

INTERNATIONAL INTERNSHIP ORIENTATION HANDBOOK
for students completing academic internships abroad

Adapted from the materials provided for Study Abroad Orientation, created/compiled by St. Olaf's International and Off-Campus Studies Office

IMPORTANT NOTE: *This information was adapted from Study Abroad Orientation materials, and you will see reference to study abroad programs and faculty instructors for those programs. International academic internships are organized by individual students, and rather than an on-site faculty instructor these students work with faculty supervisors here on campus. In study abroad processes that refer to an on-site faculty instructor, students on international academic internships will need to make other accommodations or arrangements.*

An academic internship abroad can be an enriching, exciting and life-changing experience. You have completed the application process and made a commitment to participate in your chosen off-campus experience. So, now what do you do? It is important to gain program specific and cultural information about your country(ies) before you depart. This orientation handbook has a wealth of information to assist you.

This Orientation Handbook has been put together to assist students planning to complete academic work abroad. Hopefully it will be helpful both before and during your time away. Two things should be made clear:

- 1) It cannot and should not tell all there is to know about the places you will visit.
- 2) The minute anything is in print it runs the risk of being outdated.

How to use this handbook

- A. Read it thoroughly. It is a good source of information about:
1. Administrative policies/procedures related to St. Olaf International/Off-Campus Studies
 2. Health Information, including immunizations recommendations, if necessary
 3. Safety and crisis information
 4. Culture shock abroad and Reentry upon return to the U.S.
- B. Share the Orientation Handbook with your family and friends - Students are often more prepared to enter the unknown than their family/friends are to have them go. This information may relieve anxiety and save you and International and Off-Campus Studies from answering repeated questions.
- C. Take the Orientation Handbook (or parts of it) with you - It is not meant to be the St. Olaf abroad "Bible," but it does include helpful information for easy reference as you travel. Often what is written will make more sense to you while you are in the midst of your experience abroad.

For clarification of any matters regarding your experience, address questions to:

Center for Experiential Learning (CEL) -OR-	International and Off-Campus Studies (IOS)
St. Olaf College	St. Olaf College
1520 St. Olaf Avenue	1520 St. Olaf Avenue
Northfield, MN 55057-1098	Northfield, MN 55057-1098
Telephone: 507-786-3268	Telephone: 507-646-3069

In case of serious emergency, don't hesitate to call the CEL or International and Off-Campus Studies collect.

CENTER FOR EXPERIENTIAL LEARNING STAFF
Sandy Malecha (malechas) 786-3249

INTERNATIONAL AND OFF-CAMPUS STUDIES STAFF
Kathy Tuma (tuma) 786-3228

PREPARING FOR DEPARTURE

It is important to spend time preparing for your time abroad, even though you will be only away for a month. A few

matters taken care of before you depart will save you much time communicating with home or returning to problems. Following are some of the areas necessary to do before departing.

PASSPORT AND VISAS

You must have a valid passport in hand in order to travel abroad. It is imperative that you take care of applying for your passport timely.

FAMILY EMERGENCIES

Because you will be far away from home for an extended period of time, it is important to discuss with your family what to do in the case of a family emergency while you are overseas. This should include what you would do if a family member becomes ill or dies. It is also important to consider what you will do if you are involved in an accident or severe illness while abroad. We advise one or both parents obtain a current passport for any emergencies. This should be done before you depart the U.S.

REGISTER ELECTRONIC EQUIPMENT

It is important to register any camera, tape recorder, radio or personal computer (especially if they are new or foreign made) BEFORE you depart with U.S. Customs. By registering these items, you will avoid being questioned by customs on your return about paying duty on them.

DECIDING HOW TO COMMUNICATE WITH HOME

Students sometimes tell family/friends that they will phone home at a specific time, just after arrival. Events can happen to make that phone call impossible -- plane or train delays, unavailability of an international phone line, etc.. Rather than promising family/friends that you will call as "soon as you arrive", we suggest you tell them you will call them "as soon as it is convenient". This policy could save your parents and St. Olaf staff considerable worry.

Historically, when students went abroad they knew it would be a long, long way away and communication with home would be limited and infrequent. This is no longer the case in most places of the world. Communication is much easier--and more tempting.

In the past few years there has been a large increase in the phone and e-mail communication to and from the U.S. It is important to keep in contact with friends and family while on a program abroad. Yet, electronic communication on a regular basis can detract from your experience by keeping you focused on home rather than your experience.

We would encourage you instead to write frequent letters/postcards and/or short e-mails/blog to friends and family. Writing tends to be reflective and is also a history of your experience. Writings can be reread and kept for you as a journal of your experience abroad.

INSURANCE

Health Insurance: It would be very helpful to make a photocopy of your health insurance coverage page or a certificate stating the coverage, so there are no questions about what is available for health coverage abroad.

Baggage Insurance: Simple baggage insurance plans are available at banks and travel agencies. Considering cameras, clothing and incidentals, your baggage is worth no less than \$300 to \$500. Plan to be covered from your date of departure until the date you return home. Check your parents' homeowners' insurance policy as it may already provide this coverage.

Travel Accident Insurance: Banks and travel agencies have such policies available. Minimum coverage is \$5,000 for accidental death and proportionate coverage for accidents resulting in medical and hospital expenses. These policies must not be confused with the air travel type issued at the airport. The latter apply only to in-flight accidents.

TRAVEL DOCUMENTS

There are several documents you should make copies of before you depart. Leave one with your family and take one along with you and keep in a safe place separate from your original documents. They are:

- 1) information page of your passport
- 2) any entrance visas you may have for the program
- 3) certified copy of your birth certificate
- 4) travelers check numbers

- 5) International Student ID card (if applicable)
- 6) insurance card with policy number
- 7) your airline ticket (when possible)
- 8) drivers' license and any credit cards you take with you
- 9) contents of your wallet
- 10) prescription medications
- 11) rail passes
- 12) toll free numbers for credit card replacement

In the event your passport or travelers checks should be lost or stolen, you will be very happy to have copies of these items.

MONEY MATTERS

The overall cost of traveling abroad can be higher or lower than at home. Because you are in an unfamiliar environment, with local costs stated in a currency you may not be able to translate immediately into dollars, it is easy to be misled. It is satisfying to know you have enough money to do the things you want, but very frustrating to watch others take advantage of opportunities you cannot because you have spent your money unwisely.

BUDGETING

It is important to budget, plan and spend wisely while abroad. Even those on a tight budget can enjoy experiences abroad without going into debt. It just takes some planning. Following are some common sense tips which may be of assistance as you plan your finances:

1. Make both a weekly and at times a daily budget and stick to them.
2. Learn the "value" of the currency (in relation to the US\$) wherever you are.
3. Be alert for special student rates and discounts, such as the CIEE Student ID card, for travel, lodging, entrance fees).
4. Plan your entertainment and recreation around the availability of free, inexpensive and discounted events.

GENERAL INFORMATION AND TIPS

1. It is advisable to bring a small amount of local currency with you, but exchange the bulk of your money at a local currency exchange or bank. You will obtain a better rate.
2. As a safety measure - keep an "untouchable" big bill (\$50 or so) in reserve, separate from your other money. Use only in case of emergency.
3. Count your change wherever you go.
4. Depending upon the country, you may want to bring a small amount of U.S. cash (\$1 and \$5). Some places will exchange cash easier than travelers checks.
5. Don't go overboard on what seems to be a bargain, but will be expensive to ship or which you will need to pay high duty to bring home.
6. It is impossible to cash personal checks abroad.

TRAVELER'S CHECKS

1. A safe way to carry your money abroad is in the form of traveler's checks, which can be replaced if lost or stolen. However, be aware that it has become increasingly difficult to find a place to cash traveler's checks abroad.
2. Most traveler's checks purchased at a bank cost one percent of the total amount you are buying. You may want to explore where you could obtain traveler's checks at no cost. If you are an AAA member, they are free.
3. Traveler's checks in U.S. dollars are widely accepted around the world. It is also possible to purchase traveler's checks in other major currencies, such as British pounds, Euros or Japanese yen. While it is hard to predict the course of the international currency market, you can sometimes insulate yourself from its fluctuations by purchasing traveler's checks in the currency of the country where you will reside.

CREDIT CARDS

1. Many major credit cards are accepted abroad, depending upon the country. You may want to take

more than one. It is important to verify your credit limit before you go.

2. Credit card currency conversions are usually very accurate and your bill serves as a future reference if something is lost or broken. You may receive a more favorable rate of exchange, since the corporate rate that card companies receive is often lower than the rate for individuals.
3. Keep in mind that cash advances accrue interest from day one and often at a higher rate than for regular purchases. It is possible to send a large check to your credit card company before you go abroad to cover advances.
4. If your card is lost or stolen and used by a thief, you generally cannot be held responsible for more than \$50 in fraudulent charges. It is important to immediately cancel your credit cards if they are lost or stolen.
5. Make sure you keep your charge card receipts. A receipt can be used by someone else to falsify your card. Also, check that you receive your card back in restaurants, not someone else's.
6. Businesses have been known to alter charge slips in an effort to defraud customers. Don't throw away your charge slips until the charges have been billed and paid. An extra digit on the charge slip can cause the bill to soar.
7. Call your credit card company and your bank and inform them that you will be out of the country and where you will be. Fraud protection with some credit card companies will put a hold on your account if it is used in another country to protect you.

DEBIT CARDS (ATM's)

The proliferation of automated teller machines around the world provides one of the best ways of transferring money, exchanging currency and making purchases.

Many ATMs in the United States and abroad are connected to international networks. This means that you can get cash in the local currency directly from your bank account in the United States. Usually you'll get a very favorable rate of exchange--the same one banks use when exchanging money among themselves.

To be able to use ATMs overseas, your PIN code should not be longer than four digits. Some foreign keypads have only numbers. If you have letters in your PIN, before you depart, substitute the number you would use to dial that letter on an American telephone. Some ATM's will not accept a zero in the pin number. You may want to check your pin # and change it. Also check with your bank to make certain your Debit card will be accepted out of the U.S. Foreign ATM's may allow draws only from your primary checking account. Instructions are usually available in English. Even if you hope to rely exclusively on ATM's, bring some travelers checks or dollars, since you won't always find an ATM on your bank's network, and bent or damaged cards are useless.

Be aware that debit cards are not without risks. Because the debit card is drawing on your account at home, if it is stolen, your account could be wiped out, thus leaving any outstanding checks to bounce. Many debit cards have a maximum liability of \$50, as long as reported within 48 hours. Be aware of the card rules.

WHAT TO DO IF YOU LOSE YOUR PURSE OR WALLET:

1. Cancel your credit cards immediately (the key to this is having the toll free numbers and your credit card numbers handy so you know who to call).
2. File a police report immediately in the jurisdiction where it was stolen. This proves to credit providers that you were diligent and is a first step toward an investigation (if there ever is one).
3. Call the three (3) national credit reporting organizations immediately to place a fraud alert on our name and social security number. They are:

Equifax: 1-800-525-6285
Experian: 1-800-301-7195
Trans Union: 1-800-680-7289

There is also a Social Security Administration fraud line at 1-800-269-0271. Identity fraud is currently becoming a problem. It is important to report any loss of a Social Security card.

GETTING THE MOST OUT OF YOUR EXPERIENCE

Researching your study abroad destination will greatly enhance your experience. Guidebooks, novels, movies, histories, and social, economic and political studies are some of the materials you will want to take a look at before leaving. Investigate your library, ask professors what they recommend and check to see what your local bookstore offers.

CENTER FOR EXPERIENTIAL LEARNING

Get the most out of your international/off-campus experience! The CEL can help you think through and research experiential opportunities that complement your program and enrich your abroad experience. Whether you are considering volunteer/service work, an academic or career experience internship, or looking to return to the country or region where you studied after graduation, the CEL can assist you in several ways:

- Help you discern your vocation
 - Attend an "Identifying Vocational Interests" workshop series either before or after you go abroad. The workshop will allow you to consider how your values, interests, skills, and abilities relate to your post-graduate goals and sense of self, providing you the opportunity to deliberately consider who you are and your fit within the world through activities and assessments. These exercises can be helpful both prior to or after a study-abroad experience. (<http://www.stolaf.edu/services/cel/> for a link to our calendar/workshop series)
 - Meet with a CEL counselor in a one-on-one appointment for further individualized discussion and goal-setting. (Call x3268 or stop in to schedule an appointment)
- Assist you in making connections
 - Use the on-line alumni directory (found on the CEL website) to potentially find St. Olaf alumni in the country where you plan to study. Alumni (or others found through family, friends, faculty, the program, or university) can serve as helpful resources to teach you more about the country's cultural context-- both the limitations and opportunities that might exist. They might also be able to provide insight on where to find experiential opportunities (volunteer assignments, internships, etc.) if they exist.
 - Information is also available in the CEL on how to best connect with alumni and others through informational interviews, job shadowing, or forming mentoring relationships.
- Provide workshops, events and fairs to assist you with your post-graduation plans
 - St. Olaf-affiliated internship, job and service fairs such as the World Wide Service Fair, the Idealist Nonprofit Career Fair, HECUA's Working for Change Conference, and the MN Private Colleges Job and Internship Fair offer information and connections to a wide range of experiential and post-graduate employment/service opportunities. See the "Events and Fairs" section on our website for dates and details.
 - International alumni panels and workshops can also provide exposure to those who have worked internationally, giving you tailored advice and information on the unique nature of an international job/internship search.

