



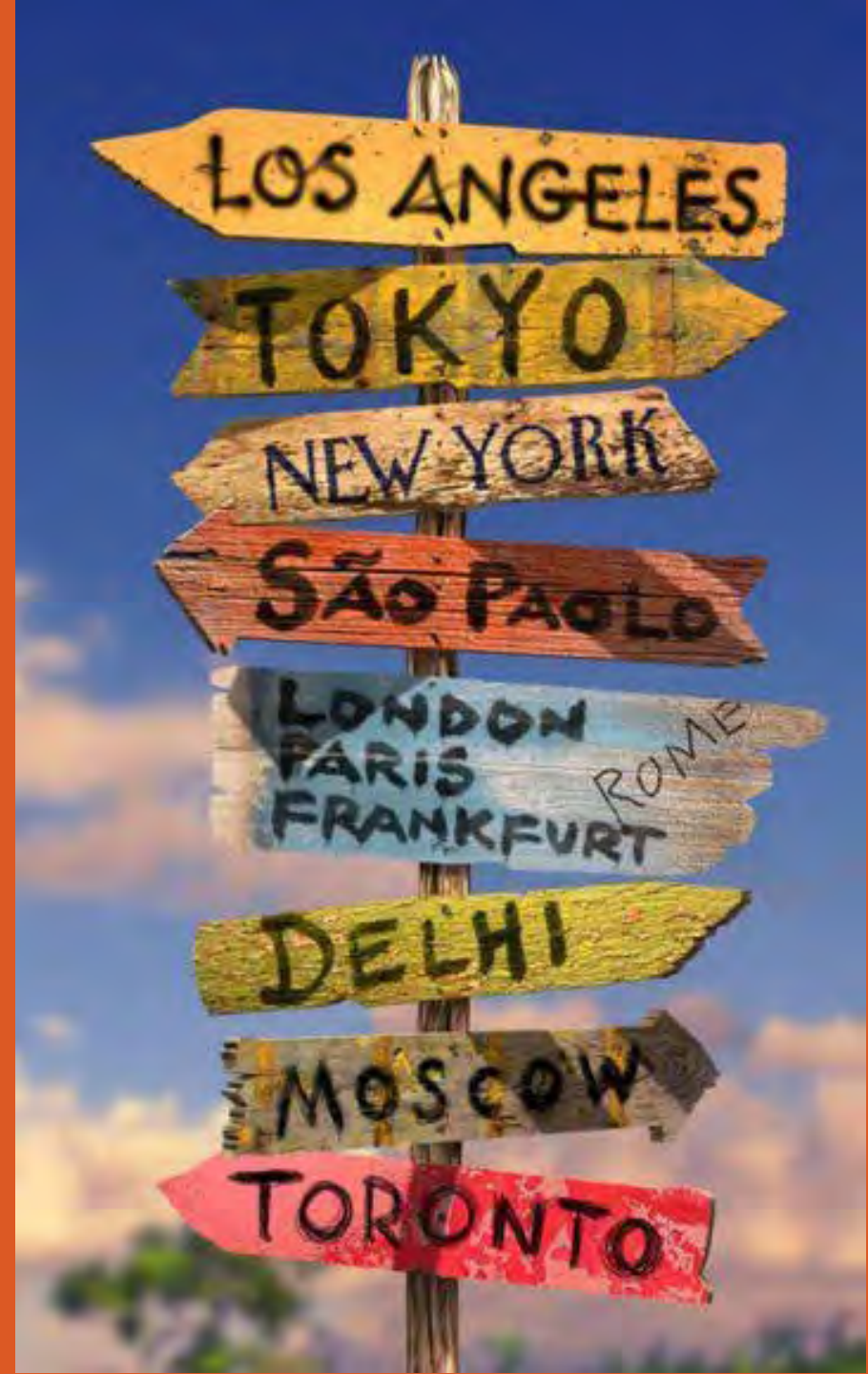
ADVENTURE AWAITS

Making The
Most of Your
STUDY
ABROAD
Experience!

