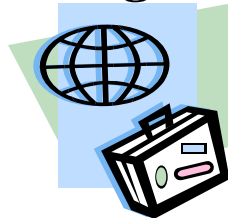


**AUBURN ABROAD**  
**Pre-Departure and Living Abroad Booklet** (Revised 20Dec 07)



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**PUT YOUR EMERGENCY CONTACT INFO HERE:**

<b>NAME</b>	<b>PHONE</b>	<b>OTHER INFO (Email, etc.)</b>
YOUR CELL PHONE # ABROAD:		
Program Director Contact info:		
Housing contact info:		
MEDEX/Global US ph#	(410)453-6330	(you will need your card in order to give MEDEX your AU policy numbers)
AU Academic Advisor:		
AU Office of International Education: Assist. Director: Deborah Weiss	(334) 844-5001 Cell (334) 524-4921	

## Welcome to the Auburn Abroad “Pre-Departure and Living Abroad Booklet”

This booklet is a compilation of checklists used by students, faculty and staff who have traveled internationally to study and work. It also contains information from the US Department of State and other government and private agencies. Many thanks to the faculty, staff and graduate students of the College of Human Sciences for important additions.

Your program may also give you its own Predeparture Guide. Please read these guides, they have a wealth of information geared to help you prepare for your study abroad.

This booklet is written as a personal checklist to help you plan the final stages of preparing to go abroad. It is also a handy checklist while you are living abroad. As with all booklets, more information comes in daily and we cannot fit everything in. Please keep your eyes and ears open for new information to make your program more meaningful for you. Since we are committed to bringing you the best booklet and checklists, we welcome your comments and advice. As always, enjoy the view abroad.

*Cheers, Bon Voyage,*

Deborah Weiss, AU Assistant Director, Auburn Abroad  
Joan Layne, AU Senior Study Abroad Advisor  
Diedre Van Zandt, AU Study Abroad Advisor

Here we go....

### 1. Before you leave....What to Take.....Leave Behind....

#### a. INFO TO LEAVE WITH YOUR PARENTS, NEXT OF KIN

**(Also keep copy for yourself, in SAFE place – NOT with original items)**

- Copy of Your Passport (make sure you can read the passport numbers)
- Copy of Housing Information: street and mailing addresses
- Name of Program, contact info for Program Director
- Copy of Phone info: cell phone number abroad, phone number in room
- Copy of Flight and Program Itinerary: leave with BOTH parents
- Copy of Front and back of credit cards, debit cards and Traveler’s Check Serial Numbers
- Copy of MEDEX Card, instructions for use.
- Copy of any prescription letters you are carrying – in case you need stateside help to replace Medication
- Copy of your VITAL INFO (Form F of the Auburn Abroad Package)
- Copy of your Embassy Registration (done via internet: [www.travel.state.gov](http://www.travel.state.gov) )

#### b. PLANNING YOUR TRAVEL....TRAVEL SAFETY SITES TO CHECK...

- [http://www.travel.state.gov/travel/tips/tips\\_1232.html](http://www.travel.state.gov/travel/tips/tips_1232.html)
- [http://www.travel.state.gov/travel/tips/health/health\\_1185.html](http://www.travel.state.gov/travel/tips/health/health_1185.html)

#### c. BEFORE LEAVING AU...ACADEMIC PAPERWORK CHECKLIST...TO AVOID GRADING DELAYS WHEN YOU GET BACK...REGISTERING FOR NEXT SEMESTER WHILE ABROAD

- Auburn Abroad Package: make sure you have submitted all forms to AU OIE
- Auburn Abroad: bring a copy of your Course Approval form with you.
- Clear any holds on your AU accounts. Holds will prevent AA enrollment.
- Auburn Abroad enrollment: check your on-line semester list of courses (you should see “UNIV 2940, or 4940 or 7940) - Auburn Abroad” listed).
- Know registration dates and classes you need to register online for the SEMESTER YOU RETURN
- Academic advisor: make sure they know you may need help registering for next semester
- Graduating? Request expedited transcript from your program, before the end of the program.

d. HEALTH CHECKLIST: TO AVOID CUSTOMS, MEDICAL PROBLEMS

- Use the **USA of Controlled Substances (LINK below)** to determine if any of your prescriptions are on the list. LINK: <http://www.deadiversions.usdoj.gov/schedules/alpha/alphabetical.htm>

NOTE: ALL COUNTRIES have similar regulations!