Students who have been the most successful in making connections and gaining experience while abroad are those who think and act entrepreneurially. Be willing to take the initiative and responsibility to uncover opportunities that might exist; be creative in identifying and utilizing your resources. We encourage you to visit our office and utilize our resources both before and after your abroad experience!

Center for Experiential Learning, Modular Village, x3268, cel@stolaf.edu, <http://www.stolaf.edu/services/cel>

PREPARING TO BE AN AMERICAN ABROAD

No matter where you go, you will be asked questions about U.S. foreign policy--especially about matters that directly affect the country in which you are studying. The best way to prepare yourself in advance is by reading newspapers like the New York Times, Washington Post and Christian Science Monitor, which are known for their coverage of international affairs. Websites: <http://www.nytimes.com> or <http://www.cnn.com> or <http://www.washingtonpost.com>

Returning students almost always state that they wished they had known more about the U.S. and its foreign policies, as they were asked many questions!

Following is a list of recommended websites to gain information:

Backpack Europe on a Budget:	http://www.backpackeurope.com
Budget Travel:	http://www.budgettravel.com
CNN Travel Guide:	http://www.cnn.com/TRAVEL
Currency Converter:	http://www.xe.net/ucc or http://www.oanda.com/converter/travel
European Hostels:	http://www.europeanhostels.com or http://www.hostelseurope.com
Hostelling International:	http://www.ihf.org
Lonely Planet:	http://www.lonelyplanet.com
News for the Thrifty Traveler:	www.thriftytraveler.com
Let's Go:	www.lets-go.com
Europe through the Back Door:	www.ricksteves.com
Go-Budget Travel:	http://gobudgettravel.com/budget-travel-destinations/11

GAY/LESBIAN/BISEXUAL/TRANSEXUAL (GLBT) STUDENTS

Attitudes toward bisexual, gay and lesbian travelers are particular to each region of the world. Acceptance is generally highest in large cities. Listed below are websites for contact organizations, mail-order bookstores and publishers that offer materials addressing specific concerns.

International Gay and Lesbian Travel
Association (ILGA) www.ilga.org

There are websites specific to travel for gay/lesbian/bisexual/transsexual students. You may want to use some of the following sites as you plan your travels:

<http://www.gayscape.com/>
<http://www.outandabout.com/>

PACKING:

Knowing what to bring is one of the most important parts of pre-planning. The importance of packing light cannot be overemphasized. There is nothing worse than lugging a 50 pound suitcase in the blazing heat or the freezing rain. Most airlines have imposed a 50 pound limit per bag and charge fees for any bag heavier. We recommend you bring ONE good quality suitcase (with wheels) or a backpack on your program. TRY TO KEEP YOUR SUITCASE WEIGHT UNDER 25 POUNDS.

Here is a sample packing list for a one-month program (your list will depend on your destination):

*1 pair walking shoes	*2 shirts	*1-2 skirts/trousers
*1 pair sandals/boots/dress shoe (depending on destination)	*1 raincoat/poncho/light jacket	*3-4 t-shirts
*3-5 pair socks	*1 sweater/sweatshirt	* 1 belt
*5-7 sets underwear	*1 towel	
*1-2 pair shorts	*1 bathing suit	
	*1 hat (for sun)	

PACKING HINTS:

- *Mix and match several items - pick a scheme like black, brown or navy.
- *Each piece of clothing should match at least two other items
- *Take an all-purpose jacket - one that is warm and can also double as rain gear with plenty of pockets.
- *Do not take anything that would upset you if you lost it - such as valuables and jewelry.
- *Take limited pairs of only comfortable shoes - match all or most of your wardrobe with a few pairs.
- *Pack t-shirts to wear under clothes-you can wash out the t-shirts before clothing needs to be washed.
- *Do not take anything that will easily wrinkle or that needs to be dry cleaned.

- *Roll your clothing in your suitcase to maximize space - it will also cut down on wrinkling.
- *Do not take mace or pepper spray in your suitcase or carry on – these are illegal in some countries.

MISCELLANEOUS:

- *Address book (small) and envelopes
- *Swiss army knife (packed in suitcase to be checked at the airport)
- *Prescription drugs in original container (with written prescription)
- *Dental floss
- *Ear plugs
- *Extra cash (\$40 in small U.S. bills)
- *Extra passport-size photographs for passes and visas
- *Small flashlight & extra batteries
- *Insect repellent (if in a tropical climate)
- *Laundry detergent and short clothesline
- *Lightweight journal
- *Pictures of family and friends
- *Small battery-powered alarm clock
- *Small first aid & sewing kit
- *Sunglasses
- *Ziplock plastic bags (to keep things dry)
- *Umbrella
- *Maps and guide books
- *Fingernail clippers (packed in suitcase to be checked)

GIFT SUGGESTIONS

You may need to bring gifts for people, especially if you are in a homestay. Here are some suggestions:

- Caps, clothing and other items with college logos (keychains, paperweights, etc)
- Cookbooks with American recipes (pancakes, chocolate chip cookies, etc).
- Non-perishable foods (maple syrup, peanut butter, saltwater taffy, wild rice, etc).
- Cassettes or CD's of American music (jazz, folk, pop, rock, St. Olaf choir/band/orchestra)
- Calendars with photos of U.S. or your home state
- Pen and ink drawings or professional quality photographs of your area
- US style paraphernalia (Disney, NBA, NFL, etc.)
- Handmade crafts or jewelry (especially Native American)
- Packets of note cards or postcards depicting American or local sites
- colored note pads with pens or black paper with gel pens
- candles
- small picture frames

ARRIVAL IMMIGRATION AND CUSTOMS INSPECTIONS

As you enter ANY country via an international flight (or other means) you will have to show your passport, any required visa and sometimes proof of immunization. This usually occurs just after you have left the plane and entered the airport, but before you have your luggage. Remember that admission to the country is entirely at the discretion of the immigration officer. It is wise to be polite and to dress neatly. The immigration officer, who determines the length of stay to be authorized and stamped into your passport, will normally ask you about the purpose of your visit and how long you plan to remain in the country. All of this can be unnerving at times, but it is routine and required.

After your passport has been stamped and you collect your luggage, you pass through a customs inspection. You will probably have already received on the plane (or train) a customs declaration form. This is examined by customs officials when they look at your luggage. Sometimes there is a system of red and green lights. If you receive the green light you can pass directly through. If you receive a red light, your bags may be very carefully examined and you could be detained or asked to pay duty if there are any irregularities or violations of customs regulations. Most likely you will be able to go directly through customs, but it is good to know these spot checks are a possibility. Do not ever 'joke' about bombs, terrorists or smuggled items.

Most airports and train stations offer banking services. If you have not brought with you any local currency, it is

possible to purchase some with US dollars or travelers checks (depending upon the time you arrive in the country). Do not change too much, as exchange rates at airports and train stations are usually much higher than local banks or money exchanges.

OBEYING LOCAL AND NATIONAL LAWS

While you are visiting another country you are subject to the laws of that country. Legal protection taken for granted in the US is left behind when you leave the US. American Embassies/Consulates are very limited in the assistance they can provide. They cannot intervene on your behalf in the administration of justice as seen from the point of view of the host country.

Bail provisions as we know them in the US are rare and many countries and pre-trial detention without bail is not uncommon. Prison conditions in developing or fundamentalist countries may often be deplorable. The principle of “innocent until proven guilty” is not necessarily followed in the legal systems abroad. The best advice is to know the laws, obey them and stay out of trouble. Use common sense—what is acceptable in the US, isn’t always acceptable abroad.

TRAVEL TIPS

St. Olaf College encourages and supports that students use weekends and evenings to broaden their travel to neighboring cities, countries and sites while they are on the overseas study program. Using free time to visit other cultural attractions will further broaden the advantages of the international study.

Even seasoned travelers need ideas and reminders and tips about life abroad. Following are a collection of suggestions to help you abroad.

1. Put your name and address on the outside and inside each piece.
2. Receive a claim check for each piece of checked baggage and check that it is for the correct city.
3. Read the fire safety instructions in hotels and know where the exits are located.
4. Do not take or wear expensive jewelry - it can be easily stolen, even when wearing it.
5. Investigate prior to departure how to replace travelers checks or credit cards.
6. Bring with you only those credit cards and documents you will need.
7. Have some local currency with you upon entering a country, especially if you arrive late
8. With increased airport security. Check in at least 2 hours prior to departure for international flights.

FOREIGN ELECTRICITY

You can use electric equipment overseas. But first, you need to know the differences between U.S. and foreign electric currents. Otherwise, you may wind up doing a slow burn along with your equipment. We use 110-volt alternating current in the U.S. (110V AC). Most American equipment when plugged into a foreign outlet, cause the motor to go twice as fast as it's designed to do. To complicate matters, most of the world's outlets are shaped differently than ours. Fortunately, the solutions are simple.

THE CONVERTER

Plug your equipment into the converter, and plug the converter into the wall outlet. The converter cuts in half the number of volts flowing into your equipment, so it operates just like it does at home. Just be sure you choose the right types, and each is designed to operate specific equipment.

DUAL VOLTAGE

Dual voltage equipment is designed to work on either 110V or 220V without a converter just by flipping a switch. Be sure to check this before you leave. In any case, you will still need the proper type of adapter to plug into the foreign outlet.

ADAPTERS

An American plug has two or three flat, parallel blades that slide right into the outlet. But most of the world's outlets have round holes. Some take three square pins. Others require flat, angled blades. The round pins you'll need are already built into the voltage converters. All you do is plug your equipment into the wall. But if you happen to run into different configuration, just snap the proper adapter onto the round pins.

SHOPPING TIPS:

Shopping abroad can be an exciting bargain or a depressing rip-off. It can be a good way to study the culture, for you will find what people in that culture purchase. "Duty Free" Shops are deceiving because "Duty Free" only means the government excise tax has been removed. Be aware of the individual country tax laws. Many times taxes are refundable on departure. An example of this is the VAT, or Value-Added Tax. You should have the receipts stamped at customs when you depart. When you return home, mail copies of the receipts back to the store with your U.S. address. The store should then mail you a refund. Using a credit card makes paperwork easier. Sometimes you might be in a culture where you will need to bargain. If so:

- a) Shop around before you make an offer
- b) Say you will have to check with a friend who knows about the product.
- c) Make sure nothing is wrong with the purchase. A scratch/mark should reduce the asking price.
- d) Try and interpret their actions and motions.
- e) Do not be afraid to walk away if you are getting too much pressure to buy.
- f) Remember, you can always look elsewhere. There are a lot of eager merchants.
- g) Be absolutely positive that you want something before you agree to pay a price.
- h) It is quite disrespectful, and sometimes very dangerous, to break a commitment to purchase.

CUSTOMS (on return to U.S.)

When you return to the United States, you must go through customs. The U.S. government prohibits Americans from bringing back certain articles and imposes import fees or duties on other items. In general, the first \$800 worth of goods is duty free, but expect to pay a 10% duty on the next \$1000 worth of purchases.

Import duty varies according to the nature of the articles when you go over \$1400. All articles acquired abroad and in your possession at the time of your return to the US must be declared to Customs officials, either orally (if you do not exceed the \$800 limit) or in writing. Declaration forms are distributed during your flight back to the U.S.

It is important to keep track of your receipts, especially of major purchases. If there are questions at custom, you can produce proof of the cost of purchase. It is not worth it to attempt to bring in illegal goods or not declare the correct amounts. If you are caught, there are stiff penalties.

RETURNING TO LIFE AT ST. OLAF

When you return to campus, many will want to hear about your experiences and some will not be as interested. The staff of the CEL and IOS would like to hear about your time abroad. We consider re-entry an important part of the off-campus experience. Upon your return there will be information about the following:

- 1. International Internships Reflection Session
- 2. Welcome Back Event
- 3. World Issues Dialogue
- 4. World Wide Service Fair
- 5. Photo contest application
- 6. Literary Contest

We hope you will participate in these activities and share with us your experiences.

