

# Health, Safety, and Culture Abroad

plus a few other tips...

<http://icenter.ucsd.edu/pao/parents/index.html>

# How We Can Work Together

- Letting go...but staying in touch
- Be supportive, but foster independence
- Not everything really is a crisis
- If there is a crisis, contact the local Center Director and PAO
- FERPA: Privacy laws
- Review this presentation

# Safety Abroad

# How Can Students Reduce Risks?

- ✓ Establish relationships with the program director, program peers...
- ✓ Tell program staff about your travel plans
- ✓ Keep their abroad address on them
- ✓ Don't wear the wrong clothing
- ✓ Know where the consulate is and register there!
- ✓ Scan and e-mail copies of passport and other important documents to yourself.
- ✓ Stick with the group! Don't go off alone!
- ✓ Be smart about high risk activities
  - ✓ Extreme sports
  - ✓ Wild animals
  - ✓ Political demonstrations

# Insurance and Theft Prevention

## Personal Property Insurance

- ✓ Types: Homeowners, renters, credit card, travel company policy
- ✓ This covers lost or stolen items such as computers, ipods and cameras
- ✓ Know your deductibles

## Keep valuables safe

- ✓ Use money belts, purses with zippers under the arm, and wear backpacks backward in crowded terminals and metros!
- ✓ Don't bring irreplaceable keepsakes abroad

# Personal Safety

- ✓ Learn about the different attitudes, taboos and cultural practices regarding dating
- ✓ Respect other cultures in which different dress codes may apply
- ✓ Avoid going out alone, especially at night
- ✓ Watch out for offers from strangers

# Health and Well-Being

# Planning Ahead

- ✓ Students should make an emergency card and keep it with them at all times. Give copies to emergency contacts both at home and abroad.

**EMERGENCY CARD** [HOME](#)

Print out the Emergency Card. Fill it in. Leave a copy with your U.S. emergency contacts, with your abroad emergency contacts, and keep a copy with you at all times.

✂

Student Emergency Information Card	
Student Name _____ Date of Birth ____/____/____ Citizenship _____ Study Abroad Program Name _____ Abroad Program Emergency Contact address _____ phone # _____ cell # _____ e-mail _____ Abroad Housing Emergency Contact address _____ phone # _____ cell # _____ e-mail _____ Home (U.S.) Campus Emergency Contact address _____ city _____ state _____ zip _____ phone # _____ cell # _____ e-mail _____	Family (U.S.) Emergency Contact address _____ city _____ state _____ zip _____ phone # _____ cell # _____ e-mail _____ Insurance Company _____ Policy # _____ 24 Hour Ph # _____ Embassy/Consulate _____ phone # _____ address _____ Equivalent 911 Abroad _____ phone # _____ Nearest Hospital Abroad _____ phone # _____ address _____ Passport # _____ Blood Type _____ Special Medical Conditions _____ Wishes In Event of Serious Injury/Death _____

- ✓ **PRESCRIPTIONS:** Students should bring enough prescriptions to last their entire time abroad. Make sure they have a list of all the ingredients in case the authorities suspect drug trafficking.



# Health & Evacuation Insurance

- ✓ *EAP & GS students* have already paid for mandatory health insurance while overseas. They should receive a brochure with a health card. Students should keep this with them wherever they travel!
- ✓ *OAP students* should check with their program provider about international health insurance!
- ✓ *ALL GS and OAP STUDENTS* must sign-up for free UC international health & evacuation insurance at:  
[www.uctrips-insurance.org](http://www.uctrips-insurance.org)

# Upon Arrival Students Must...

- ✓ Attend the Health and Safety Orientation
- ✓ Keep the emergency contact number for the program director in their purse or wallet
- ✓ Call the on-site director for assistance with illness, emergency, adjustment, or housing problems
- ✓ Be aware that as their body adjusts to its new environment, it will be fighting new germs. This means they may be sick more often abroad, so they need to eat a balanced diet & get adequate sleep.
- ✓ Follow the local news, e.g. Earthquake in Chile
- ✓ Exercise caution and follow good health and safety practices at all times; remember that health and safety standards abroad may be different than the United States

# Regarding Alcohol and Drugs

- ✓ Students should be aware of different cultural practices concerning alcohol and drugs abroad
- ✓ For example, in most European countries, casual drinking is a regular part of life, but excessive “American college style” bingeing is certainly not.



