your host country and city?  
   (You can find these codes in the Pacific Bell Telephone book under "International Calling.")  
4. Where is the best place to make a long distance call?  
5. At 09:00 AM Pacific time, what time is it in your host country?  
6. What is the custom for tipping?

C. Academic System  
1. What type of academic calendar will you be following?  
2. What is the method of assessment/grading on your program?  
3. How does the academic system differ from that in the United States?

V. Political Issues

A. Host Country  
1. Describe the political system of your host country.  
2. Has there been any political unrest recently that might affect your time in the host country?  
3. Who is the current Head of State/Government?

B. United States  
1. Describe the political relationship between the US and your host country?

* This link may be outdated or unavailable. You should verify the information from a more recent or alternative source.
2. Are you prepared to answer questions about US politics and foreign policy? (Remember: Many people abroad are more politically informed than most people in the US.)

VI. Financial Issues

A. Cost of Living
   1. What currency is used in your host country?
   2. What is the exchange rate with the US Dollar?
      http://www.oanda.com/converter/classic*
   3. Speak with either an international student at OSU or someone who has returned from studying in your host country. Ask about the cost of living (i.e.: What is the cost of the "average" mid-day meal? What is the cost of course books and supplies?).

B. Budget
   1. Develop a budget for the semester/year including initial expenses, living expenses, travel during breaks, health insurance, books, etc.
   2. How much money will you need to take with you to cover all initial costs?
   3. What is the best way to access money while abroad?

VII. Housing & Meals

A. Housing
   1. Is housing included in your program fee?
      a. If YES: What type of housing is provided?
      b. If NO: What are your housing options? How much will it cost? Is there a deposit or lease?
   2. Will you need to bring linens, utensils, etc.

B. Meals
   1. Are meals included in your program fee?
      a. If YES: What type of meal plan is provided?
      b. If NO: Will you use a meal plan, self-catered facilities or another option? How much will food cost per week?

VIII. Miscellaneous

A. What are the seasonal temperatures during your intended time abroad?
   http://www.weather.com
   1. What type of clothing is appropriate given the climate in your host country?
   2. What type of clothing is appropriate in the culture of your host country (for students, internships, etc. as applicable)

B. What types of voltage converter/plug adapters will you need for electrical appliances?
   http://www.voltagevalet.com/country.html

C. Have you purchased or viewed a travel guide such as...
   - http://www.lonelyplanet.com
   - http://www.letsgo.com/
   - http://www.fodors.com/ (you can customize your own guide)
   - http://www.ricksteves.com/home.htm

…if not, please do so! You will be glad you did!