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A PERSPECTIVE ON THE WORLD

If we could shrink the Earth's population to a village of precisely 100 people, with all existing human ratios remaining the same, it would look like this:

- 57 Asians, 21 Europeans, 14 from the Western Hemisphere (North and South) and 8 Africans
- 52 would be female; 48 would be male
- 70 would be non-white; 30 would be white
- 70 would be non-Christian; 30 Christian
- 89 would be heterosexual; 11 would be homosexual
- 59% of the entire world's wealth would be in the hands of only 6 people- all 6 would be US citizens.
- 80 would live in substandard housing
- 70 would be unable to read

- 50 would suffer from malnutrition
- 1 would have a computer
- only 1 would have a college education

When one considers our world from such an incredibly compressed perspective, the need for both tolerance and understanding becomes glaringly apparent... HS 10/31/07

A WORD ON PHOTOGRAPHY HOW TO BE A SENSITIVE CROSS-CULTURAL PHOTOGRAPHER

People give expression to their experiences overseas in many different ways. Some of these means are: journal-writing, detailed letters home, art, music and photography. Of various forms of expression, photography is one which needs to be done with particular sensitivity and care.

In the U.S., cameras and picture taking are a normal part of life. But in many other countries, cameras can say and mean something very different. For example, in economically poor countries, the ability to own a camera often sets you apart from many people. It may indicate you are wealthy.

Cameras can also say you have power. You not only have the ability to take pictures, you also have the ability to interpret the lives of others. You can use those images however you want. The subjects will not have control.

Cameras can also mean different things from one country to another. In a totalitarian country cameras mean fear and suspicion. They are instruments of control and coercion when used by the state to document the activities of citizens. Even in countries which have recently been freed from totalitarian rule, people can still be suspicious of strangers who point a camera at them.

The camera can be a powerful tool. In the hands of a sensitive photographer, it can enhance relationships and provide people back home with a meaningful glimpse of the life in another culture. Used improperly, it can erect barriers, create hard feelings and give negative impressions of another country.

Picture taking is an important part of overseas travel. But it can also be abused. Be slow to take out your camera. In order to be a sensitive cross-cultural photographer, here are a few simple suggestions to remember.

1. Be sensitive to others' feelings about photography and do not intrude where you are not welcome. Do not let your photography become offensive.
2. Memories can be created by getting to know people as well as by photographing them. If you plan to spend several days or more with hosts, wait awhile before you begin taking pictures. It's always easier when friends take pictures of friends. The relationships you enter into at that moment are far more important than a photograph in an album. Enjoy the moment and the pictures will follow naturally.
3. Ask permission. Do you like someone taking your picture when you aren't prepared? Wouldn't you like to comb your hair or change your shirt? People in other cultures feel the same way. In fact, people in some cultures will refuse to have their picture taken unless they can "put on their Sunday best". Taking a picture when they aren't prepared can be very offensive. As well, older people in many cultures are treated with deference at all times. It would be disrespectful to take a picture without seeking permission. In some cultures, there are places and things which should not be photographed. Some religions forbid members to have their pictures taken. Before breaking cultural or religious taboos, ask permission.
4. Don't pose your subjects. When we pose people, we create an unnatural event which can cause discomfort. Show interest in what people are doing and then photograph them doing that activity. You will get a more interesting picture and everyone will feel a lot better.
5. Don't allow yourself to only be drawn to the bizarre. During your travels you will see many things which are strange and unusual to American eyes. It is natural for you to want to take pictures of these things. But it is easy to insult your hosts by only taking pictures of things which poorly represent their country -- beggars, starving people, slums, etc. Think how you would feel if a visitor to the U.S. insisted on only taking pictures of poor living conditions, junkyards and pollution. If you

take pictures of people experiencing difficulty, remember also to take pictures of people enjoying life.

6. Be prepared to occasionally pay for some of your pictures. Some people will allow you to photograph them, but then ask for money. Don't be offended. Carry local change for this purpose. It's a small price to pay for a good photograph. And, to be fair, it's an exchange. You have taken something from your subject--a picture. Look on these experiences as an exchange.
7. Many times you will be asked to send a copy of a photograph to the subject. Don't promise to do so unless you intend to follow through. If it is impossible, say so, and then ask if you can still take a picture. Sometimes it is possible to send a photograph via your host.
8. Look and listen; do not merely see your experiences through the lens of a camera. Searching for the perfect shot can distract you from enjoying and learning from what is around you.

You must decide whether to take prints or digital. There are pros and cons for each. Prints are nice because you can take them anywhere and simply pass them around. Digital images can be sent home and are easily stored. However, some digital images enlarge poorly.

Advice on taking pictures: If you have purchased a new camera, be sure to practice using it before you go. When on site, take pictures of everyday sights and activities right away. Sights will soon become familiar to you. The everyday scenes will be especially meaningful to you when you return, but are most often the ones missing from your photos.

HS 10/31/07

"YES, ONE ALSO TRAVELS TO ESCAPE FROM IT ALL. BUT THAT IS THE GREAT ILLUSION, IT CANNOT BE DONE; IT WAS ALWAYS MYSELF I FOUND AT THE END OF THE JOURNEY AND I WISH IT HAD NOT TAKEN ME SO MANY YEARS TILL I HAD THE COURAGE TO FACE THAT SELF PROPERLY."

Ella Maillart

HS 11/7/01

"I've often thought there ought to be a manual to hand to little kids, telling them what kind of plant they're on... called Welcome to Earth ...and one thing I would really like to tell them about is cultural relativity. I didn't learn until I was in college about all the other cultures, and I should have learned that in first grade. A first grader should understand that his or her culture isn't a rational invention; that there are thousands of other cultures and they all work pretty well; that all cultures function on faith rather than truth; that there are lots of alternatives to our own society. Cultural relativity is defensible and attractive. It's a source of hope." -- Kurt Vonnegut

To be a well-prepared traveler and considerate guest in a host country...

1. Travel in a spirit of humility and with a genuine desire to meet and talk with local people.
2. Do not expect to find things as you have them at home... you have left your home to find differences
3. Do not take anything too seriously... an open mind is the beginning of a fine study abroad experience.
4. Do not let others get on your nerves... you have come a long way to be a good ambassador for your country, to learn as much as you can and to enjoy the experience.
5. Read carefully the information in the Orientation Handbook and listen to the advice of those who have traveled before you, especially the instructor or faculty supervisor.
6. Remember your passport and know where it is at all times... a person without a passport is a person without

a country.

7. Do not worry... one who worries has no pleasure.
8. Do not judge the people of a country by the one person with whom you have had trouble... this is unfair to the people as a whole.
9. Remember you are a guest in every land... one who treats a host with respect will be treated as an honored guest.
10. Cultivate the habit of listening and observing, rather than merely hearing or seeing.
11. Realize that other people may have thought patterns and concepts of time which are very different - not inferior, just different.
12. Be aware of the feelings of local people to prevent what might be offensive behavior. Photography particularly must be respectful.
13. Make no promises to local, new friends that you cannot keep.
14. Spend time reflecting on your daily experiences in order to deepen your understanding of your experiences.

Adapted from: Ten Commandments of Studying and Traveling Abroad
Office of International Studies, College of St. Benedict and St. John's University

"Perhaps the greatest power of educational exchange is the power to convert nations
into peoples and to translate ideologies into human aspirations."

- J.W. Fullbright

CROSS CULTURAL ADJUSTMENT

Adjusting to a new culture is a major part of the intercultural experience of study abroad. Each of us has attitudes, emotions, prejudices, habits and mannerisms that are a product of our culture. When you enter a new culture, all or most of the familiar cues of daily life are removed. No matter how broadminded or full of good will you may be, the mental and emotional adjustment required of those living abroad is real. You will experience some type of cultural adjustment.

Many people think that knowing and speaking the language insures automatic communication. But, communication includes behavior. Knowledge of the written and spoken language may by itself be insufficient. Your peace of mind depends on hundreds of signs and symbols about which you are largely unaware. These signs or cues that you use to orient yourself to the situation of daily living include: when and how to greet people, eat food, get from place to place and talk informally. When you enter a new culture, all or most of these familiar cues are removed.

An intercultural experience forces you into realizations about others and about yourself. One of the greatest shocks may not be in the encounter with a different culture, but in the recognition of how your own culture has shaped you and what you do.

There is no clear-cut way of dealing with the results of immersion into a new culture. Accepting the fact that adjustment is a challenge, but remembering that it is a temporary condition that will pass as you become familiar with the language, mannerisms and local customs, is the first step toward adjustment.

Culture shock is a normal experience and it effects nearly every traveler—even experienced ones. Problems of adjustment are experienced by everyone, but to each with varying intensity.

EXCITEMENT

This is often called the “honeymoon”. You are excited about the newness of it all. Experiences are new and exciting. Sights, sounds, smells are different, but still so interesting. You are comfortable as long as you can see similarities between your native culture and your new environment. Normally this phase does not last if you remain in one place, as you must begin to cope with the real conditions of life in that country.

CRISIS

How can there be a crisis stage during this experience I have planned for and dreamed about for so long? When the newness and excitement wear off (from a few hours to a few weeks), the real challenge begins. As you start to see and feel differences, things may go wrong and you may feel disoriented. Because language is the most common communication tool in any society, it offers the greatest security. If you do not have adequate language skills, you are stripped of your primary means of interaction. You may be unable to display your education and intelligence, symbols that give you status and security back home. As you meet people, but are not able to respond to them on their level, you may feel you are back on the level of a beginner.

You may be excessively concerned about cleanliness, drinking water, food. You may experience fits of anger over delays and other minor frustrations.

It is at this time that some may go through an “anti-native” stage. This is the time of cultural adjustment when there is a tendency to complain about the country and the people. It may be a time of clinging to old beliefs and attitudes and idealizing the situation at home. It can end up with finding fault with everything foreign. You are in another culture, not to replicate the U.S., but to learn about the culture and use your newly acquired lens to view your own culture. There is always the danger of being stuck at this level. Hopefully, if you recognize this stage, you will be able to take measures to move on and allow yourself to see more of the wonders of the new culture.

The other side of the “anti-native” stage is “going native”. It is good to recognize the positive qualities of the new culture and be somewhat adventurous, but there is a danger of going too far. A person of this extreme renounces former ways and values in favor of new ones. There is criticism of the home country and bitter blaming for real and imagined injustices. This time is also characterized as culture fatigue. One just gets tired of not being home. In spite of the ability to cope on a daily basis, everything can just become uncomfortable and overwhelming.

RECOVERY – IT’S STARTING TO MAKE SENSE

You begin to piece together a pattern of behaving and living. You may begin to recognize communicative cues: faces, actions and tones. If you are speaking another language, you begin to communicate more efficiently. As you

build your familiarity and knowledge, you find each day easier.

To move to this stage it is important to develop self-awareness--an understanding of your own feelings and cultural patterns--what offends or confuses you and why you feel that way. It is helpful if you suspend judgment about conditions and situations you find unpleasant or confusing until you learn more about the people and the reasons they think and act as they do.

The recovery stage progresses as one begins to understand the host culture. One becomes more concerned with gaining new insights and friends. The ability to remember who the foreigner is regained.

ADJUSTMENT

Now that you are adjusting to the new culture, you can accept it as just another way of living. It does not mean you are enthusiastic about everything the people do or about the way they do it. It does mean that you can accept and understand the differences. You will still have moments of strain and times of misunderstanding, but you begin to feel more comfortable and genuinely enjoy yourself.

CULTIVATING AWARENESS

It might be helpful to try to decide what you want to accomplish culturally on your off-campus experience by answering the following questions:

1. "Who am I" (Awareness of your personal beliefs and attitudes)
2. "Where do I come from?" (Awareness of your own cultural beliefs and customs)
3. "Where am I going?" (Awareness of foreign culture customs, behaviors, values)
4. "Why am I going?" (To practice a foreign language, interest in foreign cultures, to see famous sights, to leave the US, to impress friends, to build a resume...)
5. "What am I willing to consider?" (How open will I be to different ways of doing things? Will I work to make friends while abroad?)

What can help you as you go on this roller-coaster of cross culture adaptation?

L. Robert Kohls in Survival Kit for Overseas Living gives a few suggestions to begin to culturally orient yourself upon arrival in a new country:

- 1) Start with where you live and from there work out in concentric circles
 - 9) What places are in the immediate vicinity, what stores, shops, services?
 - 10) Who lives nearby, the poor, rich, middle-class?
 4. Where do local people gather?
 5. What kind of local form of transportation is used?
 6. Where are the government offices - post offices, police stations, schools?
- 2) Learn the basics
 - Names and phrases that appear on signs
 - The monetary system
 - Street names
 - 3) Look for differences
 - Are needs met differently here from the way they are at home?
 - Are places/things organized differently? Is there a logic or custom to how streets are named and organized?
 - How are goods displayed? Markets organized? What does this tell you?
 - How do you pay on the bus? How do you find and pay for a taxi?
 - 4) Talk to people
 - Don't be afraid to ask questions, most people will be happy to explain
 - Go systematically into the different stores and offices and strike up conversations
 - Be aware of how your perceptions are filtered by your experience as an American

CULTURAL ISSUES FOR WOMEN

Appropriate behavior for women varies from country to country, and even within countries. Some countries have

well-defined gender roles. Others restrict certain activities for women. You may find that behavior and dress that are acceptable in major cities are inappropriate in rural areas.

