

LINFIELD UNIVERSITY STUDY ABROAD PROGRAM

STUDENT HANDBOOK

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Welcome to Study Abroad! While away from campus, you can expect to have many new and interesting experiences, some of which may present challenges. To assist you, we have prepared the following handbook. Please read this information carefully, and have it available for reference during your time abroad. We encourage you to share the information in this Handbook with your parents.

1. Health Issues

Linfield University requires all students participating in Linfield's study abroad programs, including international off-campus Jan Term and Semester or Year Abroad, to be enrolled in the Study Abroad Accident & Sickness Insurance Plan through AHP Insurance Services, Inc. with the Travelguard Emergency Services, Inc. endorsement. This policy is mandatory, regardless of other insurance you may have. The cost is included in the program fee. However, if you normally carry the Linfield student health insurance, continue to do so to avoid gaps as the AHP Insurance only covers you during the time of your academic program. Several weeks before departure, AHP will send you an email with your ID card and claim forms. **Be sure to keep this.**

Please be aware that the majority of medical facilities abroad will only accept cash for expenses incurred by non-nationals. U.S. insurance companies usually pay through a reimbursement process. If you incur medical expenses abroad, be sure to ask for and keep all receipts. Also ask for a written statement from the attending physician. Claims must be submitted within 2 months of the illness/accident.

If you have questions regarding coverage, please contact the International Programs Office.

1) *What happens if I get sick?*

- a) Notify your program director and IPO immediately. If necessary, they will assist you in getting medical attention.

2) *What other health precautions do I need to take?*

- a) **MEDICAL/DENTAL CHECK-UPS:** *Be sure to have thorough medical and dental checkups, approximately to 6-8 weeks prior to your departure.*
- b) **PRESCRIPTIONS:** *If you are taking prescription drugs, you should plan to take a sufficient quantity for the duration of your stay as well as the generic names of the drugs in case a refill is needed. If you are carrying a large supply of prescription drugs, it is advisable to carry a statement from your doctor, or if the drugs contain narcotics, you will need a note from your doctor to show at customs.*
- a) **SPECIAL MEDICAL NEEDS:** If you have any special medical conditions of which others should be aware (diabetes, allergy to penicillin, epilepsy, etc.), get a medic alert bracelet so that this condition will be known in an emergency.
- b) **CHANGES IN YOUR HEALTH STATUS:** If, between now and departure, you experience any significant or potentially significant health problem that the

IPO is unaware of it is your responsibility to inform us. Failure to disclose may result in your immediate dismissal with out any refund.

- c) **MEDICINE CHEST:** Take a few of your own favorite over-the-counter medicines with you. When faced with colds and sore throats, you'll be glad to have reliable brand names along.
- d) **GLASSES AND CONTACT LENSES:** If you wear glasses, take an extra pair with you. You should also have a copy of your prescription. If you wear contacts, it's a good idea to take a pair of glasses.

3) *Do I need to get any inoculations?*

- a) It is your responsibility to find out if you will need any inoculations, so you should consult with your personal physician, county health department or check the Center for Disease Control website www.cdc.gov.

4) *What if I have a medical or psychological condition for which I am receiving treatment? What if I have a physical disability?*

- a) ***Please be sure to include this information on your medical information form and notify the International Programs Office immediately. In the vast majority of cases, your chances of going on an abroad course will not be affected, but it is absolutely necessary that the International Programs Office be aware of your condition, should special arrangements need to be made, or should an emergency arise.***

5) *Can I drink the water? Is the food safe?*

- a) You should always inquire about the safety of drinking water, especially in rural areas. When unsure, opt for bottled drinks (without ice!).
- b) It is usually advisable not to eat food prepared on the street by vendors. In areas where the water is not drinkable, don't even use it to brush your teeth.

6) *Is there any other important advice to offer about staying well?*

- a) YES! Please read appendices B (Minimizing Jet Lag), C (Health Precautions for Travelers), D (Suggested First Aid Kit), E (Travel & Safety Resources), and G (COVID19 Precautions and Information).

2. Money

1) *How do I take money with me?*

- a) It is not a good idea to carry large amounts of cash, but do take some cash with you.
- b) In many countries ATM's are common. This is an excellent way to get cash (often with better exchange rates) in the foreign currency. You should be able to use your ATM card in the same way you use it at you own bank's ATM.