WHERE IN THE WORLD ARE YOU GOING?

Country Specific Resources

- “Preparing to Go Section” at studyabroad.rit.edu
- RIT Libraries Info. Guide for Study Abroad
- U.S. Department of State website
- Other resources in your folder



TIGERS ABROAD

PHOTO CONTEST

Submit your photos when you return!

- 2 Categories
 - Favorite
 - RITchie

BE A GUEST BLOGGER

Write an article for our Study
Abroad blog





Share on social media!

Tag us! @RITStudyAbroad



Pre Study Abroad Survey – look for it in your email inbox before you go!

WHEN YOU RETURN

Global Engagement Workshops

Unpack your experience | One hour | 2 Topics (you choose)

ROC Your Global Future Conference

7 ROC area colleges | Saturday in Fall (or virtual)

Global Learning Symposium

Share an academic project | Looks great on your resume!



“ 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



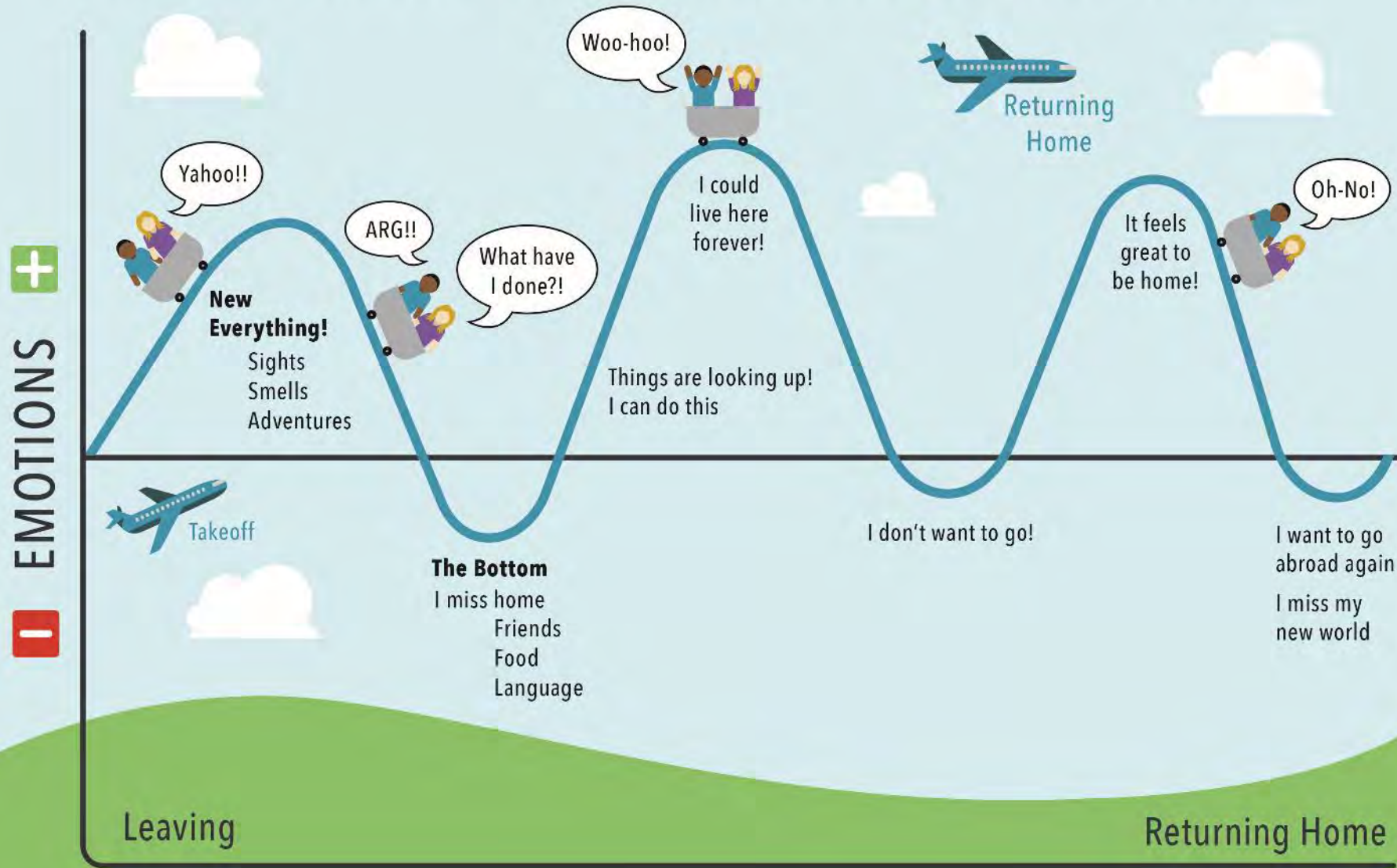
GOALS

It's important to set them.

MEET YOUR GLOBAL AMBASSADORS



THE CULTURE SHOCK ROLLERCOASTER



ACADEMICS ABROAD

Differences

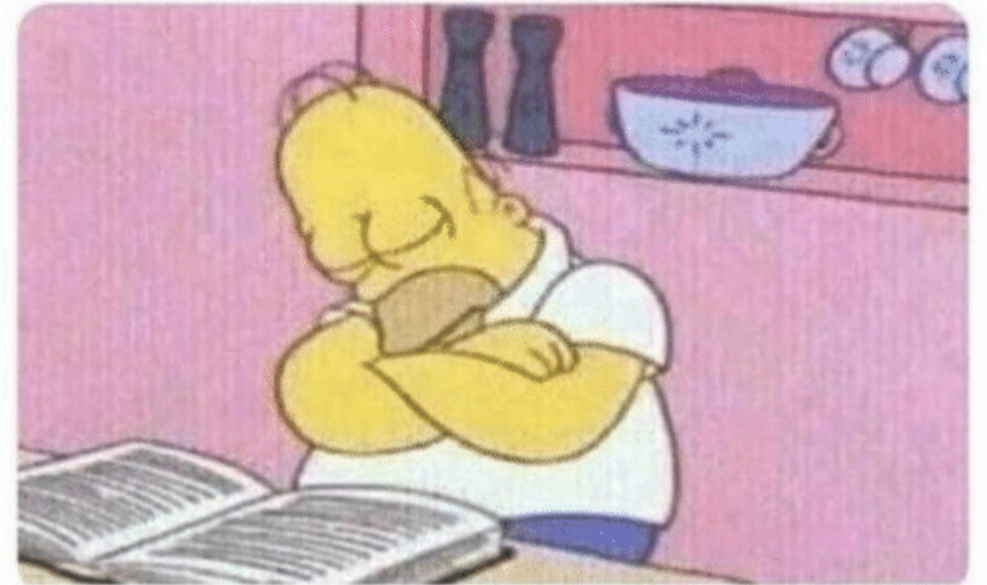
- Teaching styles and academic expectations abroad may be different than what you're accustomed to.

Preparation

- Research teaching style, academics and grading structure of your host country.
- Ask questions – previous study abroad students, your in-country contacts, professors.

'I study better at night'

11 pm:



ACADEMICS ABROAD

If having difficulties - don't wait until it's too late

- **Talk to your professors**
Ask for suggestions on how to manage your time/reading/assignments and what assistance might be available.
- Explore **tutoring, study groups or other academic resources** at your host campus.
- **RIT Academic Success Center** has resources for time management, study schedules, etc., or meet with them before you go abroad to develop action plan.
- **Let RIT Education Abroad office know** so we are aware and can provide suggestions/support (email your study abroad advisor).

COVID-19 & STUDY ABROAD

Traveling abroad during a global pandemic will take extra preparation, caution, flexibility, adaptability and commitment to following increased health and safety procedures.