Some women students have a difficult adjusting to attitudes encountered, in both public and private interactions between men and women. Some (not all) men in such countries openly demonstrate their appraisal of women in ways that many American women find offensive. It is not uncommon to be honked at, stared at, verbally and loudly appraised and to be actively noticed simply for being an American woman.

You will have to learn what the unwritten rules are about what you can and cannot do abroad. American women are seen as "liberated" in many ways and sometimes the cultural misunderstandings that come out of this image can lead to difficult and unpleasant experiences.

You can minimize unwanted attention by:

7. Talking with women about what works and what does not for dealing with the unwanted attention.
8. Dress modestly, avoiding sleeveless tops and short skirts
9. Avoid eye contact with men in the street. What may seem like simple friendliness might be interpreted as flirtation to a man from a country where women keep their eyes down.
10. Watch local women; see how they avoid and turn away unwanted attention. Follow their behavior.

Be careful about the implicit messages you may be unintentionally communicating. Above all, try to maintain the perspective that these experiences are part of the growth of cultural understanding which is one of the important reasons to study abroad. Prepare yourself by trying to understand in advance not only the gender roles and assumptions which may prevail elsewhere, but also the uniqueness of American gender politics, which may or may not be understood in other countries.

RACIAL AND ETHNIC DIVERSITY

No two students studying abroad have quite the same experience, even in the same program and country. This also is true for students of color. Reports from past participants vary from those who felt exhilarated by being free of the American context of race relations, to those who experienced different degrees of innocent curiosity about their ethnicity, to those who felt they met both familiar and new types of ostracism and prejudice. Very few minority students conclude that racial or ethnic problems which can be encountered in other countries represent sufficient reasons for not going. However, it is advised to know and prepare yourself. Students who have returned from your study abroad destination are the most knowledgeable about the racial/ethnic climate of where you will study.

BEING GAY, LESBIAN OR BI-SEXUAL ABROAD

It is important to be aware of the laws pertaining to homosexuality in other countries, as well as the general attitudes of the populace toward gay, lesbian and bisexual member of their community. The countries you visit may be more, or may be less accepting than the U.S. and it is important to find out the overall attitude of that area.

FITTING IN

Social customs differ greatly from one country to another. It is impossible to give guidelines that will be applicable in every culture. One of the basic reasons to study abroad is to develop a sensitivity to and appreciation for the people and customs of a totally different culture and way of life. Anyone who goes overseas demanding that everything be the same as he/she is accustomed to in the U.S. may be disappointed. Be flexible and receptive in dealing with these differences and you will find your life experiences greatly enriched.

Following are some areas of cross cultural adaptation to be aware of:

Politeness

Many cultures place much more emphasis on the simple niceties of polite social conversation than you might at home. You may need to be prepared to offer a more formal greeting to those you meet in your day to day activities.

Humor

Each country has its own particular brand of wit and humor. Most cultures do not understand or appreciate the type of kidding to which Americans are accustomed. Comments, even those intended to be humorous, can be taken quite literally.

Physical Contact

Physical contact may not be appreciated or understood by someone unfamiliar with the American idea of camaraderie. Even a cheerful pat on the back or warm hug may be quite uncomfortable in certain cultures. All cultures have their own unique notion about social space—especially how far away to stand or sit when conversing or how to shake hands. It is best to watch how the locals do it and learn what they expect of you.

Personal Questions

Learn from those in the culture what are acceptable personal questions. Americans tend to find it easy and quite appropriate to talk about themselves. This may not be true in the country(ies) where you will study.

Price bargaining

Haggling over prices can be expected in some countries and quite unacceptable in others. Unless you understand the difference between appropriate and inappropriate circumstances for bargaining, you may find yourself insulting the merchant and further reinforcing a negative stereotype of American. You can always test the waters by politely indicating you like the product but that it is a bit more than you had anticipated spending. If the merchant wishes to bargain further, this will give him/her an opening to offer the product at a lower price.

Talking politics

Expect people abroad to be very articulate and well-informed when it comes to matters of politics and international relations. Do not be surprised if your counterparts try to engage you in political debate. It may be important to be discreet in defending your convictions. Many around the world have the stereotype of the arrogant American who thinks everyone must fall in line with the U.S.

Adjusting to a new culture can be a powerful learning tool. Although you may suffer temporary frustration, discomfort, and anxiety, these feelings can facilitate self-understanding and personal development. Because you must deal with the situations yourself, you will learn. The very experiences that are difficult can be the basis upon which can build, expand and enlighten your understanding of the new culture.

Half the battle of cultural adjustment is won if you realize you will experience it. The other half is won by using your cultural sensitivity to learn and make the adjustment a positive experience. Once you realize that many cultural adjustment problems are caused by a failure to understand another's cultural background, you will also realize that you have the ability to gain an understanding of the new culture and learn to communicate. Then you can enjoy the new culture for what it is and what it gives to you.

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WHAT DOES IT TAKE TO BE SUCCESSFUL IN STUDY ABROAD?

Clear goals

Why do you want to study abroad? Take time to consider your top 3 goals – not for the purpose of a scholarship or the application, just in terms of what you really want to get out of your time overseas.

Awareness of the importance of language and culture

Work at not viewing language and cultural differences as obstacles or as insignificant. Be willing to understand the ways people differ – including differences within a cultural group.

Awareness of how you learn a language

It is not enough to want to learn a language. Understand the strategies you use and can use to maximize language learning.

An eagerness to learn

This includes a willingness to learn more about yourself and possibly see changes in how you view yourself and others.

A readiness to give and receive

How willing are you to initiate conversations between you and the people in your host country? Consider what you have to share and what you would like to receive from the people with whom you interact.

Adjusting to realistic expectations of yourself

Are you able to change your expectations of yourself? You may need to adapt your ideas about what you can accomplish on a daily basis. This can be in the area of language acquisition, as well as the extent to which you feel comfortable in the host culture. Take advantage of the opportunities which present themselves.

Tolerance of ambiguity

Can you accept the unexpected? You may encounter parts of the new culture which you find strange or even uncomfortable. Going with the flow is critical in study abroad.

Capacity for empathy

Empathy is truly a cross-cultural skill in which you make efforts toward understanding how the other person in the situation feels and how he/she sees the situation. Actively seek to understand the situation from another point of view.

Understand your own cultural background

Who are you? In what ways are you similar to and different from your own country? Consider socioeconomic differences. Traveling to another country is, by world standards, a luxury.

(Adapted from Hess, D. (1997). Studying abroad/learning abroad: An abridged edition of the whole world guide to culture learning.)

TWENTY QUESTIONS FOR THE WORLD TRAVELER: HOW WELL CAN I ADAPT IN ANOTHER CULTURE?

To assess how hard you may have to work to succeed in another country, rate yourself on your responses to the statements below. Use a scale of 1-5 to rate how strongly you agree with the statement: 1 being low and 5 being high.

11. I am constantly trying to understand myself better. I feel I know my strengths and weaknesses.
12. I respect the opinions of others, though I may not always agree with them
13. I interact well with people who are very different from me in age, race, economic status or education.
14. When I am at a party with foreigners, I normally go out of my way to meet them.
15. I do not need to understand everything going on around me. I tolerate ambiguity well.
16. I am able to change course quickly. I readily change my plans or expectations to adapt to a new situation.
17. I often find humor in difficult situations and afterwards I can laugh at myself.
18. When I have to wait, I am patient. I can be flexible with my agenda, schedule or plans.
19. I am always asking questions, reading, exploring. I am curious about new things, people and places.
20. I am resourceful and able to entertain myself.
21. I tackle problems confidently, without always needing the help of staff or friends.
22. When things go badly, I am able to keep my mind clear and my attitude positive.
23. I have made mistakes and learned from them.
24. In an unfamiliar situation, I watch and listen before acting.
25. I am a good listener.
26. When I am lost, I ask for directions.
27. I sincerely do not want to offend others.
28. I like people and accept them as they are.
29. I am sensitive to the feelings of others and observe their reactions when I am talking.
30. I like new ideas, new ways of doing things and am willing to experiment.

HOW TO SCORE:

Total your answers. If your score is 80 or greater, you have already made good progress toward intercultural sensitivity and an acceptance of difference. If your score is between 50-79, you may have to work on developing the attitudes and behaviors needed for good adjustment to studying/living abroad. If you are below 50, it may be important to assess your reasons for studying/living abroad and work towards better intercultural sensitivity and acceptance.

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

Study abroad is a highly desirable form of intercultural experiential learning, but it too must be contextualized and reflected upon if it is to develop intercultural skills. Study abroad can be conceptualized as part of general education or as part of a major or minor, usually in modern languages or area studies. For some students it is academic tourism, which never penetrates beneath their surface impressions of exotic sights and other American students they meet in youth hostels. For others who take learning seriously, too often study abroad tends to stand in isolation from the rest of their curriculum and personal development of intercultural skills at home. Study-abroad professionals have tried to address the need for preparation and re-entry

STATEMENT ON SAFETY – INTERNATIONAL INTERNSHIPS AND STUDY ABROAD

St. Olaf College has gained experience, during the past 45 years, in all aspects of operating off-campus programs. Students study in various parts of the United States and the world for one month to one year. In planning these programs, the concern for safety of our students and faculty is given careful attention. We know there are risks involved in travel. It is therefore important to prepare for both the known and unknown circumstances. The goal is to “manage risk” to the greatest extent possible.

It is important to have a comparative perspective of the United States and the world. The United States is known around the world as a comparatively dangerous country. Our street crime statistics back up this view. No country has as many guns or gun-related injuries and deaths. U.S. drug and alcohol abuse is among the highest in the world. Although international visitors come in great numbers to visit the United States, many arrive concerned about what they think they will find.

Yet, the perception is often that life at home is safer than life “over there”. U.S. media coverage of the rest of the world focuses on overseas political upheavals, violent strife, and natural disasters, rather than on positive political and social developments or on the richness and human warmth of life as it is actually lived. Students who study abroad often comment on how “normal” life seems abroad, in spite of cultural differences. This discovery comes when you can look past the stereotypes and misperceptions and see people and cultures with your own eyes.

The following are policies and procedures followed by International & Off-Campus Studies in assessing risks and assuring safety of our students and faculty on off-campus programs. We have also included common sense tips to help you avoid safety-related problems and assist you in having a positive abroad experience.

1. An orientation program is offered for students to assist in their preparation for the off-campus experience. The orientation evening session provides general information. It is expected that all students accepted on off-campus programs will attend all scheduled orientation sessions. These orientations provide practical information about the cultures and countries in which you will study and teach attitudes and skills which will aid in understanding and interacting. Personal safety is increased when a student is sensitive to the difference between acceptable and unacceptable behavior in a different culture, including the areas of traffic and public transportation (trains, buses, cars). Danger more often lies in personal confrontations or accidents than in international political instability.
2. Faculty leading St. Olaf programs are trained to handle problems which might arise off-campus. They are requested to phone, e-mail or fax International & Off-Campus Studies immediately should there be concern for the group's health and safety. All St. Olaf students are registered with the local US Embassy/consulate when studying abroad.
3. Students on programs without a St. Olaf faculty member are under the supervision of an on-site coordinator, who will assist students' safety and notify us of crises or concerns. St. Olaf College has strong relationships with many respected institutions and individuals in the United States and abroad.
4. In case of a crisis, re-arrangements of travel plans may be necessary and steps will be taken to act accordingly. Informed on-campus personnel, State Department personnel, instructors and on-site advisers are included in the decision-making. International & Off-Campus Studies has access to immediate international information. Each student and parent receives a copy of the crisis management plan and an emergency card.
5. Information is provided below for participants and their parent/guardians/families regarding when and where St. Olaf International & Off-Campus Studies responsibility ends and the range of aspects of participants' overseas experiences that are St. Olaf International & Off-Campus Studies' control. In particular, St. Olaf International & Off-Campus Studies generally:
 - a) Cannot guarantee or assure the safety/and or security of participants or eliminate all risk from the abroad environments.
 - b) Cannot monitor or control all the daily personal decisions, choices and activities of individual participants.

- c) Cannot prevent participants from engaging in illegal, dangerous or unwise activities.
- d) Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
- e) Cannot assume responsibility for the actions or events that are not part of the program, nor for those that are beyond the control of the sponsor and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- f) Cannot assure that home-country cultural values and norms will apply in the host country.
- g) Cannot assure that participants will be free of illness or injury during the abroad program.
- h) Cannot assume responsibility for acts and events beyond our control.
- i) Cannot ensure local adherence to US norms of due process, individual rights, political correctness and sensitivity, relationships between the sexes, or relations among racial, cultural and ethnic groups.

A realistic assessment by both students and parents of safety risks associated with any area of the world is strongly advised. Safety is everyone's responsibility. Parents, students and International & Off-Campus Studies all have a role to play in minimizing potential dangers.