**SPECIAL SECTION:**

**SPECIFIC INFO FOR ITALY (1)**

(Source: Arcadia University Center for Education Abroad)

LINK: <http://www.arcadia.edu/cea/index.aspx?id=1668>

*Quote: “The Italian Government considers certain drugs illegal (including Ritalin, Cylert, Adderall, Wellbutrin, Prozac, Paxil, Zoloft). Anyone found with these medications without appropriate physician approval can be prosecuted. Contact the Italian Consulate in your jurisdiction for additional info.” SEE BOX BELOW.*

(1) NOTE: AU uses MEDEX, contact info on front of this booklet (do not use info on CISI found in this info source).

If your prescription is on the list, you may have a problem bringing these prescriptions into your destination country or into countries you are traveling through. **You WILL have a problem bringing controlled substances back into the USA.** The prescription will be confiscated and you could face fines or worse.

**SPECIAL SECTION:**

**IF PRESCRIPTION ON LIST**

**TO DO:**

1. Talk to or send an email to your host provider in the country, the consulate for the country you are traveling to (Italian Consulate in Miami), and MEDEX (ph: COLLECT 1-410-453-6330) to find out what you need to do, i.e. regarding packaging, letters from physicians, etc. in order to bring this prescription into the country(ies) you are going to.
2. If the prescription is banned, talk to the physician prescribing the controlled substance about this situation and request that he/she look into alternatives.
3. While we cannot give you legal advice on this situation, we have anecdotes of students and parents smuggling and/or disguising these prescriptions in care packages – it doesn’t work, the prescriptions are confiscated in customs and you could be arrested.

- If your prescription is NOT on the list, you need to do the following for your own continuity of care and because the controlled substance list is always being updated.

**SPECIAL SECTION:**  
**IF PRESCRIPTON NOT ON LIST**  
**TO DO:**

1. Bring TWO (2) copies of letters from your physicians referring to your prescriptions in your carry-on.
2. One attached to the prescription it refers to, in case customs questions your prescription.
3. Use the 2<sup>nd</sup> letter from your physician if you need continuing care while abroad – to inform the physician abroad of your medications.

QUANTITY TO TAKE ABROAD...IN ORIGINAL CONTAINERS:

1. If you take a prescription for a chronic ailment, and you have taken the precautions outlined above, please consider bringing enough medication for the duration of the semester plus one month beyond. This will cover you for the first few days/ weeks you are back in the USA, as you get resettled.
2. Take all prescriptions in ORIGINAL containers.

Vaccinations needed? (go to AU Medical Clinic at least 3 months before you depart to get vaccinations, they are a travel clinic)

Take your AU MEDEX/Global card: get it from AU OIE via email,

**Please put it in your wallet NOW!**

**NOTE: COPY OF MEDEX CARD ATTACHED TO END OF THIS BOOK.**

(Spring semester students): got the flu shot? Think about getting one.

Need info on emergencies, Avian flu, etc.: check out:

<http://www.auburn.edu/academic/international/crisis>

KEEP A SMALL KIT OF OVER THE COUNTER REMEDIES FOR: Diarrhea (Imodium), headaches (Tylenol), Aches and pains (Ibuprophen), pack products you are not allergic to. And...Neosporin Bandages. Samples in your carry-on, keep a larger kit in your checked luggage.

e. HOUSING AND TRANSPORTATION INFO FOR DESTINATION

Bring housing info for your program: address, directions.

REMINDER: Provide housing info to family and friends.

Plan how you will get to your program site and housing: i.e. cab, train, etc.

If your program rep is meeting you, be sure they have your flight itinerary.

REMINDER: Provide flight itinerary to family and friends.

f. MONEY CHECKLIST: TO AVOID BLOCKED DEBIT AND CREDIT CARDS

**DEBIT CARDS, ATM CARDS, CREDIT CARDS:**

1. ALL CARDS: Call your bank or credit card company two (2) MONTHS BEFORE YOU LEAVE to let them know which countries you will be in. If you don't do this, your cards could be blocked from usage (i.e. your credit card company will think they have been stolen).

a) Ask how to report a stolen card, 800#s won't work abroad.

b) Find out what your daily limit is, it could be lower because of exchange rate.

