

BON VOYAGE

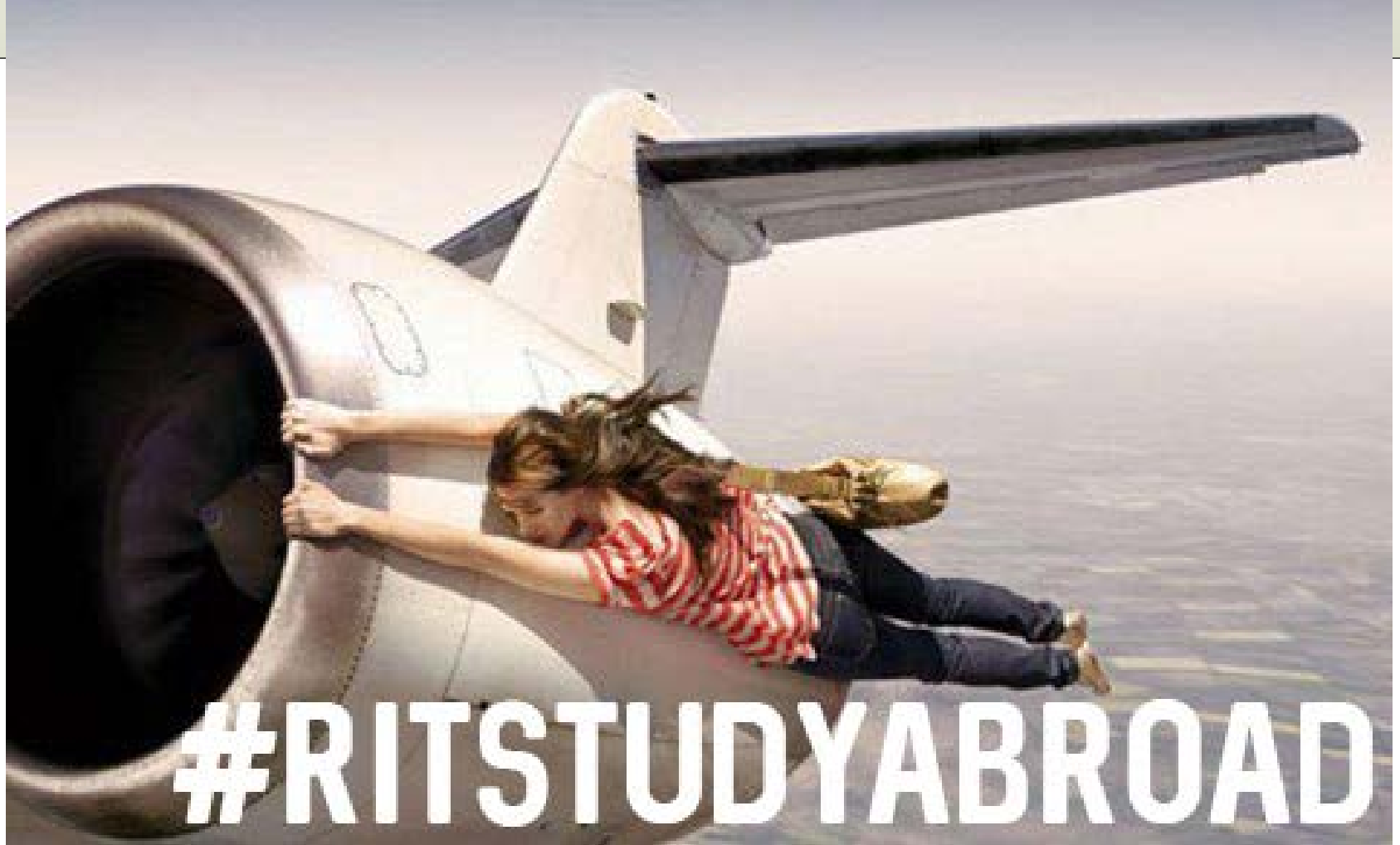
Study Abroad
Pre-Departure

Making the Most
of your Experience

we must
← TAKE →
ADVENTURES



in order to know
WHERE WE TRULY
BELONG



#RITSTUDYABROAD

Share on social media!

Overview

- Goal setting/reflection
- Culture Shock
- Health
- Safety
- Travel Tips

What's Your Story?