STUDENT RESPONSIBILITY FOR SAFETY

We believe that participants have a major impact on their own health and safety through the decisions they make before and during the abroad program by their choices and behaviors. Participants on St. Olaf sponsored programs must:

1. Assume responsibility for all elements necessary for personal preparation for the program and participate fully in orientations.
2. Read all materials issued or recommended by St. Olaf which relate to safety, health, legal, environmental, political, cultural and religious conditions in host countries, prior to departure.
3. Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural and political situations.
4. Consider personal emotional, physical and mental health and safety needs when accepting a place in a program.
5. Make available to St. Olaf Instructors accurate physical and mental health information and any other personal data which is necessary in planning for a safe and healthy study abroad experience.
6. Report any emergencies or concerns FIRST to instructors or on-site coordinators.
7. Obtain and maintain appropriate insurance policies and abide by any conditions imposed by the carriers.
8. Inform parents/guardians/families and any others who may need to know, about participation in the study abroad program. Provide them with emergency contact information and keep them informed on an ongoing basis.
9. Understand and comply with the terms of participation, codes of conduct and emergency procedures of the program.

10. Learn the culture and laws of the country in which you will study. Comply with local codes of conduct and obey host-country laws. Americans are NOT immune to local law. Do not assume that because something is legal in the US, it is legal abroad.
11. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the instructor or other appropriate individuals, before and/or during the program.
12. Behave in a manner which is respectful of the rights and well-being of others and encourage others to behave in a similar manner.
13. Accept the consequences of your own decisions and actions.
14. Refrain from using illegal drugs and avoid excessive or irresponsible consumption of alcohol.
15. Become familiar with the procedures for obtaining emergency health and legal system services in the host country.
16. If you travel independently during your program, even if only overnight, inform the Instructor or your host family, if you are in a homestay, as to how to contact you in an emergency.

PARENT/GUARDIAN/FAMILY RESPONSIBILITY FOR SAFETY

Parents/guardians/families play an important role in the health and safety of participants by helping them make decisions and influencing their behavior overseas. It is important for parents/guardians to:

1. Be informed about and involved in the decision of the participant to enroll in a particular off-campus program.
2. Obtain and carefully evaluate health and safety information related to the program, as provided by St. Olaf and when necessary from the Center for Disease Control, the U.S. State Department and other sources.
3. Engage your daughter/son in a thorough discussion of safety and behavior issues, insurance needs and emergency procedures as related to the program.
4. Be responsive to requests from St. Olaf for information needed regarding your daughter/son.
5. Keep in touch with your son/daughter occasionally while he or she is off-campus
6. Obtain a valid passport, which allows family assistance in the case of a medical emergency abroad.
7. Be aware that the participant rather than the program may most appropriately provide some information.

GENERAL SAFETY

The excitement of travel and the newness of the environment you are in make it easy to become careless or distracted. The following suggestions offer no guarantee of safety and are mostly common sense. The idea is to be aware of where you are and what is going on around you at all times.

1. In preparing for your time abroad, talk with international students from the places where you intend to study. Their insights can be very helpful.
2. Safety begins with packing. Dress conservatively and appropriately for the culture to discourage unwanted attention. Avoid the appearance of affluence.
3. Travel light. This enables you to move quickly. You will be less tired and less likely to set your bags down. Never leave your baggage unattended; everything you own is in it. A thief can take advantage of even a few seconds of your inattention. This holds true no matter where you are--in a hotel, at the train station, in the train

or bus, at a restaurant or resting in a park.

4. Protect your valuable documents. Carry these in a money belt or neck wallet under your clothing.
5. Do not agree to meet a person whom you do not know in a secluded place. Be aware that sometimes people from other cultures tend to mistake the friendliness of Americans for romantic interest.
6. Do not use illegal drugs. This has been said many times before. You are subject to the laws of the country in which you are traveling. Hundreds of American travelers end up in foreign jails each year as a result of carrying, using or being suspected of using drugs. There is little the American embassy can do on your behalf in these cases and the laws in many countries are more severe than at home. It just isn't worth the risk.
7. Think and act confidently and self assured. Be purposeful when you move about. Do not look like a victim. Avoid flashy dress, jewelry, luggage, or conspicuous behavior which would draw attention to you.
8. Avoid and do not participate in demonstrations, especially in politically volatile countries. Pay attention to local media (newspapers, radio, TV).
9. Travel with a companion at night and stay in populated, well-trafficked areas. Do not travel to areas of a city or country which the program leaders have labeled as "unsafe". Use common sense if confronted with a dangerous situation.. At times it may be best to attract attention by screaming or running. Yet, if confronted by superior or armed force, it may be best to not fight attackers, but give up valuables. Your personal safety is far more important than any property. In some countries it is important to have a male companion accompany you.
10. Avoid arriving in unknown towns at night. If you must arrive at night, make sure you have reserved accommodations.
11. Plan where you are going in advance and be aware of your surroundings. This is not paranoia--it's good common sense. You know what feels comfortable and what doesn't. If your instincts tell you a situation is uncomfortable, trust them and move along. If you become lost, ask directions if possible from individuals in authority.
12. Use banks and authorized money exchanges. Do not exchange on the black market or on the streets. Learn currency upon arrival in a country.
13. Taking photos of police or military installations is usually prohibited - your camera can be confiscated. Watch for the sign of a camera with a line through it, which means "Don't take pictures".
14. Do not swim at an unfamiliar beach unless you are positive it is safe. Watch the waves and the other swimmers. There can be some dangerous undertows. Beaches can also be contaminated, which only the locals might be aware of. If no one is in the water, think twice.
15. Stay healthy by eating well and getting sufficient rest. If you become ill, take care of yourself by getting the proper care. Inform your instructor of your condition. Don't be afraid to visit a doctor or hospital because you don't speak the local language. Usually there is someone who speaks English.
16. Watch for anyone following you or loitering and observing your comings and goings. Keep a mental note of safe places, such as hotels, hospitals, police stations, etc.
17. Behave professionally and in a manner befitting your status in the local society. Insist upon being treated with respect.
18. Most assaults happen when people are distracted, looking for keys or talking on a cellphone. Don't look like a victim.
19. Do not take personal security items such as pepper spray or mace, unless you have confirmed it is legal in all countries you will visit. They are considered "lethal weapons" in many countries.

RESIDENCE SAFETY

1. Keep your hotel/residence doors locked when you are there and when you leave.
2. Do not open your door to people you don't know and don't give your room number to persons you don't know well. Meet visitors in the lobby. Let someone know when you expect to return, especially if you will be out late at night.
3. Familiarize yourself with emergency exits and fire extinguishers. Count the doors between your room and the nearest emergency exit in case of a fire or blackout.
4. Keep valuables in a safe place - this may be different for each place you stay. When in doubt, carry money and valuables with you.
5. If you have a break and travel apart from the group, be aware of how you find hotel rooms. In many countries it is customary that people offer their apartments for rent at the train station by holding up "Room for Rent" signs. This is not always a safe option.
6. Close curtains after dark and lock ground floor windows.
7. If you are alone, do not get on an elevator if there is a suspicious looking person inside.

TRANSPORTATION SAFETY

1. Learn traffic signals and signs when you arrive in a country (or before if possible), even though you are not driving.
2. Many countries drive on the opposite side of the road than the U.S. Be aware of our natural reaction to look to the left and then right. This is reversed in the countries which drive on the other side.
3. If you are riding with a driver you feel is putting you at risk, ask to get out at the nearest safe place.
4. Take only taxis clearly identified with official markings. When you enter the cab note the cab number. Lock taxi doors if possible, especially at night in strange cities. Settle on a price before getting in and pay while in the taxi. Don't share personal information with the taxi driver. Wear a seatbelt, if available.

AIRPORT SAFETY

1. Put your name and address inside and outside each piece of luggage; bright or fluorescent string or tape around your luggage will make it easier to find. Make certain you receive a claim check for EACH piece of luggage you check. Check to confirm airport listed on each claim check is your destination.
2. Consult the airlines for specific rules regarding what is allowed in carry on luggage (and checked luggage) due to new safety regulations. Also be aware of weight limitations.
3. Do not make jokes about terrorism or hijacking. Respond to all questions asked by security personnel seriously and honestly. Be aware of what you discuss with strangers or what may be overheard by others about your travel plans.
4. NEVER carry packages or letters for strangers or agree to watch a stranger's luggage. Be watchful for suspicious abandoned packages and briefcases. Report them to airport security and leave the area.
5. Do not carry on your person, or in your hand-luggage, anything that could be regarded as a weapon.
6. On the plane, check under your seat and in overhead baggage compartments. Report anything suspicious to flight personnel.
7. Machines selling flight insurance can be a waste of time and money. They sell policies that pay family or friends

in the event of a plane crash. Check with your family's insurance agent; you and your belongings may already covered.

8. When landing in airports abroad, do not be surprised if you see military guards and/or police carrying guns or automatic weapons. They are there to protect you.

WATCH OUT FOR THIEVES

1. Pickpockets usually do not work alone. Be aware of distractions by strangers, as the "lift" often follows.
2. If any of your possessions are lost or stolen, report the loss immediately to the police and other appropriate authorities. Keep a copy of the police report for insurance claims and an explanation of your incident. Traveller's checks should be reported within 24 hours.
3. It is important to be aware that some people make a living of preying upon honest people. Follow your instincts with casual friendships--they are not always what they seem to be.
4. If someone tries to take your purse, backpack, or other property by force, let them have it. Your personal safety is far more important than any property.
5. A camera is the most often lost or stolen item on off-campus programs. Be especially careful to not leave the camera in a taxi, hotel room, or on a bus. Carry your camera inconspicuously.
6. In some countries, beggars may approach you with children. They may offer to carry your bags. Some beggars are in genuine need but others make as much as several hundred dollars a day. Giving money is a personal decision, but use common sense. If you are hassled or uncomfortable in a situation, speak angrily in a language that neither of you understand. This may sound ridiculous, but it can break communication, an essential element in their asking for money.

Again, following these safety precautions will not GUARANTEE your safety, but they reduce your chances of problems.

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ADDITIONAL WEBSITES:

Association for Safe International Road Travel (International Road Travel)
5413 West Cedar Lane #10C
Bethesda, MD 20814
301-983-5252
<http://www.asirt.org>

Fielding's Dangerous Places - an online travel guide for risky countries
<http://www.fieldingtravel.com/df/index.htm>

British Foreign and Commonwealth Office
<http://www.fco.gov.uk>

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HEALTH ISSUES ABROAD

Study abroad is an adventure of the mind and spirit. It is also an adventure of and for the body. Traveling is an exhilarating experience--it should be a healthy one, too.

Many places you will go have no special health concerns. Health-care systems and facilities in many overseas locations are quite similar to what we have in the United States. In other regions, however, there are differences and specifically recommended health procedures. You will need to take appropriate health measures as dictated by your overseas location. International & Off-Campus Studies, in connection with the St. Olaf Health Service, will make certain recommendations. However, students must take full responsibility for educating themselves on health issues.

BEFORE DEPARTURE

There are many areas concerning health which must be taken into consideration before departing on your study abroad program. Your personal physician may or may not be well informed about travel medicine. Later in this information you will find a list of travel medicine clinics in Minnesota. You are likely to receive the most up-to-date information from these clinics.

It is important to talk with your instructor about any personal health issues. Study abroad, even for a month, can cause chronic conditions to flare. It is best to be prepared for any possible medical problems, whether physical or emotional. Your instructor will have information on how to find a doctor overseas. Acquaint yourself with emergency phone numbers (some countries have systems similar to 911 in the U.S.). Keep in mind that value differences can play a part in medical practice abroad.

IN THE EVENT YOU NEED MEDICAL TREATMENT WHILE OFF-CAMPUS, BRING COPIES OF IMPORTANT MEDICAL RECORDS OR PRESCRIPTIONS FROM HOME.

IMMUNIZATIONS

Some programs, especially those traveling to third world countries recommend extra immunizations. It is important for all students to update their basic immunizations. If you are on a program which recommends immunizations, you have received immunization suggestions via e-mail. They are also listed at the end of this section. The St. Olaf Health Service is very helpful in planning the recommended shots and providing many of the shots at a minimum cost. It is important to begin early since some shots must be given in sequence at specific time intervals.

PRESCRIPTIONS

It is a good time to update your health records, eyeglass and contact lens prescriptions and prescriptions for any medications you routinely take. Carry your prescription medications in their original containers and carry written prescriptions using generic names to facilitate filling them overseas, should this be necessary. It may also be helpful to have a letter from your physician, which includes a description of the problem, the dosage prescribed and the generic name of the medicine.

If you are allergic to anything, it is very important to inform your group leader, wear a medical alert bracelet or necklace and carry an identification card to inform overseas health care personnel in the event of an accident or injury.

It is advisable for each group program to have a small medical kit. This could contain such items as: ace bandages, thermometer, adhesive tape, gauze, sterile cleansers, antibacterial ointment and antiseptic cream, sunscreen, sunburn ointment, aspirin or other painkillers, and anti-diarrhea medicine. Depending on the region, take antihistamines for allergy relief, salt tablets, skin moisturizers and insect repellents.