- c) **Check with your bank and find out if your card and PIN will work in other countries. We cannot guarantee that there will be ATM machines in all countries, and it is not a good idea to rely only on ATMs.**
- d) As well, inform your bank and credit card company of the dates you will be away and in which countries you will be. If there is "irregular activity" on your card, the bank or credit card company may suspend the validity of the card.
- e) We also recommend that you **invest in a money belt** to carry your valuables safely. (Please refer to the section on Safety.)
- f) A Visa card might also be useful for charging purchases. (Visa is generally more widely accepted than Master Card overseas). You can also get cash advances at exchange windows of many banks, but interest is charged immediately on cash advances. Travelers' checks are also an option, but not as widely used as in the past.

3. Safety

- 1) *US Department of State: www.travel.state.gov*
 - a) The Department of State website includes safety information on every country Linfield University sends students to.
- 2) **Smart Traveler Enrollment Program (STEP)** <https://step.state.gov/step/>
 - a) ***Before you depart**, the IPO recommends the first thing that students should do is enroll in STEP to receive important updates regarding the safety conditions of your host country.*
- 3) *What safety precautions do I need to take overseas?*
 - a) **LOW PROFILE:**
 - i) *Try to avoid drawing attention to yourself as a foreigner. For example, do not wear T-shirts or sweatshirts advertising your nationality.*
 - b) **AMERICAN "HANGOUTS":**
 - i) *It is best to avoid American bars, clubs, hotels, and restaurants. This will not only add value to your study abroad experience but also prevent you from being targeted by thieves.*
 - c) **RIOTS, STRIKES, OR OTHER DISTURBANCES:**
 - i) *If you see trouble in the streets, resist the temptation to satisfy your curiosity and see what is happening. Head in the other direction immediately.*
 - ii) *You can read about the disturbance in the newspaper the next day! Foreigners sometimes get into trouble, not because they are the target of violence, but simply because they are in the way.*
 - d) **TROUBLE SPOTS:**
 - i) *Do I need to inform anyone as to my whereabouts when I travel?*
 - (1) *Yes. Always leave a paper trail for your own protection. If you plan to be away for a day, an overnight, or longer, make sure your professor knows of your whereabouts.*

(2) Give information (address, phone number) as precisely as you can. If you cannot give precise information, at least provide the best information you have available.

4) *Can I travel alone?*

- a) We recommend that students do not travel alone and never hitchhike. It is safer, and often more enjoyable, to travel with companions.
- b) If you do travel alone, take special precautions. For example, try to avoid travel after nightfall, and make reservations for overnight stays in advance.
- c) If at night you suddenly find yourself alone in a train or subway car, move to another one where other people are sitting.

5) *What are street smarts?*

- a) Since most of you will spend time in metropolitan areas, you need to be much more aware of your behavior on the street than you might be on campus or in a small town.
- b) Some guidelines:
 - i) Do not smile at strangers or make eye contact;
 - ii) don't walk around with conspicuous maps or travel guides;
 - iii) ask directions of certain "safe" persons: shopkeepers, police or other officials;
 - iv) don't put valuables in your backpack (easily opened when it's on your back);
 - v) clutch a shoulder bag tightly under your arm, rather than letting it swing loosely. The idea is to blend in (not to look like a helpless tourist) and to stay alert.

6) *Are there any special precautions I should take?*

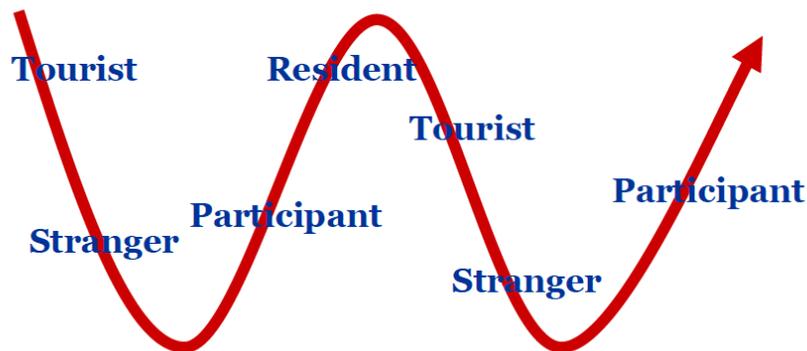
- a) To avoid being hassled, and to stay out of potentially dangerous situations, you should dress conservatively.
- b) Avoid being out alone at night in unfamiliar territory. Do not be overly friendly with strangers—what may be appropriate or friendly behavior at home, may bring you unwanted, even dangerous, attention in another culture.
- c) NEVER go to a stranger's home or apartment.
- d) If your intuition tells you that a situation is dangerous, you're probably right—act as if it is, and protect yourself.