"The world is made up of stories, and mine began when I made the decision to study abroad."

Winner of the Generation Study Abroad Video Contest | Christine O'Dea

<https://www.youtube.com/watch?v=JlOc0g78dQc>

Culture Shock

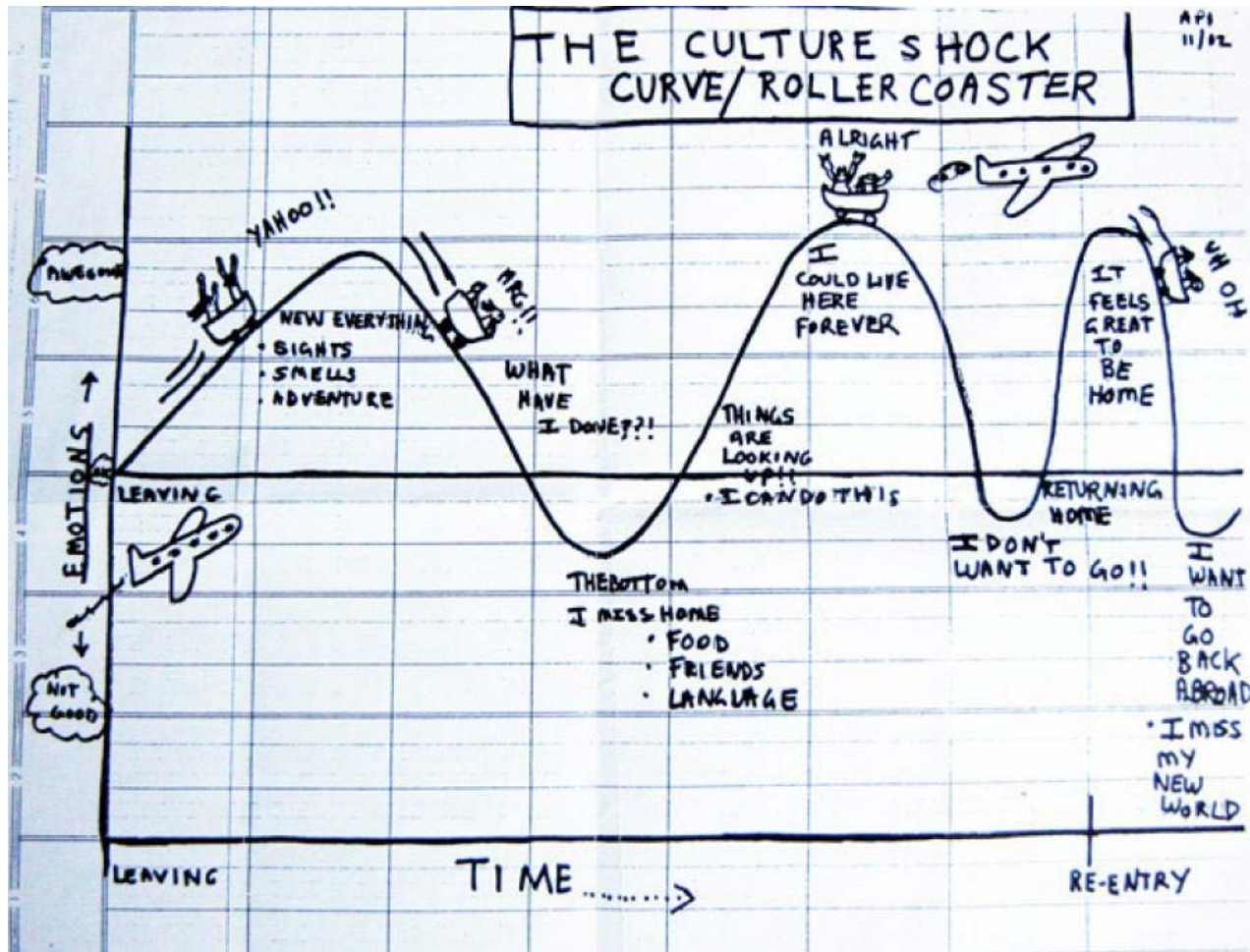


Image Source: Global Graduates

Managing and maintaining your health in another country.

- Resources to help you prepare
- Medications
- Insurance
- Special considerations for developing nations.