# Can Students Be Arrested Abroad?

- ✓ YES!
- ✓ About 1/3 of US citizens arrested overseas are arrested on drug charges
- ✓ Drug laws are often more strict overseas



# Legal Issues

- ✓ Every countries have different legal codes, laws, and policies
- ✓ Students can be sent home without a refund for violating the host country's policies or laws
- ✓ The U.S. Constitution does NOT protect your student in another country. The rights we take for granted may not be recognized in another country.
- ✓ If arrested, remember that the U.S. embassy cannot get your student out of jail, but they should call their Center Director, the U.S. embassy or consulate, and home.

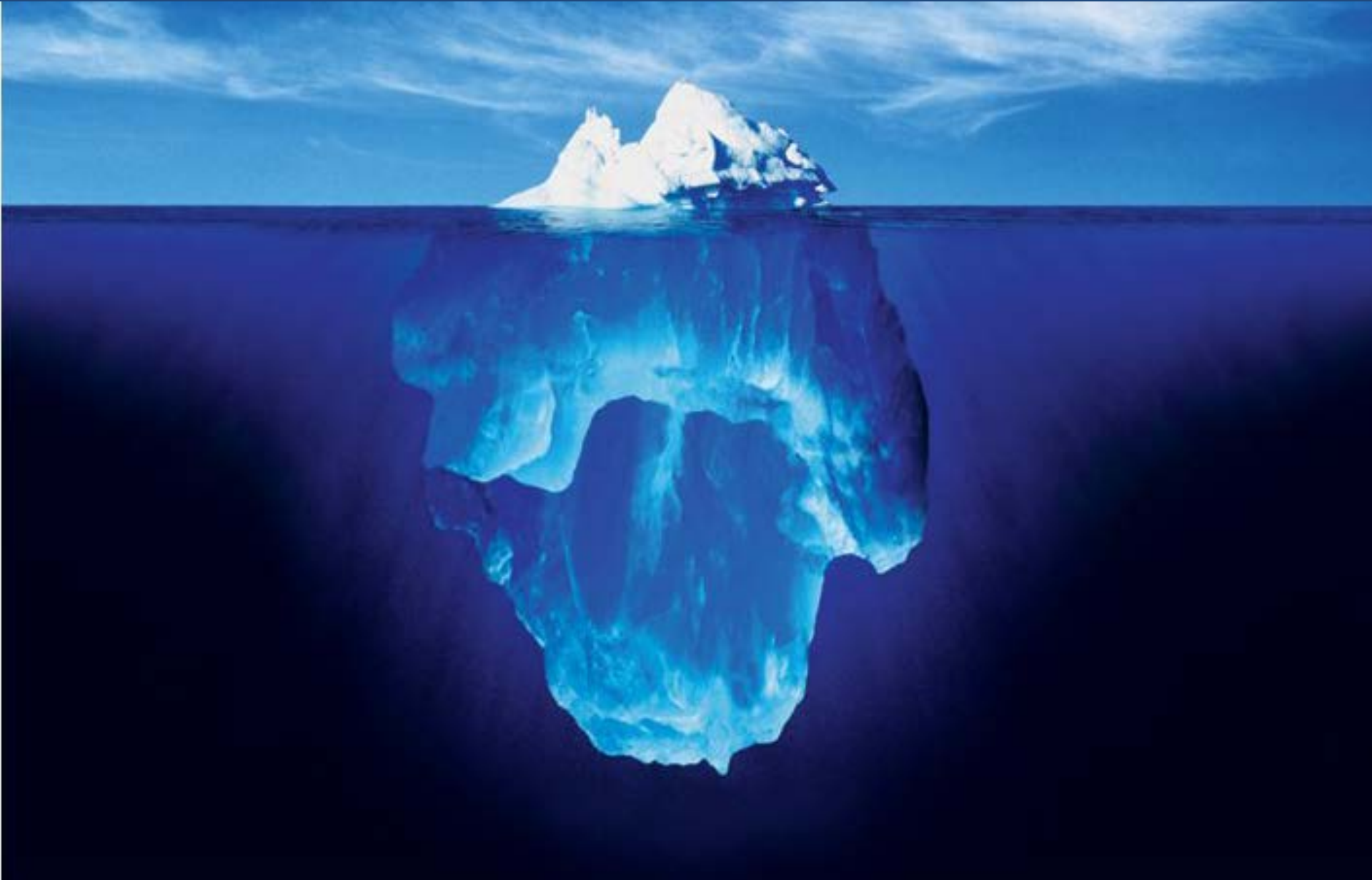
# UC Code of Conduct

- ✓ Students represent UC San Diego while abroad
- ✓ The UC Code of Conduct still applies!
- ✓ Violations of the Code of Conduct can result in suspension from the program
  - ✓ If a student is sent home for misconduct, there will be no refunds
  - ✓ In addition, if a student is sent home for misconduct, they will receive F's for their program's coursework
- ✓ Penalties will also be levied upon return to UCSD in accordance with the Code of Conduct

# Success and Adjusting

*“One’s destination is never a place,  
