



ADVENTURE AWAITS

Making The
Most of Your
STUDY
ABROAD
Experience!

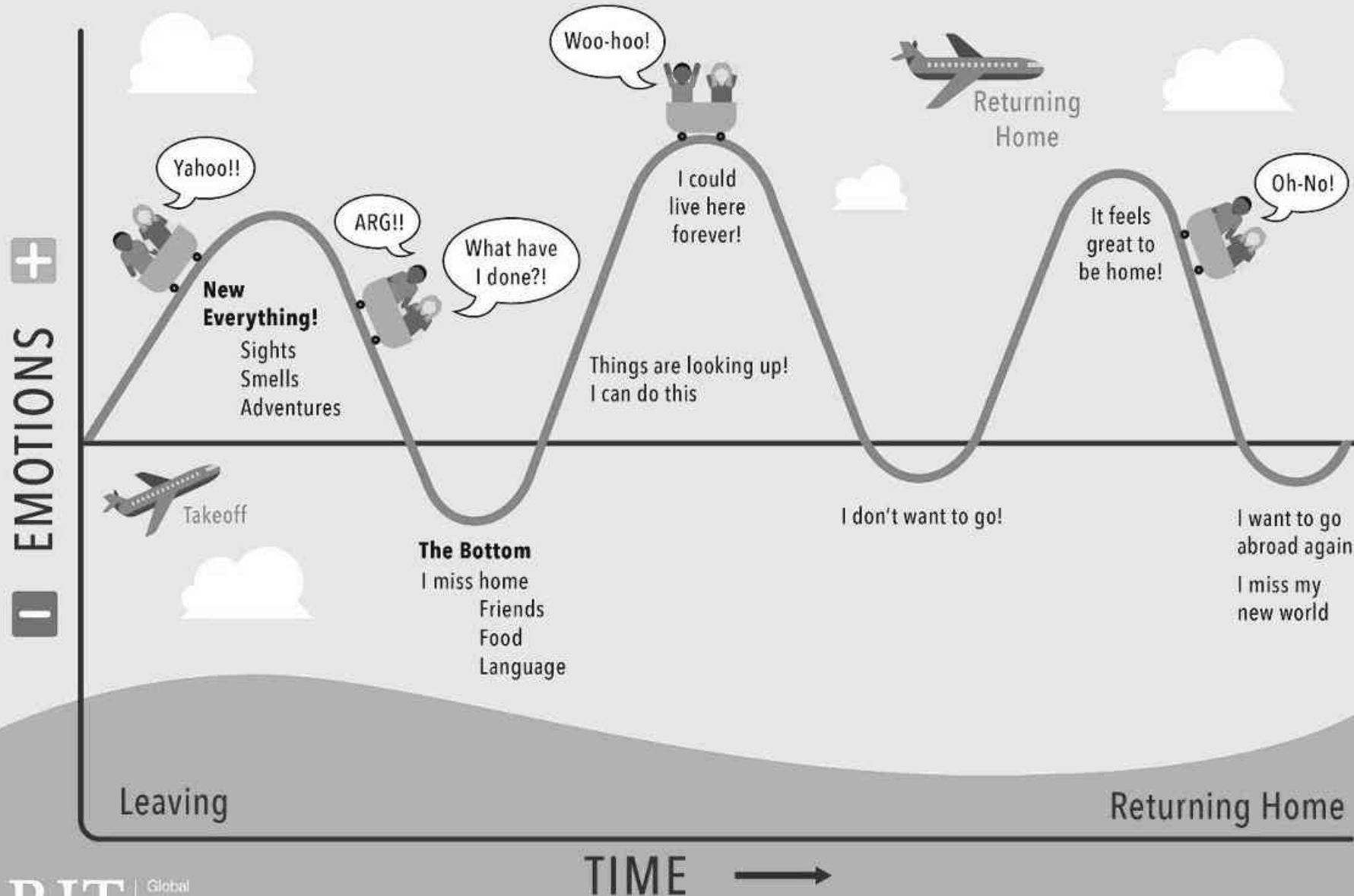
WHERE IN THE WORLD ARE YOU GOING?