4. Life Abroad

2) *Culture shock. What is it and what can I do about it?*

- a) Culture shock is a feeling of anxiety or unhappiness brought on by experiencing life in a new place with people who have different values, traditions, and beliefs. It is a normal experience for people who spend more than a short period of time in a new country. Chances are that you will experience culture surprise (a good thing!) but not necessarily culture shock (often unpleasant). Nonetheless if you feel down, don't be surprised. Being abroad, like life, has its highs and lows.

- b) *Symptoms: homesickness, feeling helpless, depression, sadness, anger, and sleep.*
- c) *Strategies to cope: realize it's normal. Give your self quiet time. Try to understand the differences in cultures; making friends with local students is a great way to understand the differences as you can ask them questions.*



- 3) *How can I avoid offending people and being labeled an ugly American?*
 - a) *Observe those around you and ask questions. Try to find a trusted person who can explain things to you.*
 - b) *Respect patterns of polite behavior that may be new to you (for example, greeting people and shaking hands).*
 - c) *Above all, don't complain.*
 - d) *People who go to great trouble to do things for you will be offended to hear you griping because it's too hot or the bus is crowded. It can be hard to get out of the habit, so try to listen to yourself.*
- 4) *Can you explain more about the "patterns of polite behavior" you referred to in the last question?*
 - a) *The best answer was written by a returnee for the semester abroad student guide to France. It refers specifically to France, but is true for all countries. It talks about the concept of "la politesse" (politeness, courtesy):*
 - i) *"In any type of social interaction, it is important to be polite. This is of special importance to the French—and then some. La Politesse is the ability, a state of mind of the highest importance in French culture. This entails respecting the codes of social graces, good manners, and awareness of those around you. In such a densely populated, fast-paced city as Paris, it is very important to 'keep your cool' and show respect for others (no matter how forced it seems at times!). Most often, practice of La Politesse is no more than a simple greeting: 'Bonjour monsieur/madame' upon entering a hotel, shop, or restaurant, or a brief 'pardon' as you squeeze your way through a crowded metro. It also means being able to retain social composure even in the most frustrating*

situations. You will be surprised how far a simple 'Bonjour (good day),' 'Au revoir (good bye),' or 'merci (thank you)' will get you."

5) *I'm not familiar with the language of the host country. Any advice?*

- a) Try to learn at least a few basic words and phrases (Good morning, Thank you)! Also, it's more polite to ask first if you may speak to someone in English rather than simply assuming that everyone does!
- b) Use the vocabulary you have and do the best you can. Remember that silence is often perceived as displeasure, so do try to communicate. Also, keep your sense of humor—you'll need it.

6) *How do I express appreciation to people?*

- a) Remembering to thank people is one of the most important keys to success when abroad. If a host has prepared a good dinner, if a tour guide has taken you to a wonderful place, if a bus driver has gone out of his way to make sure you have a good day, make sure you say a word of thanks.
- b) What you say does not have to be long and profuse. For example: "Thanks very much. I enjoyed the meal," or "Thank you for the wonderful lecture/day."
- c) One common mistake students make when they are in a group is that they expect someone else to say thanks. But groups don't say thank you—individuals do. Please try to make sure you do your own part.
- d) **THANK YOU NOTES:** Please write thank-you notes to express appreciation for a special invitation, a special tour, etc. These are important and are considered part of standard etiquette.

7) *I love to take pictures of people. Can I just shoot away?*

- a) It's important to ask permission if you want to take pictures of people. Many people will be pleased, but some may refuse.
- b) Realize that taking pictures can be seen as an invasion of privacy or as an insult (suggesting that the person is a curiosity) and act with care.