MANAGING YOUR
HEALTH
IN ANOTHER
COUNTRY



THINGS TO CONSIDER

Study abroad has the potential to heighten pre-existing medical, mental health or personal issues or contribute to new ones.



YOUR PHYSICAL & MENTAL HEALTH

PHYSICAL

MENTAL HEALTH

SEVERE ALLERGIES

SPECIAL DIETARY NEEDS

Have A Plan For Managing Your Health In-Country:

- Research your host country.
- Consult with health professionals BEFORE you go.
- Identify in-country service providers.
- If you feel comfortable, let your in-country staff/faculty member know about your condition.

MEDICATIONS

Prescriptions

- Get enough to cover your entire time abroad.
- Bring a list of all medications, ingredients, dosages in case you lose or need to replace them.
- Understand local laws about controlled substances.

Other Medications

- Bring enough prescription medications to cover you (ex. Advil, Tylenol, Pepto Bismol)
- Pack some basic first aid supplies like band-aids, cold medicine, cough drops, sunscreen.

Tips

- Pack your medication in your carry on luggage in case your luggage gets lost.
- Keep medications in original containers
- You may want to bring copies of doctor's signed prescription or letter from doctor just in case.



LOCAL HEALTH ISSUES

May Include:

- Food & Water Cleanliness Standards
- Zika
- Tick Borne Illness
- Bird Flu
- Etc.

How To Prepare:

- Research your host country (and other countries you expect to visit)
- Visit the Center for Disease Control website to understand what health/disease risks might be present, how to protect yourself and if any vaccines are recommended.
www.cdc.gov/travel
- For vaccines visit Passport Health of Upstate NY on Crittenden Blvd.

HEALTH INSURANCE

All RIT 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 **On Call.**
- Contact On Call for any health related issue.
- We will email you the insurance card and instructions on adding On Call to your phone contacts (**do this BEFORE you travel!**)



[illegible]

Affiliate Programs

- You will have international health insurance coverage through your provider.
- Ask your program provider for details on your coverage BEFORE you travel.

- You will have international health insurance coverage through your provider.
- Ask your program provider for details on your coverage **BEFORE** you travel.

HEALTH INSURANCE TIPS:



In general your international health insurance may cover doctor's visits, emergencies, travel insurance, emergency evacuation.

Make sure you understand your policy!

- **Keep your receipts!** You may need to pay for medical procedures out of pocket and then submit a claim for reimbursement when you return.
- Also a good idea to check with your current health insurance company to see if you have international coverage as a back up. (esp. for pre-existing or ongoing treatment)

OTHER INSURANCE

TRAVEL INSURANCE

- Covers things like missed flights, lost luggage
- Get quotes at www.insuremytrip.com
- Some plans may have additional COVID coverage

PERSONAL PROPERTY

- Covers computers, phones, etc.
- RIT has a provider that is inexpensive:
www.rit.edu/fa/grms/student_personal_property_insurance.html

TUITION INSURANCE

- In case of an unexpected withdrawal from program due to illness or accident.
- RIT has a provider – GradGuard.com/tuition/RIT
- \$99 for \$10,000 worth of coverage
- Must be purchased before your first day of classes



INTERNATIONAL TRAVEL DURING COVID-19



BEFORE YOU GO ABROAD

RIT requires that you have the COVID-19 vaccine prior to travel

Bring your vaccination card with you!

- 1) Make sure you have **international health insurance** coverage – it's more important than ever.
 - Understand your policy and what it covers related to COVID-19.
- 2) **Know the current state of COVID-19** in your host country.
 - Infection rates, vaccination rates, vaccine card
 - Safety measures in place (quarantining upon arrival, curfews, mask requirements, etc.)

See resources included



BEFORE YOU GO ABROAD

3) Familiarize yourself with COVID-related policies of your airline, your affiliate provider, your in-country housing, etc.