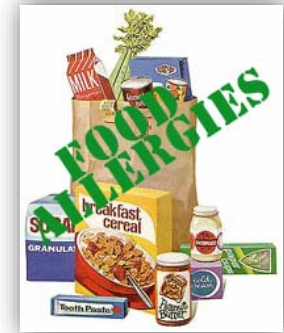
Things to Consider

- Study abroad has the potential to heighten pre-existing medical, mental health or personal issues or contribute to new ones.
- Health & Wellness Resources:
 - Academic Support Center
 - NTID Counseling and Academic Advising Services
 - Office for Diversity and Inclusion
 - Multicultural Center for Academic Success
 - Counseling and Psychological Services
 - Student Health Center
 - Center for Women and Gender
 - Center for Religious Life
 - Q Center
 - Diversity and Inclusion office
 - Disability Services Office
 - Access Services Office

Physical and Mental Health

Have a plan for managing your health in country:

- Research country
- Consult with health professionals before you go
- Identify in-country service providers
- Consider self disclosing to study abroad partners



Medications

- If possible, get enough prescriptions to cover your entire time abroad.
- Bring a list of all medications, their ingredients, dosages etc. (In case you lose them and need to replace them in country – may go by different name.)
- Bring a copy of the doctor's signed prescription or letter from doctor
- Check to see if medications can be mailed overseas if necessary



Local Health Issues

- This could include things like:
 - Zika
 - Tic Borne Illnesses
 - Bird Flu
 - Etc.
- It's important to research your host country
- Visit the Center for Disease Control website (<https://wwwnc.cdc.gov/travel>) to understand what health/disease risks may be present, how to protect yourself and if any vaccines are recommended.

Insurance

Many types of insurance available to support you during your time abroad:

- Health Insurance
- Travel Insurance
 - Cover things such as missed flights and lost luggage (get quotes at www.insuremytrip.com)
- Personal Property Insurance
 - Covers computers, phones, etc.
 - RIT has a provider that is inexpensive:
https://www.rit.edu/fa/grms/student_personal_property_insurance.html
- Tuition Insurance
 - In case of an unexpected withdrawal from program due to an illness or accident.
 - \$99 for \$10,000 worth of coverage (may also cover room and board depending on your policy)
 - GradGuard.com/Tuition/RIT

Health Insurance

- All students are provided with international health insurance while you are on your program.
 - **RIT programs** (faculty-led, global campus, exchange) – covered by RIT's Travel Assistance provider OnCall
 - **Affiliate programs** - you will have similar insurance coverage through your provider
 - In general your international insurance will cover doctor visits, emergencies, trip insurance, emergency evacuation
 - Also a good idea to check with your current health insurance company if you have international coverage.
- If you have a medical procedure overseas, you may need to pay out of pocket and then submit a claim for reimbursement when you return (credit card for emergencies)

Text OnCall RIT to 444-999

Developing Nations

Immunizations

- Visit Center for Disease Control website to see if inoculations are needed www.cdc.gov
- Passport Health of Upstate NY on Crittenden Blvd provides info on overseas medical and inoculations for a fee. (585) 275-8884



Food & Water

- Standards of cleanliness vary
- In some areas:
 - Avoid uncooked and unpasteurized food
 - Eat only fruit you peel
 - Avoid street food
- Use bottled water- make sure it's sealed



Being aware and staying safe in another country.

- Foreign Laws and Student Conduct
- Diversity abroad
- Romantic relationships
- Drugs and Alcohol
- Transportation
- Banking
- Emergencies

Know laws of host country

- You are subject to their laws
- Be aware of things like: possession of banned materials, drugs
- Often more strict laws & sentences, not necessarily innocent until proven guilty
- Use some of the country specific resources we provided to learn more about laws of your host country
 - (Country Information pages on the U.S. Department of State website – travel.state.gov).



Student Conduct

- You are a representative of RIT on this program. Act accordingly. Anything you do abroad is subject to RIT student conduct guidelines.
- If issues do arise, you could be mandated to go through the RIT conduct process and could receive disciplinary repercussions.
- You can be sent home early at your own expense.



Diversity Abroad

Other cultures value diversity differently. Diversity may be more or less embraced in the culture you will be living in.