8) *How do I make a phone call to the U.S.?*

- a) **Skype** – www.skype.com - you can call others on Skype for free or you can call phones for a greatly reduced price.
- b) **International Calling:** See about adding international calling to your phone or adding the apps WhatsApp or Line to your phone. Check out www.goabroad.ekit.com for an international calling options. Many countries have their own SIM cards that can be purchased and used for international calls.
- c) **Calling from a Phone:** If direct dial is available, dial the local international access code, the U.S. country code (1), the U.S. area code, and the local number that you wish to reach. (For example, to call the International Programs Office from England, dial 001-503-883-2222 or to call the Dean of Students, dial 001-503-883-2278). If direct dial is not available, you can go through the international operator. When you place international calls, remember the changes in time zones!

9) *I want to bring my hair dryer abroad. Will it work?*

- a) *Electrical service varies widely around the world in terms of current, frequency, volts, and plug shape, so check your particular country or countries (U.S. voltage is 110).*
- b) *If you need 220 volts and you do not have a dual voltage appliance, which can be switched from 110 to 220 volts, you will need a converter. There are two types of converters, and each is designed to operate specific appliances: 1-50 watts (electric razors, radios, cassette players, etc.) and 50-1600 watts (hair dryers and irons).*
- c) *You will also probably need a plug adapter to plug in your appliance. Converters and adapters can be purchased at retail outlets such as Wal-Mart. If you're only taking your hair dryer, it might be easiest to purchase a dual-voltage hair dryer. If you're taking several appliances, then a converter might be best. Also think if you could live without these "necessities" for one month.*

5. Relationships

- 1) *Will I have the opportunity to make new friends in the places we visit?*
 - a) *Although you will be extremely busy with lectures, excursions, and assignments, you will have some opportunities to meet new people and perhaps strike up friendships.*
 - b) *Please remember that there may be different cultural values and rules regarding relationships in the countries you will be visiting. Proceed cautiously, realizing that you are only in the region for a short period of time.*
 - c) *Be careful of persons wanting to make your acquaintance very quickly, as they may have an ulterior motive. Meet people in public places during the day, preferably with a friend or two of yours.*
 - d) **Do not** *give out your address or phone number freely, as this can lead to problems for you, the other participants in the course, and your family back home.*
- 2) *What if women are harassed by men on the street or in the subway?*
 - a) *Women need to remember that different cultures bring different customs. If the men in your host country seem more aggressive than at home, it is important to be aware, not paranoid.*
 - b) *Use common sense.*
 - c) *Further resources for women and other group's safety while abroad can be found on our website at <https://inside.linfield.edu/ipo/study-abroad/resources/diversity.html>.*

6. Laws and Regulations

- 1) *Can I drink alcohol while I'm abroad?*

- a) *You are expected to abide by the alcohol laws of your host country **and** by the alcohol standards of conduct of Linfield University.*
 - b) *Disruptive or inappropriate behavior due to alcohol consumption may result in dismissal from the program and being sent home, in addition to disciplinary sanctions on the home campus.*
 - c) *Realize that while alcohol may be more available in your host country than it is here—and the drinking age may be lower—people tend to drink in moderation.*
 - d) *For example, if wine is served with a meal, most people will only drink one glass. Alcohol is seen as a pleasant part of socializing, not as a way to get drunk. For your own wellbeing, and to avoid offending your hosts, monitor your own alcohol consumption carefully.*
- 2) *If I buy black market goods I'm helping the average guy, aren't I?*
- a) *We strongly urge students not to exchange money on the street or buy black market goods. If you are caught, the penalties can be severe, and the fact that others do it will be of little consolation.*
- 3) *I hear that many countries have liberal policies on drugs. True?*
- a) *Contrary to popular belief, the drug laws in most countries are stiffer than in the U.S. If you are caught buying, selling, carrying or using drugs (even very small quantities for personal use), you may be subject to severe penalties.*
 - b) *If you are arrested on drug charges, there is little that anyone can do to help you. The U.S. Consulate officer can not demand your release or get you out of jail, represent you at trial or give legal counsel, or pay legal fees.*
 - c) *While abroad, you are subject to Linfield University policies on drug use. Students found using or possessing illegal drugs in any form are subject to immediate expulsion.*
- 4) *Some of my friends have brought back great souvenirs—just by taking menus and mugs, street signs, and spoons. Is there anything wrong with this?*
- a) *Yes. It's called theft. If you really want to have that Bierstein or those adorable chopsticks, there's an easy way to get them—ask if you can buy them. Often, people will be glad to accommodate. If, however, they refuse to sell you the item, then clearly they don't want you to take it. Accept their decision gracefully. After all, they may need their menus.*