Being prepared before you go
will help you manage any challenges
or obstacles more easily!



BEFORE YOU GO:

COVID-19 RESOURCES

- [U.S. Department of State COVID-19 Country-Specific Information](#)

Enter your host country in the box provided

- [IHME COVID-19 Projections](#)

Click green tab at top and change “Global” to your host country

- [Rates of infection by country](#)

Change “Geolocation” on left side to “Worldwide”

- [Rates of vaccination by country](#)

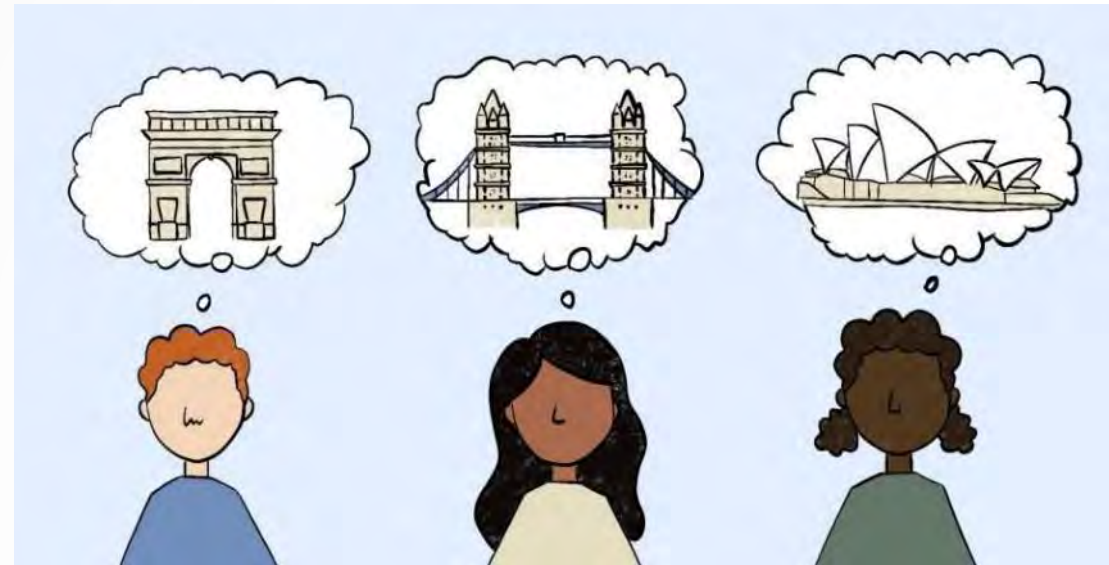
- [Center for Disease Control \(CDC\) COVID-19 resource page](#)

WHILE YOU'RE ABROAD

1) Know your study abroad provider's plan/policies related to COVID-19:

- If you have COVID symptoms or are exposed to someone who tested positive.
- If your academics are interrupted (i.e. move to online learning)
 - Each provider has a contingency plan in place.
 - Bring laptop, or other supplies you might need to work remotely.

Your program provider should go over these at the start of your program. Ask questions if there is anything you don't understand.



WHILE YOU'RE ABROAD

2) Expect your experience abroad to be different due to COVID safety measures.

- Traveling outside of your host country on weekends or breaks may:
 - Not be allowed (by your study abroad provider or government)
 - Carry inconveniences (i.e. testing upon return (could carry a cost))
 - Could have re-entry requirements that would have a severe impact on your ability to complete your program (i.e. quarantine period which would impact your ability to go to class)
- Hours of operation for restaurants, local attractions, etc. may be limited.
- Public transportation may be limited.

WHILE YOU'RE ABROAD

3) Have respect for the local community you will be living in and their guidelines around COVID-19 safety.

As a visitor, it's important to follow safety protocols in place regarding mask wearing, limiting large gatherings, etc. – keeps you and your host community safe.

REMEMBER ...