Country Specific Resources

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



THE CULTURE SHOCK ROLLERCOASTER



ACADEMICS ABROAD

Differences

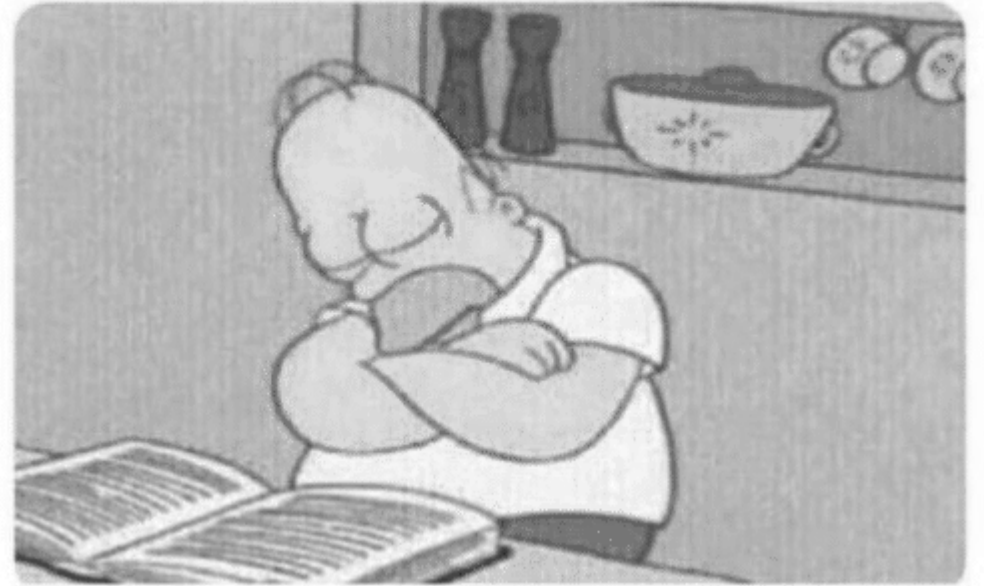
- Teaching styles and academic expectations abroad may be different than what you're accustomed to.

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).

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.
- Study abroad is NOT a good time to make major changes to your prescription routine.

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.



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.

[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.

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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!**)



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)

INSURANCE

TRAVEL INSURANCE

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

CANCEL FOR ANY REASON (CFAR) INSURANCE

- Additional coverage beyond travel insurance.
- Covers a percentage of your study abroad program fees if you decide to not go on your program for any reason.
- Travel Insured International – see resources slide for link
- Must purchase within 21 days of paying your program deposit.



OTHER INSURANCE

PERSONAL PROPERTY INSURANCE

- Covers computers, phones, etc.
- RIT has a provider that is inexpensive:
<https://www.collegestudentinsurance.com/>

TUITION INSURANCE

- In case of an unexpected withdrawal from program due to illness or accident.
- RIT has a provider – [GradGuard.com/tuition/RIT](https://gradguard.com/tuition/RIT)
Ask if study abroad tuition is covered
- \$99 for \$10,000 worth of coverage
- Must be purchased before your first day of classes



INTERNATIONAL TRAVEL DURING COVID-19

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



BEFORE YOU GO ABROAD

RIT recommends that you have the COVID-19 vaccine and boosters prior to travel.

- **Bring your vaccination card with you.**
- **Know the current state of COVID-19** in your host country.
 - Infection rates, vaccination rates, vaccine card
 - Safety measures in place (quarantining, mask requirements, etc.)
 - COVID is ever evolving and safety measures could change unexpectedly
- **Pack some masks and home COVID tests.**