ASSESS YOUR HEALTH

Going abroad is not a magic geographic cure for concerns and problems at home. Both physical and emotional health issues will follow you wherever you go. In particular, if you are concerned about your use of alcohol and other controlled drugs or if you have an emotional health concern, it is important to address it honestly before making plans to travel. Contrary to many people's expectations, travel does not minimize these problems; it can bring them to a crisis stage.

IDENTIFY YOUR HEALTH NEEDS

Be clear about your health. Describe allergies, disabilities, psychological treatments, dietary requirements and medical needs to your instructor (on the medical disclosure form or in person) so adequate arrangements can be made. Resources and services for people with disabilities vary widely by country and region. If you have a disability or special need, identify it and understand ahead of time exactly what accommodations can and will be made.

ANTIDEPRESSANTS/ANTI-ANXIETY MEDICATIONS

It is important to talk with your health care provider as you plan for your study abroad. If you are taking antidepressant or anti-anxiety medications, it is recommended by physicians that you stay on them through the duration of your program.

Talk with your health care provider about taking extra medication, should you need to boost your medication while off-campus. Increasing your medication(s) should only be done in consultation with your physician. These should always be carried in the original container.

CHECK HEALTH ADVISORIES

It is important to be aware of health issues in the country where you will travel. Remember to ask such questions of your instructor or check on the CDC website at <http://www.cdc.gov/travel/> and US State Department website at <http://travel.state.gov/travel/warnings.html>

Important questions to ask are:

1. What illnesses, if any, are specific or endemic to the region?
2. What medications should be brought to prevent these illnesses?
3. What precautions are recommended for sexual or health practices?
4. What kind of insurance do I need and how much coverage?
5. What are the customs, beliefs and laws in the host country concerning sexual behavior and the use of alcohol and drugs?
6. What is the water quality in the host country/countries?
7. What are the laws governing import of medications, medical supplies and contraceptives?

FLYING IF SICK:

What happens if you are departing for study abroad program and you come down with a cold? The pressure from a head cold can make it hard to equalize the pressure in your ears when you ascend and descend. To avoid pain and discomfort, consider doing any of the following during ascent and descent: sit up, swallow, chew gum, stay awake, take a decongestant or yawn. You can also try to hold your nose and blow gently. If you are feeling ill - you may even want to postpone your departure a few days until you feel better and/or visit your physician. In this case, call International & Off-Campus Studies to talk about your options. It is not enjoyable to begin your study abroad experience feeling ill.

JETLAG: To avoid some of the problems of jet lag, there are a few simple rules to follow:

1. Drink liquids to avoid dehydration. Water and fruit juices are best. If you know you have problems with dehydration, it is helpful to bring extra water with you.
2. Exercise: Stretch during your flight. If possible, stretch your legs. Some planes have extra leg room in the emergency exit seat over the wing.
3. Set your watch: Change your watch to the new time when your flight departs. Think and eat your meals on the "new" time. This will help your body begin to adjust to the new time zone.
4. Sleep: If at all possible, sleep on the flight. If you can find an empty row, lift the arm rests and stretch out. This will help you be awake when you arrive at your destination.
5. Sleeping on arrival: When you arrive at your destination, it is important to get on the local schedule. If you arrive in the morning, stay up until a usual bedtime (at least 8:00 or 9:00 p.m.), or if you arrive later in the evening, force yourself to go to sleep. Usually, if you get a regular first night's sleep, you

will wake at your regular time the next morning, and be able to function normally. Try to establish a routine sleeping pattern as soon as possible.

There is a website with information about jet lag at:
http://www.britishairways.com/travel/drsleep/public/en_gb

WHEN YOU ARRIVE

Successful planning for a healthy program abroad does not end once you depart. Because of the differences between cultures, many adjustments, concerns and questions related to your physical and emotional well-being will still need to be addressed after you arrive.

CULTURE SHOCK:

It may surprise you that culture shock can be a real health issue when traveling abroad. Traveling through time zones and for long periods of time, facing new values, habits and methods of daily life can leave travelers impatient, overwhelmed and/or depressed.

You may find yourself alternately exhilarated and exasperated, thrilled at the experiences the new culture offers and frustrated with the culture's differences from your own. You may experience these ups and downs. The feelings you experience are natural. If you are angry, impatient, homesick, or depressed your first few days, remind yourself that these emotions will pass once you have rested and are eating normally. If problems persists, however, do seek professional advice from your instructor, a counselor or a doctor.

DIET AND ROUTINE:

Food overseas may be quite different from what you are used to at home. It may be healthier in some instance (more vegetables and fruits) or less healthy in others (more fried foods than you usually eat), but most often it will just be different. Eat nutritiously, which may mean trying some foods you are not accustomed to. Take special dietary needs into account and make arrangements in advance.

Despite the change in your environment, you can still keep some of your daily routines. Get enough rest, especially the first few days. Get plenty of exercise to keep your mind and body working. Don't isolate yourself. You will probably have to make the first move in developing friendships, but they are an essential part of any overseas experience and your emotional well-being.

EXERCISE:

Regular exercise will help with culture shock and any jet lag you may experience. Walking, running or any regular exercise may help you to feel more energized and less stressed. It is also a great way to meet local people.

HOMESICKNESS:

We tend to think of being homesick as something associated with being young and at summer camp. But, anyone can be homesick at any time. It can come from just missing the familiarity of home surroundings, the regularity of college classes, an inexplicable anxiety about a new place and just being outside your normal routine. It may not happen at all, may be a fleeting experience or stay awhile.

It may take a call home or talking to a friend or family to sort out these feelings. One of the surest remedies for homesickness is to plunge into the experience and immerse yourself into new places, sights and people. It is important to know that many have had these feelings and gone on to have an exciting and rewarding experience.

HANDWASHING:

In a world where medicine is growing increasingly high-tech, washing your hands often sounds simple. But hand washing offers the single most effective way to protect yourself from the spread of infections. This may sound very elementary, but if it saves you from a bout of illness—it is worth remembering.

If you have it, warm to hot water is generally recommended, but the 15-20 seconds you spend washing your hands is more important than the temperature. The new liquid sanitizers are not substitutes for hand washing. They can reduce the number of bacteria and viruses remaining on your hands, but are not as effective as washing.

ALCOHOL AND DRUG USE: (see St. Olaf alcohol policy in white section)

Alcohol and drug use are the major cause of health problems and death overseas, particularly in study abroad

programs. This includes serious injuries, sexual assault, date rape and drownings. You are in a different culture with different laws governing drinking and drugs. Alcohol and drug use can affect your ability to comprehend situations. This can be compounded by language and cultural differences.

If you are a recovering alcoholic, it is important to be aware of the stress of going overseas. If you are on a program with a family stay, it would be helpful to inform the program director, who could place you in a non-drinking family. There is an AA World Service located in New York (1-212-870-3400). Their website is www.aa.org

SWIMMING

Swimming carries a high level of risk unless you are in a well-chlorinated pool. Those in tropical or developing areas can be at risk of disease from contaminated water which can cause a variety of skin, eye, ear and intestinal infections. Tides and undertows can be deadly to the uninformed swimmers. Beaches and coastlines which are marked with the international code for no swimming should be avoided.

HIV/AIDS/Hepatitis B and C

Everything you already know about AIDS and Hepatitis is as true overseas as it is at home. Taking the advised precautions is the only way to protect yourself. The World Health Organization states: "AIDS and Hepatitis are not spread by daily and routine activities such as sitting next to someone or shaking hands, or working with people. Nor is it spread by insects or insect bites. AIDS and Hepatitis are not spread by swimming pools, public transportation, food, cups, glasses, plates, toilets, water, air, touch or hugging, coughing or sneezing."

Many developing nations do not have resources for mandatory blood screening. Thus, it is important to avoid or postpone any blood transfusion unless absolutely necessary. If you do need blood, try to ensure that screened blood is used. If you are sexually active, it is very important to ALWAYS use a latex condom. Take them with you, as condition, manufacturing and storage in other countries may be poor.

Many foreign countries reuse syringes, even disposable ones. It is best to avoid injections unless absolutely necessary. If an injection is required, verify that the needles and syringes come directly from the package or are properly sterilized. If the situation arises that you need extensive treatment or surgery, medical evacuation should be carefully considered.

If you are HIV or Hepatitis B/C positive, contact the consulate or the embassy of the country(ies) you plan to visit. Each country may have specific entry requirements, or requirements regarding carrying medicines, that you should know about before leaving.

RABIES

Rabies is more common in developing countries, but should not be ignored in developed countries. Rabies is ALWAYS fatal, unless treated. Once the symptoms are exhibited, there is NO treatment. It is important NOT to play with unknown cats, dogs and trained animals, such as monkeys. If you are bitten, seek medical assistance immediately.

New treatments are effective if administered within 48 hours and are relatively painless. In some countries, the new vaccine is not available, requiring the student to return to the U.S. for treatment. It is important not to dismiss this as "it can't happen to me". During on St. Olaf there were three St. Olaf students treated for Rabies. Two were treated at their site and one could not be treated in-country and had to return home for treatments, thus losing her credit and what she had paid for the program.

MEDICAL INSURANCE:

It is important to know what kind of insurance coverage will protect you from potential financial problems while abroad. Basic travel insurance coverage is provided as a benefit to St. Olaf students registered for an international program (NOTE – this is not the same as the St. Olaf Student Health Insurance Plan). This insurance covers only a small portion of expenses for major accidents or illnesses. It should be viewed as supplemental and not primary insurance coverage. St. Olaf strongly recommends that you have additional insurance. Everyone believes they will not become sick or have an accident. Carry a copy of your insurance card with you.

Please consider the following when thinking about insurance:

1. Who are you insured through? Parents, spouse, or non-St. Olaf insurance source?

Talk with your family or insurance agent to find out exactly what your coverage includes. See "Suggested Insurance Questions" (which follow) for ideas about what to ask. While plans vary, it is important that you are covered for hospitalization.

2. Does your plan(s) provide continuous coverage before and after you go abroad?

The College Travel Insurance covers only your time abroad. You will need separate coverage prior to departure and when you return. If you begin a new insurance plan when you return, pre-existing conditions (accidents, sickness from your time abroad, etc.) may not be covered.

The St. Olaf Student Health Insurance plan will cover you before you leave, during your time abroad and when you return--as long as you continue to be enrolled, meet eligibility requirements, and pay the appropriate premiums.

****NOTE:** St. Olaf students studying abroad are not automatically enrolled in the St. Olaf Student Health Insurance Plan. You must obtain coverage if this is the plan you desire.

SUGGESTED INSURANCE QUESTIONS (to assist with deciding about insurance)

1. Does the plan include hospitalization for accidents and illnesses while abroad?
2. What is the maximum amount of coverage that is provided?
3. Are there deductibles? If so, what are they?
4. Will the plan include emergency room expenses?
5. Do you pay cash up front at a clinic or for a hospital stay? What if you don't have enough money?
6. Does the plan cover visits to the doctor or medication prescribed while abroad?
7. What is the procedure for filing a claim-how long does it take to get reimbursed after filing?
8. When does the plan begin and end?
9. Does the plan have continuous coverage before, during and after you go abroad?
10. Is the plan a primary or secondary carrier? If secondary, when does coverage begin?
11. Is there a booklet explaining the coverage in detail?

FOR THE PLAN YOU SELECT

1. What is the process for enrolling in the plan?
2. If you must use your insurance, what do you show as proof of world-wide coverage?
3. If you obtain medical assistance while you're abroad, when/how should you inform the agency?
4. What documentation of expenses is required? Does the bill need to be in English and the amount of the charges in U.S. dollars?

IN THE EVENT YOU NEED MEDICAL TREATMENT ABROAD, BRING COPIES OF IMPORTANT MEDICAL RECORDS, PRESCRIPTIONS AND YOUR INSURANCE CARD.

INTERNATIONAL STUDENT IDENTITY CARD (ISIC): (If required the cost is covered in your program fee.)

If your program uses the International Student Identity Card for discounts and student rates at theaters, concert halls, shops, museums, etc, the cost of the card will be covered by your fee. If there is an application for the ISIC in the pocket of your Orientation Handbook, then it is required for your program. Please submit the completed application, photo and copy of drivers license or passport in a timely way to the International & Off-Campus Studies Office.

If there is no application in your orientation handbook, then the ISIC is not required for your program.

If you will be doing independent travel and think that the ISIC would be of benefit to you, you can purchase the card at the International & Off-Campus Studies for a cost of \$22.

UPON RETURN

ILLNESS UPON RETURN

If you become sick when you return from your study abroad experience, it is important to contact your doctor. Sometimes illnesses first appear weeks after your initial exposure. Also inform medical personnel what countries you have been in. There are many diseases which are indigenous to foreign countries which U.S. trained doctors may not be familiar with.

TB TESTING

It is now recommended that you have a TB test 3 months after your return from any program abroad. There is a concern about exposure on airline flight. You will receive notice from International & Off-Campus Studies about having this test upon your return. TB is on the rise in the US and many other countries.