7. Back at Home

- 1) *What can I do to keep up my new or international interests when I return home?*
- a) *There are a lot of ways to keep up your new or international interests right here at Linfield.*
 - i) *Take courses on international topics or topics related to your course. Consider a language minor or major, a major in International Business, or a minor in Asian, European, or Latin American Studies.*
 - ii) *Begin or continue with a foreign language study and attend language tables.*
 - iii) *Read an international newspaper.*

- iv) Connect with your friends abroad on social media. Write to your new friends and acquaintances abroad.*
- v) Room with an international student.*
- vi) Join the International Club, Chinese Club, French Club, German Club, Hawaiian Club, or Japanese Club.*
- vii) Join Amnesty International or Habitat for Humanity.*
- viii) Check the Linfield Review, Student News/Events, Linfield Ahead, and the Campus Events Calendar on Linfield's web site for announcements about specialty dinners, films, informal talks/presentations and other special events.*
- ix) Make international students feel welcome at Linfield.*
- x) The semester after you return, you are required to attend a re-entry workshop, as part of the IDST031 course. This is an excellent way to share your own experiences and hear from other students.*

GOOD LUCK TO ALL OF YOU AND BON VOYAGE!

Appendix A: What to Pack

Think Light! Remember that you will be walking with your baggage, and you are responsible for your own belongings. A backpack and/or a suitcase with wheels are usually good investments. It's a good idea to do a dry run once you have everything packed; if you can't make it across the living room with all your baggage, then you can't make it abroad and back!

Above all, check www.tsa.gov a few days before you travel for current regulations regarding what is and is not allowed on the plane. Check the websites of the airline(s) you will be using for checked and carry-on luggage weight and size restrictions.

Note that it will be the individual students' responsibility to pay for any luggage fees imposed by the airlines.

In terms of clothes, people in many other countries tend to be less concerned with variety than are Americans. It is perfectly acceptable to wear the same thing many times, so think of taking one, rather than five, of each thing. At the same time, people in most of your destinations tend to dress more formally than Americans, so you may want to leave ragged blue jeans and sweats at home.

Travelers, be warned: Some countries throughout the world have strict customs regarding dress. Shorts are often frowned upon. What might be acceptable clothing on campus could be interpreted as provocative in another country, and excessive informality can be taken as an insult.

The best articles of clothing are lightweight, washable, and preferably no-iron. Dark colors are great. Pack garments that can be layered and interchanged (mix and match). Layering is especially important if you are traveling to a damp, rainy, or cold climate.

Make yourself a list before you begin packing. The following suggestions may be useful, but are only suggestions. You know yourself better than anyone else. Note that this is a generic list applicable to any traveler and thus you will need to make some adjustments for your particular needs.

Clothing

- Comfortable walking shoes or boots: flip-flops for the shower, tennis/running shoes, and dress shoes
- Neat jeans, slacks, skirts, shirts, and sweaters for everyday
- One nice outfit if you will be attending concerts, operas, parties
- Winter coat or jacket, hat, scarf, gloves, if recommended
- Rainwear and folding umbrella, if recommended
- Socks, underwear, belts
- Sleepwear, slippers
- Other, as recommended; i.e., swimsuits, ski pants, etc.