Your host country, like the rest of the world, is still struggling to contain the COVID-19 virus and keep their citizens safe. If you don't take their COVID-19 precautions seriously, it could take valuable resources (hospital beds, PPE equipment, etc.) away from the local population.



BEING AWARE & STAYING SAFE IN ANOTHER COUNTRY

- Foreign Laws & Student Conduct
- Identity Abroad
- Romantic Relationships
- Drugs & Alcohol
- Transportation
- Emergencies
- Banking



KNOW THE LAWS OF YOUR HOST COUNTRY

- You are subject to their laws.
- Be aware of things like: possession of banned materials, drugs.
- Laws and sentences are often more strict, not necessarily innocent until proven guilty.

Use the country-specific resources we provided to learn more about the 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 your 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.
- If issue is severe, you can be sent home early at your own expense.



IDENTITY ABROAD

Other cultures value diversity differently and your diverse characteristics may be more or less embraced in the culture you will be living in.

IDENTITY ABROAD

Identify your own diverse characteristics

+

Research how these are viewed in your host country

+

Utilize resources to develop a plan BEFORE you get to your host country

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



Study Abroad Website – Preparing to Go Section:
www.rit.edu/global/diversity-abroad

RIT Diversity & Inclusion Office: www.rit.edu/diversity

Diversity Abroad: www.diversityabroad.com

TITLE IX

A law that protects people from discrimination based on sex and gender in education programs.

AND

Provides support if you are involved in an incident related to:

SEXUAL HARASSMENT
SEXUAL ASSAULT
DATING VIOLENCE
DOMESTIC VIOLENCE
STALKING
GENDER DISCRIMINATION



RIT Resources are available to you.