BE CAREFUL AND USE COMMON SENSE. MOST IMPORTANTLY, STAY HEALTHY SO YOU CAN MAKE THE MOST OF YOUR STUDY ABROAD EXPERIENCE.

CLINICS SPECIALIZING IN INTERNATIONAL TRAVEL COUNSELING:

Boynton Health Center
410 Church St. S.E., Minneapolis
612-625-8900

Allina Clinic
1400 Jefferson Road
Northfield, MN 55057
507-663-9000

Park Nicollet Medical Center
3800 Park Nicollet Blvd
St. Louis Park, MN 55416
952-933-3131

Dr. Stephen Lawler

WEBSITE AND ADDRESSES FOR HEALTH INFORMATION

Center for Disease Control
1600 Clifton Road NE
Atlanta, GA 30333
Phone: 1-404-332-4565
<http://www.cdc.gov/travel/travel.html>

National AIDS Clearinghouse
1-800-458-5231

US SOS Assistance
1-800-523-8930
1-215-244-1500

International Association for Medical Assistance to Travelers
417 Center Street
Lewiston, NY 14092 1-716-754-4883 (for free information)

Excerpted from Peterson's Study Abroad Guide, "Can I Drink the Water" by Joan Elias Gore, "Health and Safety Issues for Study abroad program Managers" by Mickey Hanzel Slind and Council/Council Travel by Juan Carlos Garcia and Aljandro Martinez, Ph.D, Cowell Student Health Center, Stanford University

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NON-WESTERN HEALTH ISSUES

Each year 50 million people from industrialized countries visit the developing world. Of those, 1-5% will seek medical care. When visiting non-Western countries, extra precautions and immunizations may be necessary. It is important to learn about your destination and work with your doctor/health professional. Following is information about diseases/conditions relating to non-western destinations.

FOOD AND WATER-BORNE DISEASES

Diarrhea - Travelers diarrhea is the most common illness of travelers and dating back to antiquity. Pilgrims before the Christian era have described this unhappy condition in their journals. Diarrhea is nature's way of ridding the body of noxious agents. Intestinal motility serves as the normal cleansing mechanism of the intestine. This knowledge, however, does not make one feel better when in the throes of illness. The best cure is to attempt to avoid the condition.

Travelers diarrhea can be caused by bacteria, viruses, parasites, drugs or a variety of unknown causes. The best way to avoid contracting this annoying illness is to be disciplined with what you eat and drink. The following words of caution may not apply for all areas where you will study, but it is important to be aware of the possibilities.

1. Do not drink the local water unless you KNOW it is 100% safe (and still question the source of your information). You may drink coffee and tea, since these beverages are brewed in boiling water that kills the bacteria. Bottled water and carbonated drinks are usually available. Pure fruit juices such as orange or sweet lime juice are usually safe, but make sure you are using a clean glass.
2. Where water is contaminated, ice also must be considered contaminated.
3. It is safer to drink directly from a can or bottle of a beverage than from a questionable container. Wet cans or bottles should be dried before being opened and the drinking surface should be wiped clean.
4. If you are boiling water, it must be boiled vigorously for at least 10 full minutes. Allow to cool to room temperature and do not add ice.
5. Avoid salads. Fertilizer in some countries is high in waste products and therefore can contain high amounts of bacteria.
6. Avoid thin skinned fruits, such as grapes. Instead, eat thick-skinned fruits like bananas, melons and oranges.
7. Avoid milk and milk products (especially unpasteurized), , such as cheese, local unwrapped butter and custards.
8. Avoid seafood in areas which are far from where the seafood is caught. Refrigeration may be chancy in some parts of the world.
9. Hot foods should be thoroughly cooked. The longer the cooking time, the less chance of the bacteria surviving.
10. Choose restaurants carefully. Be aware of the sanitary conditions
11. Street food in many countries can be a source of many types of illness. Many locals will have no trouble eating the food, but their bodies have developed immunities.

Treating the Symptom

Symptoms of diarrhea can range from mild to very severe and occur with little warning. If you are one of those who, despite careful eating and drinking habits, still develops travelers diarrhea, the recommendations are:

1. Replace fluids, since dehydration is one of the problems associated with diarrhea. Treatment should

not be aimed at suppressing the symptoms of diarrhea, but should focus on correcting electrolyte (salts) imbalances. Most cases of diarrhea will clear up on their own and require only simple replacement of lost fluids or salts. Drink canned fruit juices, hot tea, or carbonated drinks.

2. Since salt (sodium chloride) is lost along with fluids, it should be added to your diet. You can do this easily by eating saltine crackers or using plain table salt.
3. Dairy products should be avoided.
4. Abdominal cramps are a major complaint. Antimotility agents such as Imodium, Lomotil, Pepto-Bismol or Paregoric can be helpful, but should be used only after two or three days. Diarrhea is your body's way of eliminating bacteria, etc., so you should allow that to happen.

In most instances, the disease does not last beyond a few days. If the symptoms persist longer, be sure to seek the help of a physician. If you have a high fever, especially with shaking chills and/or blood in the stools, medication should be instituted under the advice and care of a physician.

Hepatitis A (Infectious Hepatitis)

Hepatitis A can be contacted anywhere that living conditions are crowded and unsanitary. It is transmitted orally through ingesting contaminated food or water. It is especially important to be aware of eating clams, oysters and other shellfish, especially if eaten raw, as they are a common source of the disease in contaminated places.

COMMUNICABLE DISEASES

You may be more susceptible to viruses and bacteria while abroad. But, if you stay in one given area awhile, you will become as resistant to their particular strains as those who live there.

Respiratory infections

After diarrhea, respiratory infection is the most common illness affecting travelers. Avoid excessive outdoor activity in areas of heavy air pollution during hot or humid parts of the day. It is important to have a TB test after your time abroad.

Diphtheria/Tetanus

Diphtheria is not usually a danger in the U.S. but is dangerous in many non-western locations. In rural areas, tetanus can also be a danger. Both conditions are easily prevented with a DPT or DT inoculation. It is much better to be inoculated here than in a foreign country. It is now recommended that you have this inoculation every 5 years, especially if traveling to an infected area.

INSECT-BORNE DISEASE

Malaria

Malaria is a serious and potentially fatal disease. Its incidence is growing with the spread of malaria regions and the increasing number of travels to those areas. While this disease is found mainly in rural areas, it has been found in some tropical cities. People get malaria by being bitten by an Anopheles mosquito that is infected with malaria parasites. This usually occurs at night when mosquitoes feed.

Since there is no 100% protection from malaria, people who travel to areas where malaria is common should avoid activity outside from sundown to sunrise, stay in well-screened rooms and use mosquito netting. Applying insect spray or lotion with DEET can help prevent mosquito bites.

Malaria symptoms may be mild at first and are similar to the flu, which makes them difficult to diagnose. They include headache, muscle ache, diarrhea, fever, chills, vomiting and coughing. Malaria symptoms usually appear within 7-21 days of being bitten, but may not appear until even later. Malaria can be fatal after the initial infection, or even years later in cases of recurring infection.

If you are going into areas where malaria is prevalent, the St. Olaf Health Service will recommend which Malaria preventive medication to take. There are many different opinions on the value of and type of malaria medication. You should contact your doctor or travel clinic regarding these medications. You may be taking the pill before you depart and after you return, so it is important to obtain correct information.

****NOTE:** Upon your return, you may donate blood six months after leaving a country where malaria is endemic.

Other Infectious Diseases

Certain viral, bacterial and parasitic infections acquired abroad may not result in immediate illness. If you become ill after you return to the U.S. it is important to inform your doctor of your travel outside the United States in the last 12 months. This knowledge of possible exposure abroad could help the physician to diagnose your illness.

It is especially important in non-western countries to remain healthy. You can control most of the variables which cause illnesses. Use common sense and health guidelines to make this a safe and healthy experience.

UPON RETURNING

You may want to have a thorough physical examination upon return from the program, especially if you are having any recurring medical problems. This examination should include a stool sample to check for parasites and a test to check for tuberculosis.

HS 10/30/07

BEING AWARE OF SEXUAL ASSAULT AND HARASSMENT WHEN ABROAD ON AN INTERNATIONAL INTERNSHIP

SEXUAL HARASSMENT ON OFF-CAMPUS PROGRAMS

Students on off-campus study programs may find that other cultures have a much different understanding of what may be considered sexual harassment than is typical in the United States. There can be a great variation in the roles of men and women and also in their forms of social interaction. Part of the off-campus study experience is to learn how other cultures and societies organize everyday life. But, what might be perceived as sexual harassment at St. Olaf, may be regarded by some as being socially acceptable, even if it is obnoxious and unsettling.

Even though American laws do not extend beyond the U.S. St. Olaf students studying abroad are bound by college policy regarding social behavior and sexual harassment. If a student feels he or she has been the subject of sexual harassment on an off-campus program, it is important to report this to the on-site director or if necessary contact International & Off-Campus Studies.

PHYSICAL OR SEXUAL ASSAULT ON OFF-CAMPUS PROGRAMS

Physical or sexual assault is a traumatic event that can occur in any environment, whether in the U.S. or abroad. As a student traveling internationally, you may be more visible than you are used to being and thus more likely to attract interest, whether positive or negative.

Maintaining personal safety can be even more complex in an unfamiliar culture where it is more challenging to read situations and assess risks to your physical safety. It is important to be aware that some behaviors which may be culturally and legally acceptable and safe in the U.S. , may not be in your host country.

Learning what is acceptable and safe behavior in your host country is your responsibility as you prepare for your off-campus experience. You can be assertive in a respectful way. You cannot change the culture, but you can monitor your own behavior to avoid potentially dangerous situations. Past participants, faculty program advisers and guide books are good sources of information about what is culturally acceptable.

While there is much you can do to decrease the odds of physical or sexual assault by learning and practicing “street smarts” in your host country, the possibility of assault remains. Following is information about what to do if you or a friend is assaulted.

If you are assaulted:

1. Go to a safe place.
2. Don't shower or change clothes.
3. Get help from a trusted person.
4. Inform the Instructor, who will inform International & Off-campus Studies at St. Olaf.
5. Follow their guidance for medical, psychological and legal support.

It is very important to inform those listed above. If you decide not to, which is your choice, you may not receive the necessary on site assistance

If a friend is assaulted:

1. Believe your friend.
2. Take your friend to a safe place
3. Discourage your friend from showering or changing clothes
4. Listen without asking lots of questions.
5. Assure your friend it was not her/his fault.
6. Remember details to help officials
7. Go with your friend to inform the Instructor
8. Stay with your friend for support if appropriate.

It is very important to get your friend to speak with those listed above so she/he may assist your friend more effectively with medical, psychological and legal support.

WHAT ST. OLAF CAN DO!

* When on a St. Olaf program and assaulted by another St. Olaf student. St. Olaf's policies and procedures apply.

* On a St. Olaf program and assaulted by a non-St. Olaf student, it will depend on what country you are in, and if they see sexual assault as a crime. St. Olaf as a college can and will refer you to persons and agencies that can provide you with support.

* On a non-St. Olaf program and assaulted by a non-St. Olaf student, St. Olaf cannot take action against the perpetrator. However the college can and will refer you to persons and agencies that can provide you personal support.

PREVENTIVE MEASURES - common sense suggestions which can assist you to have a safe experience abroad

- * Don't let your guard down
- * Be alert and aware of your surroundings
- * Trust your instincts
- * Do not to call attention to yourself in a different country (being wild, excessive drinking).
- * Create boundaries between friendships that are made with foreign people
- * Don't give out the places where you are staying
- * Have a buddy system
- * Try to blend with the culture

HS 10/30/07

HOW TO ADJUST TO THE HEAT

Every traveler must be concerned with the climatic conditions of the countries visited. Extreme changes in climate and temperature variations will affect both the comfort and health of those who are not prepared. People have enormous ability to adapt themselves to the various climates as long as they adjust gradually to the new environment.

ACCLIMATIZATION TO HEAT

Changes occurring in our body following a continuous exposure to hot or cold climate is called acclimatization. Sweating is a cooling mechanism which by evaporation dissipates heat. Eighty five percent of body heat is lost through the skin in this way. There are 300 to 400 sweat glands present in one square centimeter of skin surface, with over two million spread all over the body. Our body has the ability to produce a high rate of sweating for long periods. Besides the skin, continuous evaporation also takes place at minor levels through the respiratory surfaces of the lungs.

HUMIDITY

On a beautiful day during the month of May in Athens the temperature is 77 degrees. On the same day the thermometer in Rio de Janeiro reads 77 degrees. In Athens the weather is dry and clear; in Rio it is hot and oppressive. The difference between the two cities with the same temperature readings is the relative humidity which is 54% in Athens and 79% in Rio. The relative humidity is important because the lower the humidity the greater the heat loss through perspiration. This accounts for the discomfort we experience on a hot, humid, windless day. When the hot air is saturated with moisture and cannot absorb more, the relative humidity has reached 100%. Sweating in this condition is not effective and all evaporation ceases. Life under this condition becomes difficult. When people are overexposed to hot temperatures and exerts excessive activity the following heat disorders can result.