but a new way of seeing things.” – Henry Miller*

Knowing the culture is key to success abroad.





Like an iceberg, nine-tenths of culture is below the surface.

**Surface Culture**  
Most easily seen  
Emotional level - low

Food, dress,  
music, visual arts,  
drama, crafts,  
dance, literature,  
languages, celebrations, games

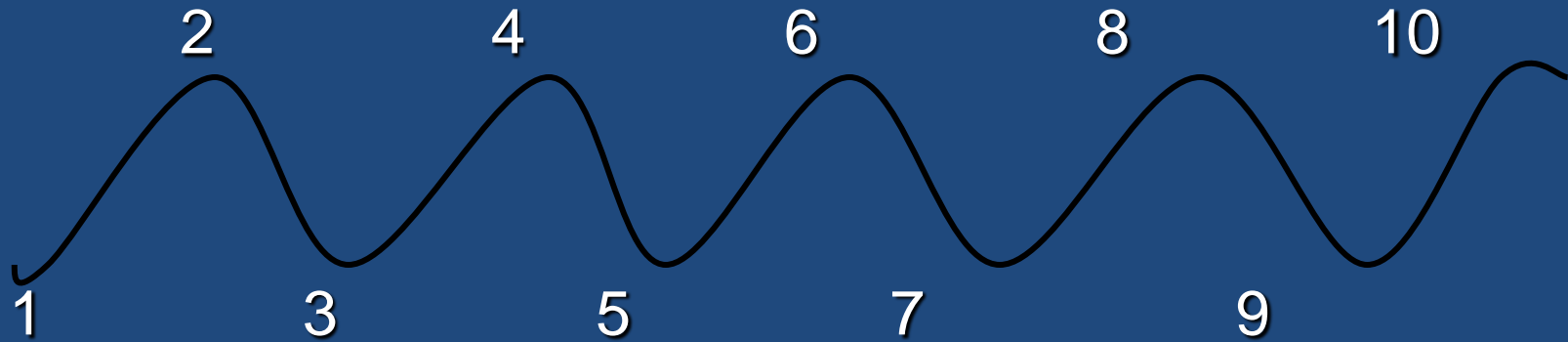


**Shallow Culture**  
Unspoken Rules  
Emotional level - high

courtesy, contextual conversational patterns, concept of time, personal space, rules of conduct, facial expressions, nonverbal communication, body language, touching, eye contact, patterns of handling emotions, notions of modesty, concept of beauty, courtship practices, relationships to animals, notions of leadership, tempo of work, concepts of food, ideals of child rearing, theory of disease, social interaction rate, nature of friendships, tone of voice, attitudes toward elders, concept of cleanliness, notions of adolescence, patterns of group decision-making, definition of insanity, preferences for competition or cooperation, tolerance of physical pain, concept of "self", concept of past and future, definition of obscenity, attitudes toward dependents, problem solving roles in relation to age, sex, class, occupation, kinship, and ...