- Do some research beforehand to understand how/if that culture values a diverse characteristic that might apply to you.
 - Diverse characteristics can include: race, ethnicity, religion, gender, sexual orientation, visible disabilities.
- Talk to people in your support network to discuss what you might experience and how you will cope with it.
- Check in with your in-country staff frequently. Tell them about serious incidences or ask them to point out resources for support.

Thoughts for Women: Research/be aware of customs towards women in your host culture, some might be offensive to you, and be prepared to deal with them.



RIT Diversity & Inclusion Office:

<https://www.rit.edu/diversity/>

Diversity Abroad:

<http://www.diversityabroad.com/>

Title IX

- A law that protects people from discrimination based on sex and gender in education programs
 - If you are involved in an incident related to:
 - Sexual Harassment
 - Sexual Assault
 - Dating Violence
 - Domestic Violence
 - Stalking
- RIT resources are available to you. (Even if the perpetrator is not American or related to RIT at all!)

Reporting a Title IX incident

If an incident of sexual misconduct occurs, the following options and resources are available to you.

A list of Title IX contacts is in your folder.



Relationships

- Research the general feeling of the country regarding sexual orientation, displays of affection, and sexual activity
- Practice safe sex
- Be aware of consent laws



Alcohol

- Drinking age often lower and may be important part of the culture
- Participate within reason/limits - be careful drawing attention to yourself
- Do not leave your drink
- Be an active bystander and look out for friends/classmates



Drugs

- Tainted drugs pose a serious threat
- Legal risks may be more severe
- Beware of corruption

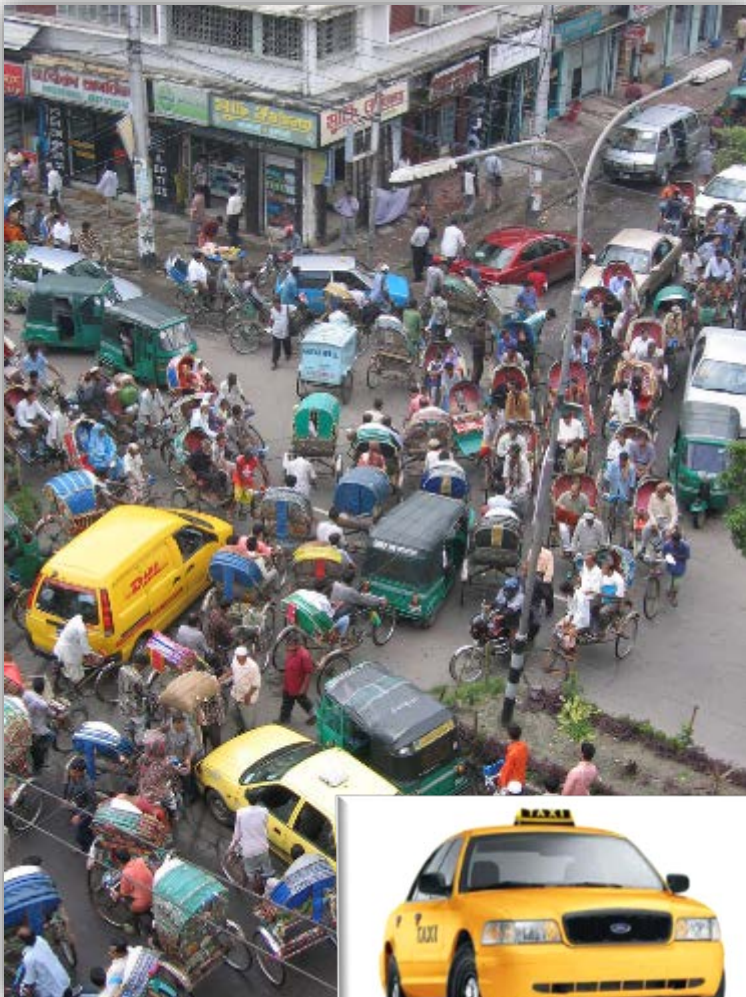


Avoiding common tourist scams

- Travel with a buddy, especially at night
- Avoid obvious tourist behaviors
- Be more aware of your surroundings
- Research local scams- distractions, gifts
- Avoid crowds/large gatherings/demonstrations



Transportation



- Only take marked taxis
- Beware of traffic!
- Don't rent cars/motorcycles
- Take advantage of public transportation
- Be pedestrian savvy
- Common place for non-violent criminal activity (pick pockets, beggars etc.)

