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 studyabrod.rit.edu
- U.S. Department of State website
- Global Road Warrior – login to RIT library website and search for Global Road Warrior
- The World Factbook
THE CULTURE SHOCK ROLLERCOASTER

Leaving

EMOTIONS

Takeoff

New Everything!

ARG!!

Yahoo!!

I could live here forever!

Woo-hoo!

What have I done?!

Things are looking up! I can do this

The Bottom

I miss home

I don't want to go!

I want to go abroad again

Returning Home

Returning Home

Taking Off

Oh-No!

It feels great to be home!

I miss my new world

Friends

Food

Language

RIT Global Education 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.
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
- Tic 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](http://www.cdc.gov/travel)
- For vaccines visit Passport Health of Upstate NY on Crittenden Blvd.
HEALTH INSURANCE

Affiliate Programs

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

RIT Global Campus
(and select affiliate providers)

• Covered by RIT’s Travel Assistance provider On Call.
• Contact On Call for any health related issue while on your program.
• On Call insurance card will be emailed to you.
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

PERSONAL PROPERTY
• Covers computers, phones, etc.
• RIT has a provider that is inexpensive: RIT Personal Property Insurance

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.

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
   - Safety measures in place (quarantining upon arrival, curfews, mask requirements, etc.)

See resources included
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) Be aware of 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.
  - Make sure you 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.
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
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.
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.

Visit www.rit.edu/titleix for more information
• 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.
• 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
• Research if ride sharing (Uber, etc.) is legal, safe & reliable.
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:

- 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
What constitutes as an emergency abroad?

Significant accident/illness/hospitalization, significant mental health issue, disappearance or kidnapping, allegation of sexual harassment/sexual assault, arrest or questioning by local authorities, loss of passport
• Learn how to say “help” in the local language.
• Learn the local emergency phone number.
• Your 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
WHEN YOU RETURN

ROC Your Global Future Conference
9 ROC area colleges
Virtual Conference in November 2021

Global Learning Symposium
Share an academic project
Inspire other students to have international experiences
Looks great on your resume!
BON VOYAGE & TRAVEL SAFE!
TITLE IX - TO REPORT A VIOLATION OF YOUR RIGHTS, CONTACT A TITLE IX TEAM MEMBER:

STACY DEROOY
Clergy 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
lmbnca@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
nnmopsy@rit.edu

SANDRA WOODRUFF WHITMORE
Diversity & Inclusion Deputy Title IX Coordinator
1120 George Eastman Hall
585-475-5453
swpro@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/

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