2. CREDIT CARDS (SPECIAL NOTE):
- a) Many countries now use “Chip and PIN”. This means that you will need a PIN number for your credit cards to go along with the chip. Request this PIN number at least 2 MONTHS BEFORE YOU LEAVE. The credit card company will send this number to your home address, they will NOT send it by email to you, nor will they tell it to you over the phone.
  - b) Confirm your CREDIT limit (do not exceed this or you will pay fines).
  - c) Keep PIN number separate from your card.
3. ATM (SPECIAL NOTE): Ask your bank if they will waive ATM charges abroad, some do.

TRAVELERS CHECKS: **old fashioned but still great** in case the machine swallows your card.

1. Keep a limited supply for emergencies
2. Do NOT pre-sign checks
  - a. If they are stolen, it would be easy for thief to copy your signature.
3. Sign Checks just before use.
4. Keep check serial numbers separate from checks
5. Cross off serial numbers as you use them.
6. Promptly report SERIAL NUMBERS of any lost or stolen traveler’s checks.
7. REMINDER: give family members a copy of the SERIAL NUMBERS.
8. Use plastic Travels Check card.

US \$ CASH: take limited amount in dollars

DESTINATION CURRENCY: Take limited amount, get currency at airport, or your bank.

RECEIPT ENVELOPE: Bring along a “receipt” envelope: you will need it for receipts required by customs when returning. Current limit is \$800 worth of items can be brought back into the USA without a USA Custom’s charge. Any collective item amount over this will incur a customs fee.

g. YOUR WALLET: AVOID LOSING STUFF

Take picture ID, IDs for programs, credit and debit cards WITH YOU.

Leave at home: your checkbook, library and other membership cards, cards you won’t use.

h. PASSPORT...It is a “V V I” VERY VALUABLE ITEM...

1. Keep on your person if traveling between countries or leaving the city that you are studying in.
2. Keep a copy of your passport with you when you go to class, it is your identification (much like your driver’s license is when you are in the USA). While in class, make sure your passport is locked up in a secure place. Ask your host provider to indicate where the best secure place is.

i. PHONE SERVICE: TO AVOID HUGE PHONE BILLS

Parents: get an international calling plan (from Bellsouth, AT& T, etc: cheap calling)

Cell phone:

1. Have global roaming turned on.

2. Need QUAD BAND: find phone with GPRS (Quad band to be able to call from a variety of locations: USA (from the airport), Europe (at your destination and on your weekend travels), when returning to USA.

3. **Make sure you have your phone CHARGER with correct PLUG for destination.**

- Call cell phone company: find out charge to call from study abroad destination to US
- Or...Rent phone in destination country (ask program for suggestions)
- Or...get SIM card for destination country ([www.telestial.com](http://www.telestial.com))
- Use the internet, look into Skype (internet calling feature).
- Send postcards.

j. INTERNET SERVICE: TO AVOID HUGE PHONE BILLS

- Check to see if your program provides computer use
- If taking laptop, make sure you have way to secure it to desk, appropriate plug
- Insure your laptop on your parent's or your own home owners insurance plan

k. IMMIGRATION PAPERWORK

- Passport: needs to be valid for 6 months after you return from study abroad
- If not....get it renewed (expedite, if needed)
- VISA: check with your program or AU OIE: do you need a visa for your destination?
- Register on line with the US consulate in country of study (AA requirement: FORM F: Site: [www.travel.state.gov](http://www.travel.state.gov) )

## 2. What to Take.....Guidelines...Check-in....

a. **NEW: CARRY-ON GUIDELINES**

- CHECK THIS LINK BEFORE PACKING for USA AIRPORT (TSA) GUIDELINES:**  
<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

Overview of **3-1-1 GUIDELINES** (from the TSA (USA Transportation Security Administration)

1. Ensure all of your liquids are in 3 OUNCE or smaller containers  
(NOTE: more than 3 ounces permitted in Checked Luggage).Discuss the new “zip-lock” and liquid restrictions.
2. Place those containers in a 1 QUART-SIZE clear plastic, zip-top bag
3. Place 1 BAG only per traveler in the security bin for screening.