**Even if the perpetrator is not
American or related to RIT at all!**

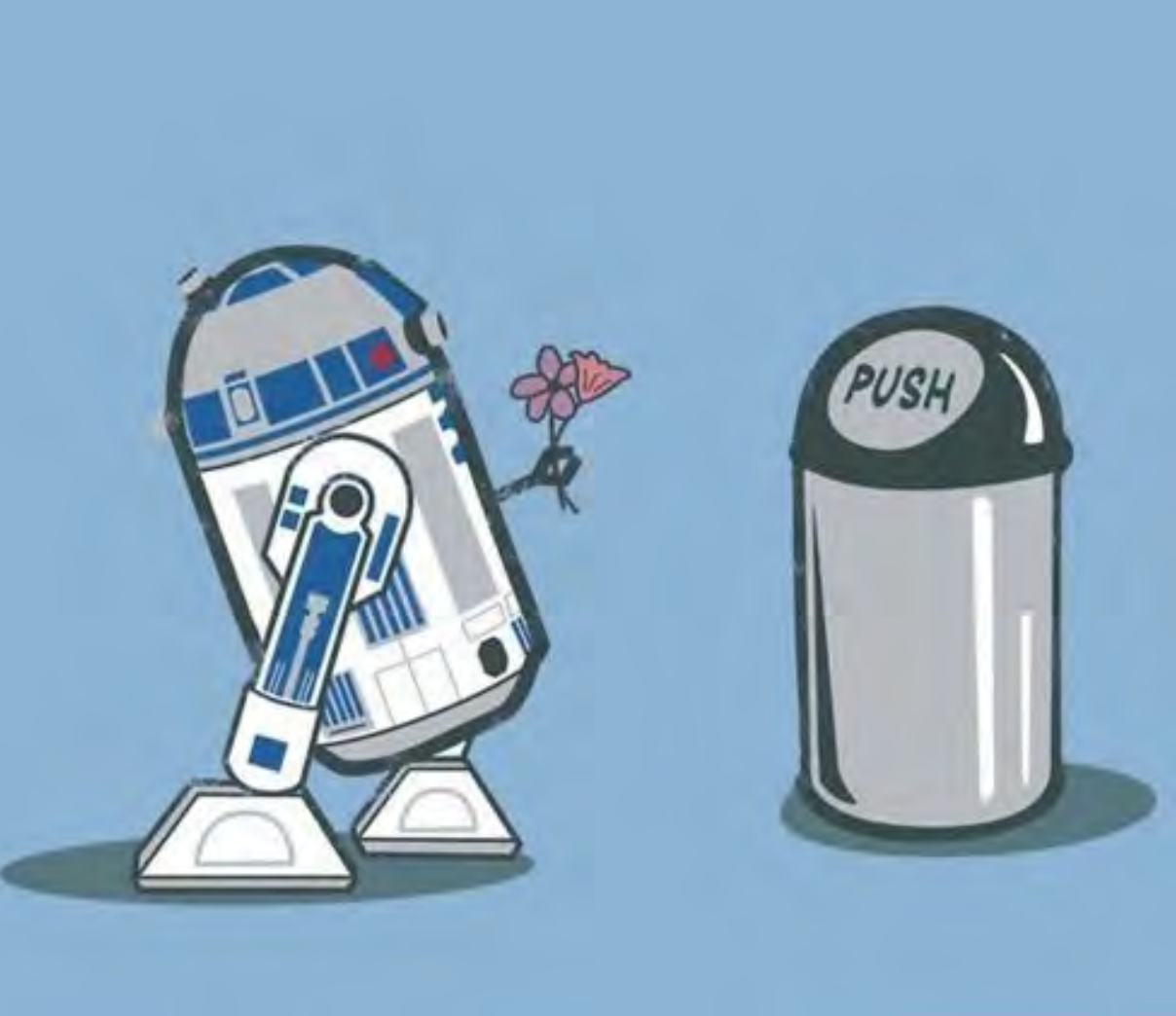
REPORTING A TITLE IX INCIDENT

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.

RIT faculty/staff are mandatory reporters.





- Research the general feeling of the country regarding sexual orientation, displays of affection, and sexual activity.
- Practice safe sex.
- Rates of STDs may be higher in other countries.
- Be aware of consent laws and how they differ from the U.S.

RELATIONSHIPS



ALCOHOL

- Drinking age often lower and may be an 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 lookout for friends/classmates.

DRUGS

- Legal risks may be more severe.
- Beware of corruption and tainted drugs.

AVOIDING COMMON TRAVEL SCAMS

- Travel with a buddy, especially at night.
- Avoid obvious tourist behaviors.
- Be more aware of your surroundings and your belongings.
- Avoid crowds/large gatherings/demonstrations.
- Research local scams and distraction techniques.



Google your host country + travel scams to learn what to watch out for.



TRANSPORTATION

- Only take marked taxis
- Beware of traffic!
- Don't rent cars/mopeds
- Take advantage of public transportation
- Be pedestrian savvy
- Common place for pick pocketing, beggars – stay aware of your surrounds and keep an eye on your belongings



FIRE SAFETY ABROAD

Building codes and safety regulations vary around the world.

- Make sure your home/room/apartment has a fire extinguisher.
- Have an emergency plan in place – know where your exits are.
- Consider packing a portable smoke alarm and carbon monoxide detector.

More Info:

- Fire safety guide in your folder
- www.FireSafetyFoundation.org



DOCUMENTS & STEP PROGRAM

Documents:

- Upload copies of your passport and emergency contacts to your Profile section in the Compass.
- Make two copies of your:
 - Photo page of passport
 - Bank cards, credit cards, driver's license (front & back)
- Bring one set of copies with you, leave the second set at home.