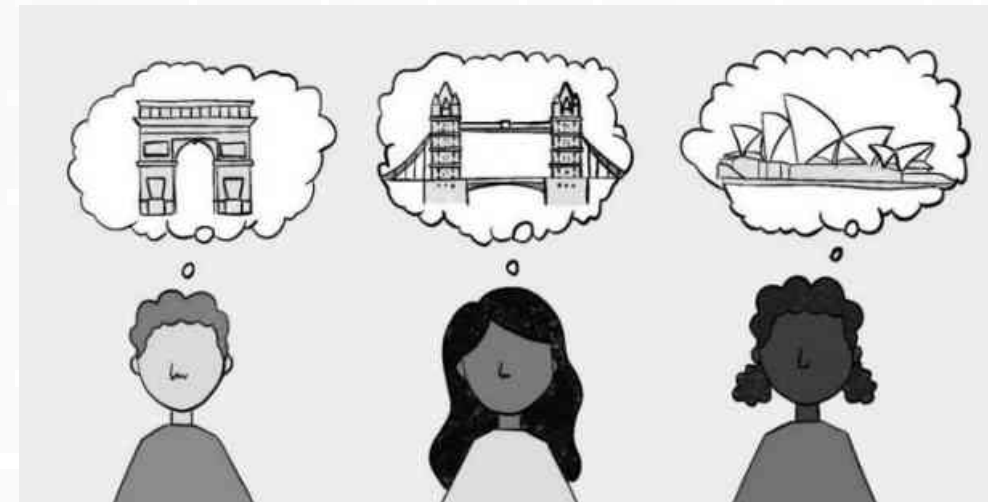
WHILE YOU'RE ABROAD

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.
- Quarantine or isolation procedure if tested positive – this could be at your own expense.
- 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 or in-country contacts should go over these at the start of your program.
Ask questions if there is anything you don't understand.

Don't wait until you've been exposed or have symptoms to find out what the COVID protocol of your program is.



COVID-19 RESOURCES

- U.S. Department of State COVID-19 Country-Specific Information
- IHME COVID-19 Projections
- Rates of infection by country
- Rates of vaccination by country
- Center for Disease Control (CDC) COVID-19 resource page

We will be emailing you a copy of this presentation with links to these resources.