(NOTE: Debunk the “no-gel-bras” myth)

- Check specific instructions from your airline carrier regarding CARRY-ONS**
- SEE attached info on EUROPEAN UNION CARRY-ONS.**

b. AIRPORT CHECK-IN...

**Hartsfield-Jackson Atlanta International Airport Sites**

By way of reminder, here are some Atlanta airport sites that may be useful in assessing wait times and flight delays:

**Wait Times at Hartsfield-Jackson Atlanta International Airport:**

[http://www.atlanta-airport.com/applications/trakflight/flightinfo\\_frames.htm](http://www.atlanta-airport.com/applications/trakflight/flightinfo_frames.htm)

**Customs Security Overview:**

[http://www.atlanta-airport.com/applications/trakflight/flightinfo\\_frames.htm](http://www.atlanta-airport.com/applications/trakflight/flightinfo_frames.htm)

**Flight Information:**

[http://www.atlanta-airport.com/applications/trakflight/flightinfo\\_frames](http://www.atlanta-airport.com/applications/trakflight/flightinfo_frames).

c. **PACKING: IF YOU CAN'T CARRY YOUR LUGGAGE, YOU PACKED TOO MUCH!**

- FIRST: check luggage limits (SIZE and WEIGHT) with your airlines.**

NOTE: Weight limits on airlines flying within Europe, outside US may be different (read “lower” than US limits. Check with international carriers.

- Take out what you have packed, put ½ back in your drawers at home in the US.

.  **WHAT TO PUT IN YOUR CARRY-ON:**

- Immigration paperwork (your original passport, visa, physician letter)  
<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

- Copies of all credit cards, passport, plus one extra passport photo

- Copies of housing, transportation arrangements

- A change of underwear, night clothes (yep, luggage still gets lost)

- Prescriptions in original containers, plus your physician letter.

1. Place all medications and letter in zip-lock bag together, to avoid confusion at customs or security check-in.

- First Aid Kit: over-the-counter items such as Tylenol, Band-aids, Energy bar, etc.

- Split your cash and stash in several secure places

1. Suggested locations include: inside pockets, neck pouch, money belts).

- Travel guide, US state department country notes, language dictionary, destination addresses on cards (to hand to cabbie, etc)

- Digital camera, Film and camera

d.  **WHAT TO PUT IN YOUR LUGGAGE TO BE CHECKED**

- Clothing:

1. Women (SPECIAL NOTE):

a. Cathedral etiquette – knee length skirt, scarf for shoulders (or tops with sleeves)

b) Recommend black ballet flats or other shoes that take up very little space and can be considered both dressy and casual

2. All: Jeans (never get dirty) and several shirts

3. All: bring easily hand washed and quick drying (“quick wicking”) clothing

4. Clothing with emblems:

**a). AU clothing = OK; clothing with US flag emblems on them = NOT OK**

5. Clothing notes by area:

b) European Notes: Bring dressy clothing (Women: the black dress, Men: a jacket and a tie) for special events.

c) Asian Notes: in-country counterparts may not dress as casually as you do on campus.

d) Australian Notes: be prepared for sports, dress appropriately.

e) Central and South American Notes: dress may be more modest.

f) African Notes: dress may be more modest

- Personal care appliances, hair dryers, electric shavers – buy them **AT YOUR DESTINATION**

1. Converters are heavy and take up precious luggage room. Good reason to buy person appliances at your destination.

2. If you carry your own appliances be sure they are switched to 220 volt, **AVOID** blowing out the electricity in your host housing.

- Personal care items

1. If you prefer a particular brand buy enough to cover your time abroad PLUS one month.

- Weather gear: Know the weather at your destination, bring travel umbrella
- Stuff to show and share: Pack family photos, AU trinkets for host families, new friends
- Put luggage tags inside and outside of your luggage.** Tie unique color, short (multiple) ribbons to outside luggage handle for easy identification)

### 3. Leave Behind....

- a.  Expensive or heirloom jewelry.
- b.  CLOTHING: Bulky clothing, new shoes, high heels (they will get stuck in cobblestones if touring around Europe)
- c.  Sharp objects: pocket knives, sharp scissors (OR pack these items in checked luggage).
- d.  Checkbook, membership cards, credit cards you will not be using abroad.
- e.  Expensive electronics that you do not want to lose.