HEAT EXHAUSTION

When engaged in excessive activities in heat and humidity, a person can develop heat exhaustion. Blood pressure drops and one may become dizzy and faint. This is a mild condition which is very common in hot, humid conditions. To combat the effects of heat exhaustion: get out of the sun, find a cool place to rest, maintain a balanced diet with an adequate intake of salt and fluids.

DEHYDRATION

This is a common problem when just arriving in a hot and dry country. When the humidity is very low, one can bear high temperatures without excessive discomfort. Most people are unaware of the loss of water and salt through perspiration, because their clothes remain dry. To replace the loss of water and salt, and to adjust yourself to the climate: Drink plenty of fluids, including fruit juices, several times a day. Increase salt intake by adding extra salt to your food. Avoid prolonged exposure to the sun, especially during noon hours. Do not overly engage in outdoor activities.

HEAT CRAMPS (Salt Depletion Heat Exhaustion)

When dehydration is far advanced, the great loss of salt induces painful spasms in the muscles of the abdomen and extremities. This condition is characterized by pronounced fatigue, headache, giddiness and intense muscle cramps. To relieve this disorder rest in a cool place, gently massage the sore muscles, drink salted tomato juice or anything salty as well as generous amounts of water. In severe cases in which persons cannot take salt and fluids by drinking because of vomiting, two or three liters of saline solution given intravenously by medical personnel will improve this condition.

HEAT STROKE (Sunstroke)

This condition can affect the traveler who is overexerting. The affected person cannot lose body heat because high temperatures associated with high humidity in the environment make evaporation difficult. It is characterized by cessation of sweating, dry, hot skin and a sharp rise in body temperature which may reach 105 degrees. The person becomes disoriented, delirious and may suddenly slip into a coma. The sensitive brain cells cannot cope with this high temperature and are easily damaged unless the temperature is brought down quickly. This can be done by placing the person in a cool environment and by applying cold, wet towel on the body surface.

SALT AND YOUR BODY

Most heat disorders can be prevented by taking additional salt. Salt, which is a mineral composed of sodium and chlorine, is vital to our body as every living cell is bathed in a salt solution. The body will not function properly

unless the ratio of salt and water remain constant in the blood stream.

To maintain your fluid balance drink from eight to tens cups of liquids each day, depending upon the type of activity you are engaged in. A simple test for checking if your body needs more water is to observe the color of your urine. If it is colorless, it means you are well hydrated. A dark yellow urine represents a defense mechanism signifying dehydration. You should then drink more fluids.

Keep in mind that:

- Clothes should be loose fitting and made of cotton, a material which is capable of absorbing perspiration. Polyvinyl and other synthetic materials have little affinity for water. They should NOT be used in hot weather because of their poor absorbency. Evaporation of perspiration is prevented. Fabrics with light colors, white in particular, are cooler as they reflect the sunlight while black and other dark colored fabrics absorb more heat and are warmer.
- Wearing a hat of light material and wide brimmed will help to keep you cool.
- Shoes should be lightweight and perforated to allow the free passage of the air.
- In the tropics, during the rainy season, wear a water-repellent raincoat which allows air to pass through the fabric's pores. Waterproof raincoats made of synthetic fabrics should not be worn.
- When taking showers, use slightly warm water. Cold water shrinks the skin blood vessels keeping heat within the body. Warm water increases the dilation of capillaries helping to dissipate the heat.

SKIN DISORDERS DUE TO HEAT

Prickly Heat - This is an itchy skin eruption which occurs on the parts of the body where sweating is heavy and continuous. It is caused by blocking of sweat glands. The areas most affected are the neck, the forearms, the waist and any part of the body where the clothes press against the skin. Cool showers, a cool environment, and the removal of belts and constricting clothing will clear the condition. Do not use creams or ointments as they tend to worsen the skin condition by further plugging the sweat glands.

Fungus Diseases - High humidity and heat promote the growth of skin fungus and bacteria. They may be prevented by keeping the body clean and dry. Take daily showers and apply a dusting powder, if possible. The care of the feet is important: dry the toes carefully one by one and apply dusting powder between each toe and under the creases of the toes to avoid friction of the skin. Wear cotton socks rather than nylon.

THE SUN AND YOUR SKIN

Sunshine can do a great deal of harm. Besides sunburns, the effects of overexposure to sun are premature aging of the skin and possibility of skin cancer. People vary in their vulnerability to the ultraviolet rays, the sun's most dangerous rays. Fair skinned people are high risks as the cells in their skin produces very little protective pigment called "melanin".

To protect your skin:

- Use a good sunscreen lotion for protection of your skin; if you are fair skinned, use a high protective cream to block ultraviolet rays.
- When near a reflecting surface such as white sand or water the sun's rays will have a stronger effect on your skin.
- Remember that the sun's rays are more intense in the tropics damaging your skin faster than you realize.
- Shield susceptible areas like the head and the eyes by wearing a sun hat and sun glasses.

POLICY ON ALCOHOL AND ILLICIT DRUGS

Foreign visitors in countries abroad are particularly vulnerable when it concerns violations--intentional or unintentional--of local rules and regulations concerning alcohol and, in particular, drugs. The process of law and punishment is far more arbitrary than within the United States and more often than not may lead to prolonged imprisonment under substandard conditions. Consequently, it is of utmost importance for the welfare of the individual that extreme caution and prudence be applied when it concerns these matters.

The use, purchase, or sale of illegal drugs (hallucinogens, narcotics, stimulants, or depressants) is a critical issue. Any student who uses, buys, or sells illegal drugs will be expelled from the program and immediately returned to the United States at his/her own expense. One violation will be cause for removal from the program. Separation from the program will result in loss of academic credit. The cost of legal advice, fines, and return travel must be borne by the violator.

“The possession, distribution, or consumption of alcoholic beverages is prohibited on the St. Olaf campus, on land owned by the college, and in college-owned honor and language houses. The consumption of alcoholic beverages is prohibited at all college-sponsored functions, no matter where located, that include students.”

Faculty members accompanying groups of students on off-campus study programs must discuss the guidelines for responsible use of alcohol with the students in their group prior to departing on the program. Faculty members accompanying groups and the students in the group on off-campus study programs are responsible for establishing and implementing the consequences of not following the policy governing the responsible use of alcohol prior to departure.

Responsible use of alcohol is when:

1. A student abides by the laws of the country or state in which they are living.
2. A student does not miss any scheduled event because of the effects of alcohol consumption.
3. A student does not become ill due to the effects of alcohol consumption.
4. A student does not engage in inappropriate behavior toward other individuals that is the result of alcohol consumption.
5. A student does not engage in destructive behavior toward property that is the result of alcohol consumption.
6. A student does not engage in behavior that causes embarrassment to the other members of the group, the faculty member(s) or the in-country host(s) as a result of alcohol consumption.
7. Students in a group do not facilitate/encourage or ignore a fellow student who is abusing alcohol.
Providing alcohol to persons under the legal drinking age is illegal and against St. Olaf policy.
Transporting quantities of alcohol to program sites with the intent of sharing the alcohol with members of the group is considered to be irresponsible use of alcohol.

Students are encouraged to use good judgment if consuming alcohol at private homes or other accommodations during non-program hours. Student living accommodations on St. Olaf programs will be considered the same as residence halls on the St. Olaf campus. Therefore they will be under the same alcohol policy, that is, no alcohol consumed by, or in possession of, any students. Student groups are encouraged to discuss issues related to alcohol abuse by other members of their group with the program supervisor/instructor.

If a student becomes incapacitated due to alcohol overuse, or if they are in need of medical attention, others are strongly encouraged to contact Emergency Medical Service, faculty member or program site supervisor immediately, in order to protect the health and well-being of the affected student. The individual needing medical attention will not receive disciplinary sanction in these circumstances, but rather will be referred for assistance to address issues of chemical use/abuse. Students are encouraged to make the responsible choice to notify college or emergency personnel quickly. The person (or persons) making the call will not be subject to disciplinary action.

Office of International & Off-Campus Studies 10/25/02

RETURNING TO ST. OLAF

It may seem strange to talk about returning to campus in an Orientation Handbook, but re-entry is part of the entire off-campus study experience. Following are some questions to answer when you return. You have much to contribute and share about your experience!

INTERNATIONAL INTERNSHIPS REFLECTIONS SESSION

CEL will have a WELCOME BACK GET-TOGETHER for those who did an academic internship abroad. Faculty supervisors and CEL staff will be there to listen to your stories and see your photos. It is a great time to meet others who studied and traveled abroad.

INTERNATIONAL AND OFF-CAMPUS STUDIES PHOTO CONTEST

As you take photos of your experiences, remember the 25th Annual Gimse International & Off-Campus Studies Photo Contest. You may submit up to 5 entries. They will be due in early March. You will be sent an entry form in February via e-mail. We will accept digital photos, but if they are chosen as a winner you must be prepared to submit a CD containing the original image. Photos must be submitted as a copy of the photo (not on a CD).

Entries should be representative of your journey through other cultures. They will be judged on: (1) cross-cultural content, (2) artistic and technical quality and (3) reproducibility for exhibiting (low resolution digital photos are difficult to reproduce at the 8x10 size). Those photos selected by the judges will be on exhibit beginning April 1 and through the summer in the hallway next to the Cage. We want to encourage those who participated in Domestic, European and Central/South American programs to submit photos. We want to present a balanced view of programs and all areas of the world.

INTERNATIONAL AND OFF-CAMPUS STUDIES LITERARY CONTEST

We are looking for interesting literary works for the 9th annual International and Off-Campus Studies Literary Contest. If you have a journal entry, poem, short story, essay or some other form of writing based on your experience off-campus. You may submit up to 3 entries. The submissions should not be longer than two single spaced typed pages or 700 words. These will also be due in early March.

TB TEST

The college physician recommends that EVERY student returning from an international program have a TB (Mantoux) test approximately 90 days after they arrive home. There have been an increasing number of exposures to TB on international air flights and TB has been on the increase in the US. Caught early, TB is much easier to cure.

WORLD ISSUES DIALOGUE

Please consider attending World Issues Dialogue. This is an informal weekly dinner discussion about international and intercultural experiences. Students bring their caf trays to the Trollhaugen Room. Discussions are led by students who have studied or lived off-campus, foreign students, faculty, and interested others. Some past topics were: "Life as a woman in Russia", "India-Beauty and Brutality", "Clarifying French Stereotypes" and "Pubs in England".

This group is designed for students who are interested in talking about their experiences in another culture and hearing about the experiences of others. No prior knowledge of the area being discussed is necessary. Just come and share a meal and discussion.

WORLD WIDE SERVICE FAIR

The Center for Experiential Learning and International & Off-Campus sponsor this exciting day long event. The goal is:

"To provide an opportunity for all student to become familiar with international or domestic service opportunities and to enter into a dialogue with individuals who have an understanding of the issues facing students who have returned from off-campus study programs."

Representatives from various organizations are in the Crossroads from 10:00am-2:00pm to answer your questions and provide literature about their organization.

Organizations which will be represented are: Advocates for Human Rights, Lutheran World Mission Volunteers, Lutheran Volunteer Corps, Mennonite Central Committee, American Refugee Committee, Catholic Charities, Americorps-Vista, Salvation Army, United Way, Lutheran Social Service, Red Cross, National Youth Leadership Council, Goodwill/Easter Seal and Peace Corps. Please join us at this exciting event!

STUDYING OFF-CAMPUS IN THE FUTURE

Are you looking for new academic and cross-cultural challenges off-campus? Why not study on one of the 65+ semester or yearlong International or Domestic programs. Interest meetings for many off-campus programs will be held in February. Those already scheduled are:

Stop by and talk with Helen Stellmaker (x3871) in Steensland Hall to find out about these opportunities.

Personal growth, new insights into our own culture, deep connections with people from other cultures, a new understanding of the issues facing our changing world, and new language skills are just a few of the changes often noted by returning students from both international and domestic programs. You may have become accustomed to a high level of activity that your home and campus may not be able to match at first glance. As you read this with returning to campus in mind, think back over your entire experience abroad and ask yourself questions such as:

- 11) What were my motives for going off-campus to study?
- 12) What was my original reaction to my host culture and how did it change?
- 13) What will be expected of me when I return home - socially, professionally, politically?
- 14) Will I be able to apply my newly acquired knowledge and skills back on campus?
- 15) How will I stay in touch with any new friends I made while off-campus?
- 16) How do I see my host culture's role in the world now?
- 17) How do I see the role of the U.S.?
- 18) What are my expectations and assumptions about going back to campus?
- 19) Have I changed? What changes do I like? What changes don't I like?

The staff members in the CEL and in IOS are excited about the experiences you have ahead of you in your academic internships off-campus. We look forward to hearing about your adventures upon your return.

Any questions?

Contact:

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