Fire Safety Abroad



- Building codes and safety regulations vary around the world.
- Make sure your home/room/apartment has a fire extinguisher.
- Consider packing a portable smoke alarm and carbon monoxide detector.

More info:

- Fire Safety Guide in your packet
- [FireSafetyFoundtation.org](https://www Firesafetyfoundation.org)

Emergency Preparedness

What would be considered an emergency while traveling abroad?

Tips:

- Learn how to say “help” in the local language
- Learn local emergency phone number
- Use wallet cards
- Parents should have valid passport
- Know location of nearest embassy
- Have communication plan with family
- Put important phone numbers in your contacts such as Bank customer service, health insurance etc.

Documents & STEP

- Upload copies of passport, emergency contacts, flight itineraries into Compass
- Make multiple copies of passport, bank cards (front and back) and other important documents and leave one copy at home and take one copy with you
- Register with the State Department's Smart Traveler Enrollment Program (STEP)
 - There is also a STEP app for your phone



What to do in an emergency

1. Take care of immediate needs first – police/hospital
2. Chain of communication - reporting an incident and your needs
 - In-country contacts
 - RIT public safety – button on website
 - Travel Assistance provider (OnCall (RIT); or your affiliate's provider)
 - Parents
 - We may also reach out to YOU!
3. Further Action
 - Education Abroad office will consult with emergency response team
 - Referring you to local services
 - Making arrangements to modify program

Reporting a non-emergency:

Use the Report a Non-Emergency form found on the RIT Study Abroad website, under the Emergency section

- Lost/stolen passport
- Stolen property
- Ongoing illness/injury/mental health concerns
- Other safety concerns or issues you encounter

Remember that RIT & the Education Abroad Office is still here as a resource and to provide assistance!

Banking & Money Handling

- Call your bank and credit card company before leaving the country to prevent your accounts from being frozen
- ATMS are prevalent and easy to use but use only in well-lit areas with a friend
- Be knowledgeable about international banking fees
- Use a money belt and split it up in multiple spots to discourage pickpocketing
- Consider how you will carry your money



Best practices in preparing to travel abroad.

- Living Abroad
- Packing
- Staying in touch
- Independent Travel



Living Abroad

- **Food** – groceries, markets, tipping, local cuisine
- **Routines/Schedule** – find hobby, join a local club, exercise, find a favorite café, become a regular
- **Local customs** – greetings, respect (elders, remove shoes), titles (uncle, cousin), etc.
- **Language** – practice (Rosetta stone, duo lingo, Google translate)

Roommates

- Be respectful
- Be aware that cultural issues/stress/sensitivities can lead to conflict



Living Abroad

Host families-

- Communicate with family about expectations
 - Guests
 - Meals
 - Curfew
 - Household norms



Laundry

- May not have access to a dryer – line drying (keep this in mind when packing).



Tipping

- In many countries tipping is already included in the bill so it is not necessary or its just not customary.



Packing

"BRING HALF OF WHAT YOU THINK YOU NEED, AND TWICE AS MUCH MONEY"

- Check with airlines baggage allowance
- Leave space to bring back souvenirs
- Pack any Preferred Brands/Toiletries
- Converters/adapters
- Small weekend bag
- Carry on essentials: emergency contacts, address, medications, copies of important docs
- Check online for study abroad packing lists as a place to start.



Communication

Cell phones – Variety of options

- SIM cards
- International phones
- In-country cell plan
- Be sure to understand the fees

Communication Apps with wi-fi:

- Skype
- Facetime
- Facebook
- What's app
- Viber



Independent Travel

- Let your in-country staff know about your independent travel plans.
- Plan independent travel with other students on your program.

Cheap flights

- RyanAir, Norwegian, WOWAir, EasyJet
- Use Google Flights or Skyscanner to find deals
- Watch baggage fees/allowances, seat assignments and where airports are located

Cheap accommodations

- Airbnb
- Hostels (Hostelworld.com, Hosteling International)
 - Shared rooms and bathrooms
 - Wi-fi, tours/activities, meet new people
 - Provide own linens? Bring padlock? Shared kitchen?