### 4. While you are There....

- a.  DRESS LIKE YOU BELONG...
  - 1.  Look around, how are others your age dressed?
    - Recommend dark colors, as they are universally acceptable and slow to show dirt.
  - 2.  Don't wear clothing with US flag emblems on them
- b.  BECOME PART OF THE CULTURE
  - 1.  You are a guest, please show respect for the citizens, customs, authorities in your destination country
  - 2.  Lower your voice, we tend to talk louder than individuals in other parts of the world...and our American accent, whether speaking English or not, is very recognizable to others
  - 3.  Listen to political discussions, read local papers...express an informed opinion
  - 4.  Do not argue politics in a bar at 2am, you could be hurt.
  - 5.  Respect the religious beliefs of others
  - 6.  Don't complain about no sweet tea or not enough ice – try native dishes. Be prepared for some discomfort, diarrhea (remember: you packed Imodium for this)
  - 7.  Understand that excessive use of air conditioning is uniquely American, find out where to buy a fan or get out of your room to get fresh air.
- c.  LEGAL ISSUES:
  - 1.  Understand that you are under the law of the land
    - Obey the laws of the land.
    - Program directors or the embassy can only bring you cookies in jail if you break the law, they cannot pay your bail.

NOTE: criminal justice and judicial systems differ greatly from those in the United States.

#### TO DO:

- 1. If you are a victim, seek assistance immediately:
  - a) CALL Program's EMERGENCY NUMBERS, you can also call MEDEX
  - b) Notify Program Director

2. If you are a victim, keep a journal to serve as a timeline.
3. If you need a legal referral, call MEDEX, numbers on front of package.
4. If students find themselves in legal situation, they should remember that the police report will probably not be printed in English – ask for translated copy.
5. Victim assistance programs: Department of State Citizens Services, located in consulates. Limited financial assistance may be available from this source.
6. You will go through a series of emotions, this is the time to use the assistance of the host program (many programs have medical staff specifically designated for a wide range of study abroad traumas of if you just want to talk).
7. The AU Emergency Medical Assistance program uses MEDEX. Please use your MEDEX card to get locate and get referrals to western style medical specialists to care for you.
- 8. Don't go it alone... help is available...please ask.**

d.  ACADEMIC ISSUES

1.  STUDY: you will get grades for your courses, they will be averaged into your AU GPA
2.  If you have problems the first few weeks, in your classes, speak to your teacher, your program director or the program's international student advisors
3.  If you feel you are in the wrong course, and want to CHANGE COURSES:
  - you need to get approval to switch courses FROM YOUR AU ADVISOR
  - Get approval for new course and AU equivalent on your Course Approval Form from the AU DEPT CHAIR. (OIE can help)
  - Let AU OIE know, so we can make sure this is in your file when grading time comes.
  - Courses listed on your transcript from your program abroad, which are not on your AU Course Approval Form, will be listed on your AU transcript as transfer courses and may not count for AU equivalent courses.

e.  MEMORIES AND MEETING OTHERS

1.  Bring a journal, sketch wherever you are, write down your impressions – it is a great ice breaker, you will find others journaling, sketching.
2.  If your host family invites you to an event, go out of respect to them
3.  Send emails home to friends and family and ask them to print off a copy to keep in a file for you. This is another travel journal!
4.  TAKE LOTS OF PICTURES AND ENTER THEM IN THE AU OIE STUDY ABROAD PHOTO CONTEST, 1<sup>ST</sup> PRIZE: \$100.

f.  EXPECT CULTURE SHOCK:

1.  Expect different customs, learn the meaning behind the customs.
2.  Keep a culture calendar, so you know what festival is being celebrated.
3.  Keep a diary of new words in the language, and how they are used.
4.  Remember, your host family, professor, program director(s) like to talk about their areas of interest as much as you do. Ask questions. Read the local paper or the International Times Herald, stay informed.

## 5. Getting Medical Care Abroad

a.  Keep your MEDEX/Global card in your wallet.