****Check www.tsa.gov a few days before departure to see what is and is not allowed on the plane.****

Documents and Books

- Passport (and visa, if required)
- AHP Insurance information
- Prescriptions for medications, glasses, contacts, etc.
- ATM card, Visa card
- Linfield ID card
- Student Handbook
- Diary or journal, notebook, pens, book to read
- Guidebooks, maps

Miscellaneous

- Contact lenses/glasses -- solutions, prescriptions
- Sunglasses, sunscreen
- Medicine, prescriptions, vitamins (anti-diarrheal medicine, antibiotics, and insect repellent with 30-35% DEET for certain locations)
- Purse/wallet (consider money belt worn around neck or waist)
- Watch, travel alarm clock
- Small flashlight
- Notebook with addresses, passport number, emergency phone numbers, other important information
- Camera, film, batteries, memory card/stick
- Plastic water bottle
- Basic toiletries, cosmetics, shaver (don't overload on toiletries!)
- Pocketknife with can opener, corkscrew, etc. (ONLY IN CHECKED LUGGAGE!)
- Towel, washcloth (if recommended for youth hostels)
- Small gifts

Finally

- Guard your valuables during travel. A little extra caution is useful.
- Don't take anything you couldn't bear to lose (bracelet from grandmother).
- NEVER pack essential documents, medicine (anything you could not do without) in your checked luggage. Put them in your carry-on and keep them with you at all times.
- Don't put valuables in a backpack that's on your back, since pockets can easily be opened (in a crowded train, for example) without your knowledge.
- Always make -- and keep in a safe place - copies of important documents (passport and visa, credit cards, prescriptions).
- Mark all luggage, inside and out, with your name and address. On the outside, use covered tags.

Appendix B: Minimizing Jet Lag

The following are tips to help you cope with the effects of jet lag:

- Get plenty of sleep before the flight.
- Wear loose, comfortable clothing.
- Avoid heavy meals before departure and eat lightly and regularly during and after the flight.
- Change your watch to the new time when your flight departs.
- Avoid caffeine, alcohol, and tobacco before and during the flight.
- Drink plenty of water and juice to avoid dehydration.
- Relax by regularly stretching, standing, and breathing deeply.
- If possible, sleep during the flight.
- Walk and/or exercise after arrival.
- Try to get on a normal sleeping schedule immediately. If you arrive at your destination during the day, try to stay awake until your normal bedtime in the time zone of your destination.

Appendix C: Health Precautions

*****Get a thorough medical and dental check -up 4-6 weeks before departure.**

The Center for Disease Control (CDC: www.cdc.gov) recommends:

All travelers should take the following precautions, no matter the destination:

- Wash hands often with soap and water.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.**
- Never eat undercooked ground beef and poultry, raw eggs, and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.

Travelers visiting undeveloped areas should take the following precautions:

To Stay Healthy, Do:

- Drink only bottled or boiled water, or carbonated drinks (bubbly drinks in cans or bottles).
- If you visit an area where there is risk for malaria, protect yourself from insects by remaining in well-screened areas, using repellents (applied sparingly at 4-hour intervals) and wearing long-sleeved shirts and long pants from dusk through dawn. Protect yourself with an insect repellent containing DEET (diethylmethyltoluamide), in 30%-35% strength for adults (usually available in sporting goods stores). Also check with your personal physician or county health department for other ways to protect yourself from malaria.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

To Avoid Getting Sick:

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't handle animals (especially monkeys, dogs, and cats) to avoid bites and serious diseases (including rabies and plague).
- Don't swim in fresh water (except for well-chlorinated swimming pools) in certain areas to avoid infection with schistosomiasis. Salt water is usually safer.

To Bring with You:

- Long-sleeved shirt and long pants to wear while outside whenever possible, to prevent illnesses carried by insects.
- Insect repellent containing DEET (see above).
- Iodine tablets and water filters to purify water if bottled water is not available.
- Sunscreen, sunglasses, hat.
- Prescription medications you normally take: make sure you have enough to last during your program, as well as a copy of the prescription(s).

After You Return Home:

If you become ill with symptoms difficult to recognize -- even as long as a year after your program -- tell your doctor the areas you have visited.

For More Information:

Ask your doctor or check the CDC web sites for more information about how to protect yourself against diseases that occur in the areas of the world where you will be visiting. The CDC web site is located at <http://www.cdc.gov>.

Appendix D: Suggested First Aid Kit

*Check www.tsa.gov to see what can and cannot be taken on the plane.