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

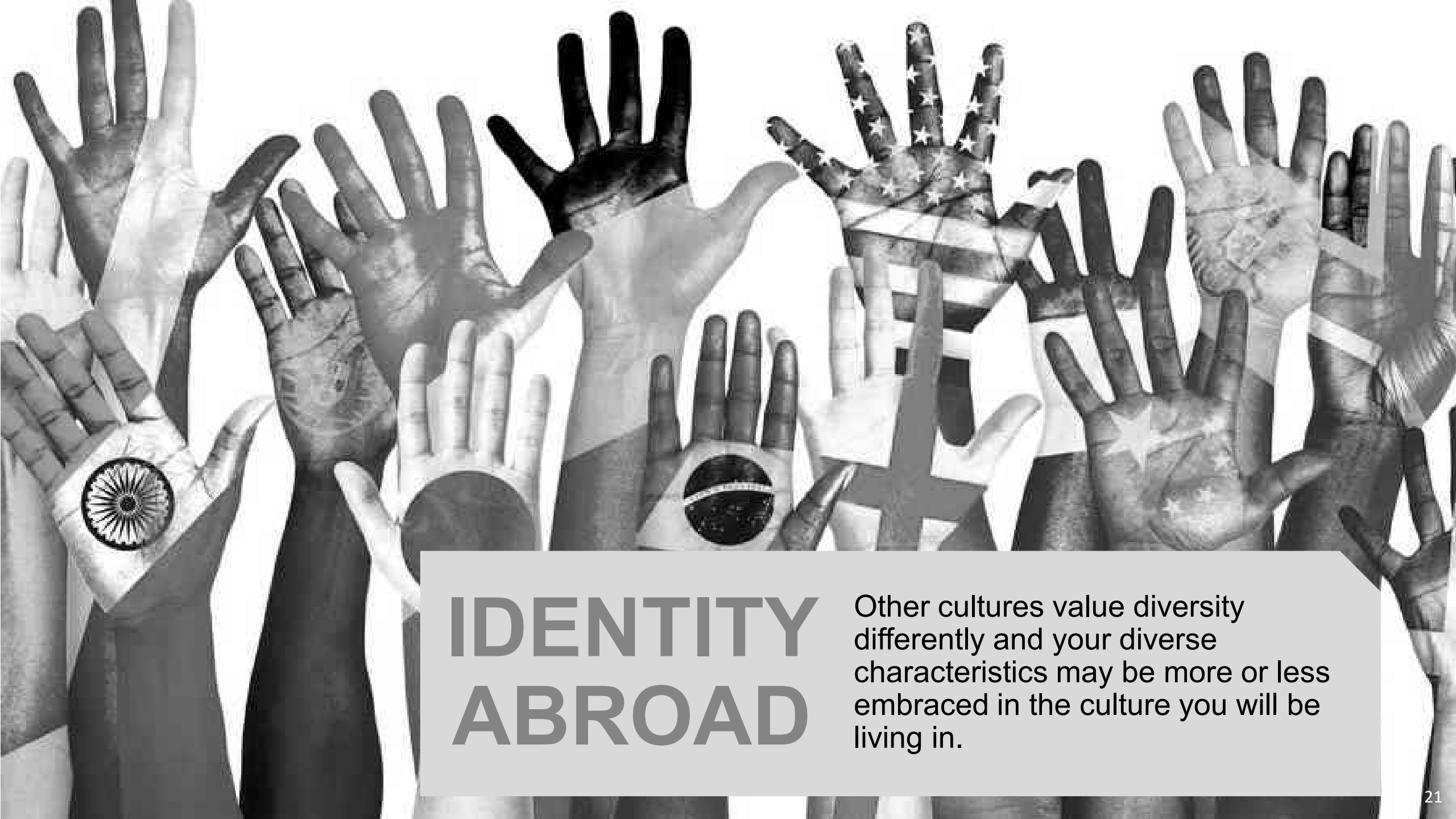


STUDENT CONDUCT

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.
- You are guests on your programs and in your host country and your choices may affect RIT's relationship with overseas providers.



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!**

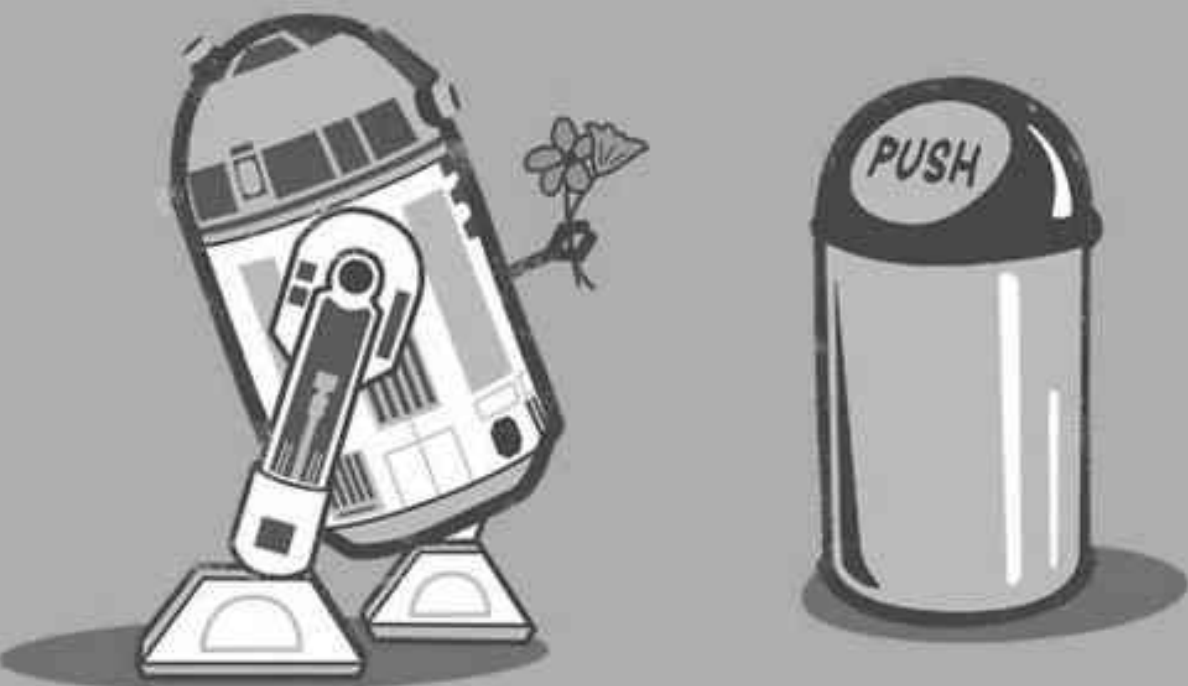
REPORTING A TITLE IX INCIDENT

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.