**b.  If you get injured, call the collect number on the MEDEX/Global card (in the US).**

1.  You can also call the toll free number in the country you are currently in, however, be aware that many cell phone plans block toll free numbers.

2.  Use a land line if your cell phone doesn't work.

3.  or Call the US collect phone number on your card, give MEDEX the number and they will call you back

c.  WHAT TO DO IF YOU HAVE TO CALL MEDEX:

1.  Tell the MEDEX operator your name

2.  That you are from Auburn University

3.  The nature of your injury.

4.  They may ask for the number on your card.

Give both the MEDEX Group number and the Global Benefits number – both numbers are very important.

If you don't have your card, your AU roommate, our office, your AU program director has the same card, use info on their cards.

5.  MEDEX will:

Help you locate the nearest doctor

Provide financial guarantees for service such as surgery (note: there are some hospitals that may not take this guarantee, MEDEX will tell you)

Help you locate pharmacies and medications (since they may not be in a name you are familiar with.

Look on the top of your card, it lists services.

6.  You have a \$100 deductible on this plan.

7.  KEEP ALL MEDICAL RECEIPTS:

a) If you have any other expenses:

1. KEEP THE RECEIPTS

2. MAIL THE ORIGINALS TO GLOBAL (address on the MEDEX/Global card emailed to you as an attachment)

**6. Be Safe - Security Details while abroad....**

a.  Personal safety

a) Follow security measure indicated by your airline.

1. - Keep luggage with you at all times.

2. - Don't accept anything from strangers.

3. Always be aware of your surroundings, be organized. A preoccupied, disorganized traveler is an easy mark for thieves in airports.

b) Let others know where you will be at all times

c) Avoid dark, suspicious areas

d) Use the buddy system, go out with at least one other student.

CASES: student out for a run, hit by auto – no buddy around, no ID on person – took three days for program to locate student in one of the numerous area hospitals....don't let this happen to you.

**TO DO:**

1. Have a designated buddy.
2. Make sure you buddy and your program director know where you are.
3. Have a back up plan in case you get separated.
4. Pre-program these phone numbers in your cell phone:
  - a) Program director's phone number
  - b) Your buddy's phone number into your cell phone.
5. Always carry ID with you (even when jogging).

**b.  EMERGENCY CONTACT INFO:**

**Does AU (Your Program Director, Your Department, and the AU Office of International Education) have the following from you?**

- Make sure your program director has your cell phone number, land line phone number, while abroad (make sure your cell phone is set to global roaming).
- Make sure your program director has your family's emergency contact info, in case we need to get in touch with your family (for emergency purposes).

**Do you have?**

- Your Program Director's Cell Phone number, contact info, while abroad?
- Your address while abroad (written for you, in the language of your study abroad destination, in your wallet – you may need this the first few days you are there).
- Contact info for the nearest US embassy
- Our office, the Office of International Education (OIE)'s contact info: Deborah Weiss, cell ph: 334-542-4921

**c.  Immigration paperwork Safety**

- Lock up your passport and important papers
- Make sure you have a copy of your passport and important papers, in a safe place
- Carry a copy of your passport with you if you are locking up your passport and going to class

**7. Accessing your money while abroad**

- a.  Use ATMs in well lit areas
- b.  Change currency at reputable agencies, your program director can advise you.
  1. Check [www.oanda.com](http://www.oanda.com) for the fx currency cheat sheet to take along.
  2. You will need your passport to get cash when going to a bank or an exchange.
- c.  Use credit cards
- d.  Use traveler's checks, be sure to store numbers in a place that is separate from your traveler's checks.
- e.  Financial Safety
  1. Keep cash and credit cards in a safe place

2. Use a money belt to neck pouch to carry cash, credit cards and passport whenever you need to take them with you
3. Do not leave your purse unattended
4. Keep a copy of your credit and debit cards, and your traveler's check numbers, in a safe place.