STEP Program

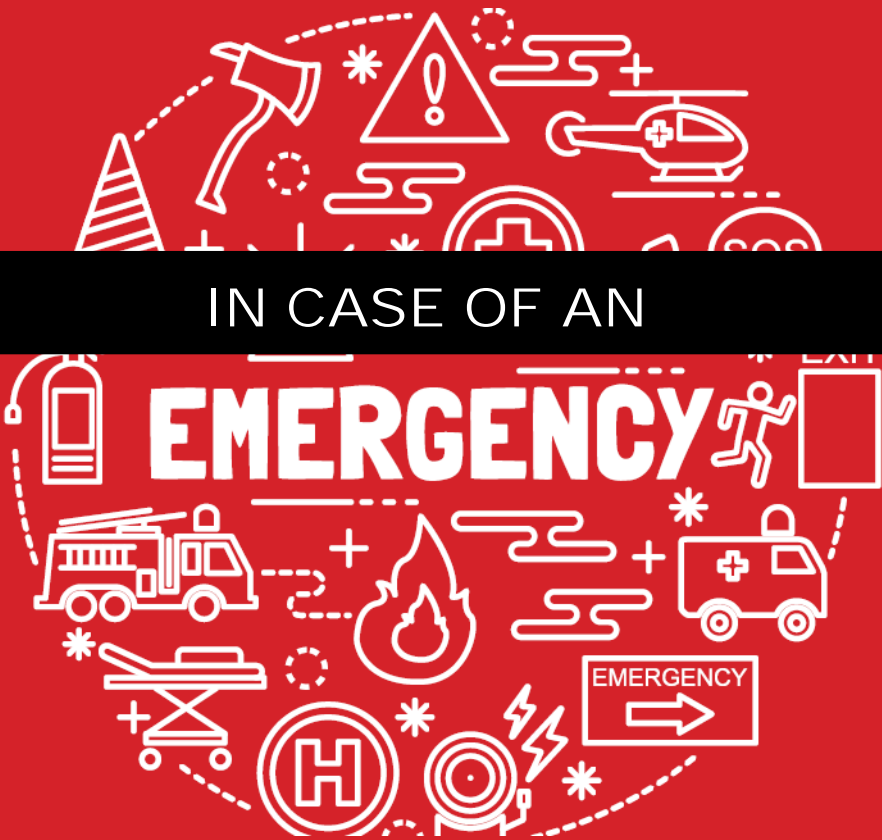
- Register with the U.S. State Department's Smart Traveler Enrollment Program (STEP)
<https://step.state.gov/step/>

Or download the STEP app to your phone



EMERGENCY PREPARDNESS

What constitutes as an emergency abroad?



- Learn how to say “help” in the local language.
- Learn the local emergency phone number.
- Use the wallet cards provided.
- Parents should have a valid passport.
- Know the location of the nearest U.S. embassy.
- Have a communication plan in place with family.
- Put important phone numbers in your phone contacts – health insurance, in-country contact, bank/credit card customer service.

WHAT TO DO IN AN EMERGENCY

Take care of immediate needs first

- Police/fire/ambulance/hospital



Reporting an incident & your needs

- Communicate with your in-country contacts.
- Contact RIT Public Safety (call or via button on our website)
- Contact your travel assistance provider (On Call (RIT), or your affiliate's provider)
- Contact your family/support system

Further Action

- Once informed RIT has an emergency response team in place
- Refer you to local services
- Make arrangements to modify your program if necessary

We May Also Reach Out to You! Keep an eye on your RIT email while abroad!

REPORTING A NON-EMERGENCY

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

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

- ✓ Lost or stolen passport
- ✓ Stolen property
- ✓ Ongoing illness, injury, mental health concerns
- ✓ Any other safety concerns or issues you encounter

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 – use only in well lit areas with a buddy
- Understand any international banking, ATM or credit card fees that may apply.
- Consider how you will carry your money
 - Don't carry all your money in one place, split it up

TRAVEL TIPS

Watch our YouTube playlist for helpful travel tips.

@RITGlobal Study Abroad

Do your own individual research.

Reach out to a Global Ambassador to get questions answered.

www.rit.edu/global/global-ambassadors



**Living abroad
Packing
Staying in touch (cell phones)
Independent travel**

**BON VOYAGE
& TRAVEL
SAFE!**



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

mbnca@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

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/

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

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/

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