- Making new friends abroad – put yourself out there.
 - everyone is new and strangers
- 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 is often lower and may be more important part of the culture.
- Participate within reason/limits – be careful about drawing attention to yourself.
- Do not leave your drink unattended.
- Be an active bystander and look out for friends/classmates.

DRUGS

- Legal risks be more severe.
- Cannabis laws may be different than U.S.
- Tainted drugs pose a serious threat.
- Beware of corruption.



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?



IN CASE OF AN

EMERGENCY

- 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

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

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

Connect with an RIT Student
Global Ambassador

<https://www.rit.edu/global/global-ambassadors>

Ask them questions about packing, using your cell phone, independent travel, etc.



**BON VOYAGE
& TRAVEL
SAFE!**



Resources

Food allergies – purchase professional translated allergen cards to carry <https://allergytranslation.com/>

On Call International Insurance – coverage provided to students going on RIT faculty-led, global campus or exchange programs
<https://mysearchlightportal.com/>
(group ID 100094CPPD18)

Cancel for Any Reason (CFAR) Insurance
Must be purchased within 21 days of paying your program deposit
<http://www.travelinsured.com/agency?agency=53810&p=RIT>

Personal Property Insurance Policy
<https://www.collegestudentinsurance.com/>

Smart Traveler Enrollment Program (STEP)
<https://step.state.gov/step/>

Traveling with Medication

<https://wwwnc.cdc.gov/travel/page/travel-abroad-with-medicine>

U.S. Embassies & Consulates Worldwide

<https://www.usembassy.gov/>

Emergency phone numbers abroad

https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf

Using cell phone abroad

rit.edu/global/stay-touch

How to spot travel scams abroad

<https://expertvagabond.com/common-travel-scams/>

Converters and Adapters when traveling abroad

<https://www.goinginstyle.com/blogs/news/difference-between-adapters-and-converters>

Many more resources available at:

<https://www.rit.edu/global/health-safety>

Title IX – To report a violation of your rights, contact an RIT 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

DARCI LANE-WILLIAMS

Assistant Director of Title IX and Clery Compliance

Eastman Building 6045

585-475-7383 drlcae@rit.edu

LANA VERSCHAGE

Director of Diversity Initiatives and Women in Computing, Deans
Office (GCCIS)

585-475-7155 ltvvse@rit.edu

AMY STORNELLO

Senior Employment Advisor, Co-op and Career Center

National Technical Institute for the Deaf

585-270-1797 (text)

585-391-9990 (Video Phone)

Amy.Stornello@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 Conduct Advocate Program

<https://www.rit.edu/studentlife/student-conduct/conduct-advocate-program>

Student Government Services/Legal Advice

585-475-4043 (V)

<https://www.rit.edu/studentgovernment/legal-aid>

International Student Services

585-475-6943 (V)

www.rit.edu/studentaffairs/iss/

Title IX – Additional Resources

CONFIDENTIAL RIT 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

RIT Spirituality & Religious Life

585-475-2137

www.rit.edu/studentaffairs/religion

NTID Counseling & Academic Advising Services

585-475-6468 (V) 585-286-4854 (VP)

<https://www.rit.edu/ntid/caas>

EXTERNAL RESOURCES

Willow Center

24-Hour Hotline 585-222-7233 (V)

585-348-7233 (text)

<http://willowcenterny.org/>

Lifeline

585-275-5151

Monroe County Sheriff's Office

585-753-4178 (V)

www.monroecounty.gov/sheriff

NYS Police Sexual Assault Hotline

844-845-7269 (V)

IGNITE (formerly Advocacy Services for Abused Deaf Victims)

24 hour hotline

585-222-7233 (V)

585-348-7233 (text)

www.deafignite.org

RESTORE Sexual Assault Services

585-546-2777 (24 hour hotline)

<https://restoresas.org>

National Sexual Assault Hotline

24 hours a day, 7 days a week

800-656-4673

<https://www.rain.org>

RIT

Rochester Institute of Technology

RIT does not discriminate. RIT promotes and values diversity within its workforce and provides equal opportunity to all qualified individuals regardless of race, color, creed, age, marital status, sex, gender, religion, sexual orientation, gender identity, gender expression, national origin, veteran status, or disability.