## 8. Sex, Drugs and Rock n' Roll...alcohol and drug abuse abroad

- a.  Sex and Harassment:
  - Reduce incidents of harassment by watching your alcohol consumption, staying alert and being aware of your surroundings.
  - If you are in a bar and leave your drink, discard it and get a new one.
  - Practice safe sex abroad: you went abroad alone, please come back alone.
  - Make sure someone on the program, your roommate and/or program director, knows where you are at all times.
  - Use the same precautions that you would use in Auburn, if you were out late at night or in an unfamiliar area.
- b.  Drugs and "Cookies from the Embassy":
  - Don't accept packages from strangers. If caught with illegal substances, you go to jail.  
NOTE: More than one-third of Americans incarcerated abroad are held on drug charges (U.S. Dept. of State).
  - The only thing that the US Embassy, your university or your family can do for you, if you are caught with drugs, is bring you cookies (if the local authorities allow it). You are under the laws of the country you are in. You will serve jail time. It will probably be long.  
NOTE: Jail conditions are rough and frightening, made worse by language barrier. Avoid at all cost.
- c.  Alcohol Abuse:
  - Drunk and disorderly conduct is against the law in many countries.
  - Watch your alcohol consumption.
  - Jail time for offenders.

## 9.MORE NOTES ON Living abroad

- a.  TRANSPORTATION:
  - Use the transportation provided to you by the program.
  - Use public transportation.
    1. Contact the host program provider in your destination for the transportation agencies and their schedules.
    2. Have correct change for fare.
    3. Know exits.
    4. Don't go on the last train.
    5. Ask host program provider for advice on which taxis to use (i.e. in London use black cabs – they have fixed rates, they are licensed. White cabs are usually independent operators – not recommended.
    6. If in doubt, ask for Taxi operators ID BEFORE entering cab.
  - Go to well lit areas to pick up the transportation.
  - We strongly discourage renting cars and motorcycles, due to high incidences of accidents. (Reason: unfamiliar with roads, with vehicle, with country laws, alcohol consumption).
- b.  PUBLIC SAFETY... WHAT TO DO...HOW TO ACT...

Demonstrations: political or otherwise, can become violent very quickly and can change direction quickly. Get away from the area.

AU is a member of the Overseas Security Advisory Council (OSAC) of the U.S. Department of State (DOS). (This organization monitors situations abroad). Pay attention to your emails, AU OIE has sent out advisories when the situation warrants it.

Use your MEDEX/Global card if you feel unsafe in any situation, call collect to get assistance with transportation, in an EMERGENCY. MEDEX can assist you in locating transportation and will pinpoint your location, you will need to pay for the transportation.

State your problem clearly – the call line can help you get out of the situation.

**GOOD ADVICE FROM ARCADIA UNIVERSITY:**

“Beware of gypsies and pickpockets: They are generally women and children. These individuals have mastered the art of pick pocketing and look for easily accessible purses or wallets in large crowds and packed buses. They may be easy to recognize and concentrate near main tourist attractions and museum. Many of the children carry newspapers or pieces of cardboard to distract their targets.  Men should not keep their wallets in their back pockets; keep them in front. Avoid carrying your wallets in the outside pocket or at the top of backpacks.  It is best not to carry a lot of cash on you. Your money is safer in the form of traveler’s checks, credit, debit or ATM cards.  Women should not walk alone late at night, especially if they have had too much to drink – it is not safe and is frowned upon in Italian society (also – in the rest of the world). WALK with your buddy or call a taxi.”

c.  STAYING HEALTHY:

The basics

- Get enough rest
- Keep hydrated (follow advice from host program on water usage, bottled or not)
- Manage stress: don’t burn the candle at both ends.
- Eat a health mix of fruits, vegetables
- Pay attention to local advice regarding use of bottle water, unpeeled fruits and vegetables.
- Keep your medical kit handy: diarrhea can happen (Imodium)
- Bring Vitamin C, Coldeze, Band-aids, Imodium, Tylenol.

Avian Flu: Stay alert, check the latest advisory:

Please check the following site for the latest info on Avian Flu:

[http://www.auburn.edu/academic/other/international\\_education/crisis/avian\\_flu/index.htm](http://www.auburn.edu/academic/other/international_education/crisis/avian_flu/index.htm)

In addition: follow precautions listed above for keeping healthy during flu season.  
Think about getting the Flu Shot

d.  Notes from students to help you adjust to your new abroad experience

Be open for new experiences and use your common sense.

Keep your eyes and ears open.

Use your judgment, you know yourself better than anyone.