Guides: Lonely Planet, Let's Go, Rick Steves, Fodors

- Ideas for attractions/activities
- Safety tips
- Transportation advice

Questions?

Bon
Voyage &
Travel
Safe!



RESOURCES

TITLE IX - TO REPORT A VIOLATION OF YOUR RIGHTS, CONTACT A TITLE IX TEAM MEMBER:

STACY DEROOY

*Clery Compliance Officer,
Office of Compliance and Ethics Title
IX Coordinator*
1262 Hale Andrews Student Life Center
585-475-7158
stacy.derooy@rit.edu

TAMMY GOUGER

*Human Resources
Deputy Title IX Coordinator George*
Eastman Hall, 5th Floor 585-475-6956
tcgpsn@rit.edu

SUSAN PROVENZANO

*Academic Affairs Deputy Title IX
Coordinator Deputy Title IX Coordinator*
2109 George Eastman Hall
585-475-2125
stp1031@rit.edu

AMY STORNELLO

NTID Deputy Title IX Coordinator
Building 60, Room 2647
585-475-6880
Video phone 585-391-9990
Imbnca@ntid.rit.edu

JAMES MACCHIANO

*Multicultural Center for Academic Success
Deputy Title IX Coordinator*
2308 SAU
585-475-4755
jjmmcs@rit.edu

NATOSHA MCDONALD

*Human Resources
Deputy Title IX Coordinator*
585-475-5535
nnmpsn@rit.edu

RESOURCES

ADDITIONAL TITLE IX RESOURCES:

SANDRA WOODRUFF WHITMORE

Diversity & Inclusion

Deputy Title IX Coordinator

1120 George Eastman Hall

585-475-5453

swwpro@rit.edu

ALEXANDER SLEEMAN

Athletics

Deputy Title IX Coordinator

1212 Clark Gymnasium

585-475-7372

atsped@rit.edu

RIT INTERNAL RESOURCES

RIT Public Safety

585-475-2853 (V) or 585-475-6654 (TTY)

www.rit.edu/fa/publicsafety/

Center for Student Conduct and Conflict Resolution

585-475-5662 (V/TTY)

www.rit.edu/studentconduct/

RIT Human Resources

585-475-2424 (V/TTY)

www.rit.edu/humanresources/

RIT Advocacy Program

585-475-7668 (V/TTY)

www.rit.edu/studentconduct/advocacy.php

Student Government Services/Legal Advice

585-475-4043 (V)

www.sg.rit.edu/services

Student Financial Services

585-475-6186 (V)

www.rit.edu/fa/sfs/about-us

International Student Services

585-475-6943 (V)

www.rit.edu/studentaffairs/iss/

CONFIDENTIAL RESOURCES

RIT Counseling Center

585-475-2261 (V) 585-475-6897 (TTY)

www.rit.edu/counseling/

RESOURCES

ADDITIONAL TITLE IX RESOURCES:

RIT Student Health Center

585-475-2255 (V)

www.rit.edu/studentaffairs/studenthealth

RIT Center for Women and Gender/CARES

585-475-7464 (V/TTY)

www.rit.edu/womenandgender/

RIT Ombuds Office

585-475-7200 or 585-475-2876 (V)

www.rit.edu/ombuds/contact-us

Center for Religious Life

585-475-2137 (V)

www.rit.edu/studentaffairs/religion

NTID Counseling & Academic Advising Services

585-75-6468 (V) 585-286-4854 (VP)

www.ntid.rit.edu/counselingdept

EXTERNAL RESOURCES

Willow Center

24-Hour Hotline 585-232-7353 (V)

585-232-1741 (TTY)

<http://willowcenterny.org/>

Lifeline

585-275-5151 (V)

<http://www2.monroecounty.gov/mh-emergency-resources>

Monroe County Sheriff's Office

585-753-4178 (V)

www.monroecounty.gov/sheriff

Advocacy Services for Deaf Abused Victims

ASADVhope@gmail.com (email)

585-286-2713 (V) 585-232-2854

(TTY/FAX)

www.asadv.org

NYS Police Sexual Assault Hotline

844-845-7269 (V)

RESTORE

585-546-2777 (24 hour hotline)

www.plannedparenthood.org/planned-parenthood-central-western-new-york/restore