- ACE bandages, Band-Aids
- adhesive tape
- aspirin, acetaminophen, or ibuprofen (for fever, muscle aches, or pain relief)
- antidiarrheal medication (e.g., Immodium)
- antiseptic cream/antibacterial ointment (e.g., Neosporin)
- antihistamine Benedryl /decongestant (for common cold symptoms)
- motion sickness remedy (e.g., Dramamine)
- hydrocortisone cream (for poison ivy, allergic reactions)
- antacid (Tums, Rolaids)
- PeptoBismol
- cold tablets
- laxative
- cough syrup
- sunscreen
- insect repellent (containing DEET 30%-35%)
- aloe vera
- alcohol wipes
- moleskin/molefoam
- cold packs
- thermometer
- Q-tips
- eye cup and Visine
- gauze pads
- arm sling
- cotton balls
- dental floss
- flashlight
- first aid book
- scissors **(not in carry on)**
- Tweezers **(not in carry on)**
- pocket knife **(not in carry on)**
- syringes **(TSA website for medical exemptions)**
- glasses repair kit **(not in carry on)**

*A day or two before the flight check www.tsa.gov for the most up-to-date regulations regarding packing and other flight related issues.

Appendix E: Travel & Safety Resources

- **U.S. State Department:** <http://www.state.gov/travelers/> for the following information: Countries and Regions, International Issues, Services for Citizens Abroad, Travel Emergencies and Warnings, plus much more.
- **Center for Disease Control and Prevention (CDC):** home page www.cdc.gov. This is a comprehensive web site that contains up-to-date information on health issues in the USA and around the world.
- **U.S. Department of Health and Human Services Center for Disease Control and Prevention (CDC):** Travelers' Health www.cdc.gov/travel. This section of the CDC web site contains information on health issues and inoculations needed for different countries around the world.
- **Other Useful sites:**
Embassies and Consulates Worldwide: <http://www.embassyworld.com>

The **Department of State** has created a secure website where American citizens planning to travel overseas can **register on line with the U.S. Government**.

We ask each student to register their program with the U.S. Government on-line at:
<https://step.state.gov/step/>

This website will walk you through the registration process.

- **Worldwide Caution update**
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/worldwide-caution.html>
- **Worldwide Caution Update: What Does It Mean?**
<https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=25424>
- **State Department Country Specific Travel Advisories**
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Appendix F: Horror Stories

Think that lost or stolen passports and credit cards are not possible? Well guess what...it happens all the time, even to Linfield students!

Keep your passport, credit cards and other valuables on you at all times or store them in the hotel/hostel safe.

Always make sure the IPO, your parents, and that you have a copy of your passport separate from your passport! If your passport gets lost or stolen, it may help in expediting the replacement process.

Never leave your hotel window open—even if you are not on the ground floor. Linfield students have personal experience with theft on the 2nd floor of their hotel room. Everything was stolen including passports, credit cards, airline tickets, cash, prescription medicine and valuables.

Do not take either valuable or sentimental items with you like jewelry, expensive watches or your grandmother's wedding band! If an item means a lot to you, you can live without it for a month.

Invest in a money belt. It is much safer to carry your cash, credit cards and passport close to your body away from pick pockets than in your camera case slung on your shoulder.

Backpacks are easy targets. In a crowded street all the thief has to do is slice the bottom of the pack with a knife and then deftly take all your stuff. Use inside pockets with zipper in your jacket to carry extra items.

Always be aware of your surroundings. Often thieves will use distractions to steal your things.

Never let a stranger take a picture of you with your camera—they just might run off with it.

Always take copies of your prescriptions with you. If your medication gets stolen or lost, it is much easier to have a prescription on hand when trying to get the medication replaced. Also make sure to know the generic (non-brand name) of your medications.

When you first arrive at your destination, ask the locals which places are safe and which places you should stay away from. It is also wise to travel in pairs.

Appendix G: COVID19 Precautions and Information

- Check the State Department for up-to-date information regarding the travel advisories in place concerning COVID19 for the specific country that you plan to be studying abroad in: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>
- The CDC website provides up-to-date information about COVID19 with resources and data: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- The CDC travel website also provides information about traveling during the COVID19 pandemic: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Register your program with the State Department: <https://step.state.gov/step/>
- Be prepared for unexpected situations and the need for you to be flexible
- Information from the CDC about face coverings, which protect both you and others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>