As with all new experiences, the “newness” wears off in a few weeks.

Understand that any feelings...sadness, loneliness, confusion...are very normal.

You are adjusting to a new culture.

- These feelings will pass in a week or so
- Talk over your feelings with friends on your program, your family, our office, your program director... we have been abroad and are here to help.
- Journal and send emails: these two items will help you document your international experience when you get home and match your photos.
- Remember to treat others as you would have them treat you and...ask if you are uncertain about social customs. (You would help someone new to the US if they were uncertain how to react to a situation).
- Keep learning about the country you are in. Ready the daily paper (the International Times Herald can be found in most countries).

“Five (5) Steps to Thinking Local” (Advice from Students Abroad from IIEPassport.org)

1. Be willing to re-think you sense of personal space. You will have less space abroad.
2. Prepared for a different level of body contact than you are used to. You may have more...or less. The US is a pretty low-contact society – much more contact, as part of the culture in Southern Europe and Latin America. Less in Northern Europe and Asia.
3. Talk local, not tourist...try to pick up the language...you will find more friends and a friendlier atmosphere that way.
4. Think local...not tourist: Use the same level of common sense abroad that you would at home. Steer clear of negative situations while keeping a positive attitude. Don't be upset by the inevitable, occasional mistake, be patient with yourself and you'll learn to adapt more effectively. Dress local, don't stand out...and get used to walking more.
5. Take responsibility – for your health, your budget, your safety.

## 10. Preparing for the flight home...

a. Keep passports, customs forms, AND RECEIPTS FOR ANYTHING YOU PURCHASED IN-COUNTRY, **with you and easily accessible.**

You may need them to get through customs. You don't want to fumble through you luggage as your plane is loading for departure. You could miss your plane.

b.  Make sure you have addresses of friends you met in-country.

Stay in touch. Simply writing an email to friends abroad will bring the great experience back to you and help you get through Re-Entry shock.

c.  Safeguard your undeveloped film, digital cameras. Carry them with you.

d.  Pay attention to luggage size and weight restrictions. You may pay extra of luggage over the weight limit. Or extra luggage may be placed on another plane, departing later.

## 11. When you Return....

a.  Send us (the Office of International Education) your photos, evaluations, testimonials. Drop by, we would love to see your photos, hear about your experiences.

b.  Expect Re-Entry shock:

It is the feeling that you would rather be back abroad then where you are now.

It is very normal.

Some of your friends who have not yet gone abroad may not want to hear all of your stories.

- Don't worry: you have changed, you will find new friends who share your new insights.
- Remember those emails you sent to family and friends back in the states, when you were abroad, now is a good time to re-visit them.
- Drop by the Office of International Education, we would love to see your photos, hear about your experiences. (We have been there and we know that talking about it is wonderful.)

c.  Get in touch with professors in your major area:

- Who have traveled to places that you have been.
- Introduce yourself... this is a great icebreaker and a way to get to know your professors
- It will also help you when job interviewing time comes around since you will be able to ask for letters of reference from these professors.

d.  Use your international experience in your class presentations, share your experiences with classmates.

## 12. UPDATING YOUR RESUME WHEN YOU RETURN

- a.  Put your Auburn Abroad Experience (name of university abroad) on your resume directly below your degree.
- b.  If you have not yet completed your degree (put the words "in progress") next to your degree.
- c.  Write down key learning experiences, rehearse them, this will help you field similar questions during job interview:
  - "I knew I could handle a new culture (read "new challenge") when...."
  - "I knew I was adaptable when..."
  - "I feel more confident now because when I was abroad I learned/did...."
  - "I feel more comfortable with diverse situations because..."

### \*\*\*\*\*Want Website with more PREDEPARTURE INFO?

- a.  Study abroad tips: [http://www.travel.state.gov/travel/tips/tips\\_1232.html](http://www.travel.state.gov/travel/tips/tips_1232.html)
- b.  Handling emergencies abroad: <http://www.auburn.edu/academic/international/crisis>  
(This site lists links to the CDC, US State Department, SAFETI and other organizations)

# CHEERS! BON VOYAGE!

**Final note.....While abroad...**

**CALL YOUR MOTHER.....**

**SHE WORRIES - DAD  
WORRIES TOO!**