**Deep Culture**  
Unconscious Rules  
Emotional level - intense

# Rhinesmith's Ten Stages of Adjustment



1) Initial Anxiety

2) Initial Elation

3) Initial Culture Shock

4) Superficial Adjustment

5) Depression Frustration

6) Acceptance of Host Culture

7) Return Anxiety

8) Return Elation

9) Re-entry

10) Reintegration

# Money

- ✓ Students should make a budget and stick to it
- ✓ Cell phone use can get expensive
  - ✓ Try using internet services like Skype to keep in touch
- ✓ If students will be using Credit & ATM cards, call the card companies before departure. As a security measure, many card companies will block usage overseas if they are not alerted.
- ✓ Find out what the currency conversion rate is and keep in mind that it can change!
- ✓ Students should learn local customs regarding tipping and taxes

## Academic Culture: Teaching & Grading Abroad

- ✓ Teaching styles and examinations may be different from what students are used to at UCSD
  - ✓ Expectations and Grading may also be different
- ✓ Family members should NOT contact professors to change grades!
- ✓ Students should ask what is expected of them

# Diet

- ✓ Vegetarian or vegan options may be very limited, or non-existent. Ask in advance.
- ✓ Encourage your student to take advantage of their opportunity to try authentic local cuisine—they may find some new favorite dishes!
- ✓ If your student is staying at a Homestay, they should tell their Center Director if they are not getting enough to eat



# Sustainability

- ✓ Understand that our use of resources is far greater than most other societies
- ✓ Be respectful, not entitled
- ✓ Learn about and take local public transportation
- ✓ Find out the local practices regarding trash and recycling
- ✓ Remember that conservation is important globally—conserve energy and water whenever possible

# Internet use

- ✓ Internet access may not be as fast, reliable, and widespread as what you're used to
- ✓ Other societies may have very different perceptions of the internet (wealth, power)
- ✓ Students should limit excessive internet use
- ✓ Encourage your student to be more independent, meet the locals and interact in-person

# Prejudice

- ✓ Students may experience prejudice for a variety of reasons, including race, gender, religion, LGBTQ identity
- ✓ Students can seek support and advice from their Center Director & Faculty
- ✓ If your student feels that their security is threatened, they should contact the local authorities
- ✓ Don't condemn an entire country by the actions of one person with prejudice



# Packing and Traveling Workshop

## WORLD TRAVEL 101

-Wednesday May 14, 2014

-Tabling event from 5:30-6:30

STA Travel, Travel Depot, Nelson's Photo

-Main presentation from 6:30-8:00 PM

-Location: International patio and Lounge

Hosted by PAO & Hostelling International

Basic travel information

Travel gear suggestions

Tips on health & safety

Communications & Financial Issues

-Other specialized sessions are being developed

# Adjusting When You Return...

- ✓ Be prepared for the adjustment back to U.S. culture
- ✓ Be patient and listen to their stories
- ✓ Encourage them to stay connected with international involvement
  - ✓ International House
  - ✓ PAO Returnee Events
  - ✓ Students groups & community service
- ✓ Students should internationalize their resume
  - ✓ Encourage them to go to returnee conferences, Career Services, etc. to learn how!
- ✓ Students can apply to be a PAO Student Assistant
- ✓ Plan another international experience

**“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” – Mark Twain**

**Thank you for supporting your student’s study abroad experience!**

*-the PAO staff*