

CROSS CULTURAL TRAINING I

WORKBOOK
Health, Safety, and Financial Issues Abroad

COVER SHEET

Name

Date

Semester/Year Abroad (Dates)

University or Program
(i.e., CIEE, IES, USAC, etc.)

Study Abroad Site – City and Country

WORKBOOK

The Director and staff of International Programs and Services (IPS) developed this Workbook to be used as a component of the Cross-Cultural Training I course in which you are enrolled. Completion of the Workbook is **required** before you will be registered for Overseas Study.

The questions in this Workbook will help you prepare for your time abroad, regardless of your destination. Answers to the questions can be found in your specific program information, in the handouts you will receive on the first night of class, at the web sites listed, in the web-based Student Guide, or in readily available publications either on-line or in the Study Abroad Library. Please follow the format of the Workbook when answering the questions (i.e., I. A. 1., etc.) and **TYPE YOUR ANSWERS.**

You must attach the following:

- **A copy of web information pertaining to your host country where indicated (*). If you cannot locate this information, please give an explanation in your answers. Additionally, if you feel that any of the questions in this Workbook do not apply to your program, please give an explanation at the appropriate place (i.e., I. A. 1. etc.).**

. HEALTH ISSUES

A. Center for Disease Control (CDC) Health Recommendations

<http://www.cdc.gov/travel/index.htm> *

1. List the CDC's health recommendations for your host country.
2. List any specific immunizations you must have.
3. List any specific health concerns for the host country.

B. Health Insurance

1. Are you required to have health insurance to study abroad?
2. What type of coverage do you have? Are there deductibles, limits or exemptions? Do you need to carry forms with you for reimbursement or

will the insurance carrier be billed directly?

C. Other

1. What medical facilities are available in your host country?
http://travel.state.gov/travel/tips/health/health_1185.html
2. What should you carry in a first aid kit?
3. Is there any type of medicine that is illegal in your host country?
4. What are the health risks associated with sexual activity while abroad?
5. If you have pre-existing health conditions, or you need to carry special medications overseas, what should you do before you go abroad?
6. What is the local food staple of your host country? Do you have any dietary restrictions? If so, do they pose a problem in your host country?

II. SAFETY AND LEGAL CONCERNS

A. Consular Information Sheet

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html

1. Print out any travel advisories or warnings for your host country.
2. Are there any current Public Announcements of Travel Advisories that will affect travel in your host country or region?
3. What types of crime incidents are common?
4. Are the drug and alcohol laws similar to US laws? What are the penalties for breaking drug and alcohol laws?
5. Has there been any terrorist activity in your host country?

B. US Embassies and Consulates

http://travel.state.gov/travel/tips/embassies/embassies_1214.html

1. Where is the US Embassy/Consulate nearest to your host institution in your host country?
2. What types of emergency services are provided by consular officers abroad?

http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html

3. Will the US Embassy loan you money in an emergency?

C. Crisis Management

1. In addition to your program director and the IPS staff at UOP, who should you contact in an emergency?
2. Should you register with the US Embassy?

D. Other

1. Does the US Constitution apply to you in your host country?
2. Do you need a financial power of attorney while you are overseas? Why or Why not? (A financial power of attorney is a legal document you sign giving someone else permission to deal with your personal affairs while you are abroad – file tax returns, take money out of your bank account, etc.).
3. Will you need to file an income tax return while overseas?

III. IMMIGRATION REGULATIONS

A. Passports

To obtain a passport:

http://travel.state.gov/passport/passport_1738.html

1. Who should have photocopies of your passport?
2. What should you do if you lose your passport while abroad?
(Note: You should take two replacement photos with you.)

B. Visas

http://travel.state.gov/travel/tips/brochures/brochures_1229.html

1. Do you need a student visa to study in your host country?
2. How do you obtain a student visa to study in your host country?
(Provide a copy of the application with instructions.) *
3. How much does a student visa cost?

IV. KNOWLEDGE OF THE HOST COUNTRY

A. General

<http://www.state.gov/r/pa/ei/bgn/>

1. What language/s is/are spoken in your host country?
2. What is the major religion in your host country?
3. What are the major holidays?

B. Daily Living

1. What information is available about your host country?
(Print out the **first page** of web information about your host country.)
2. What information is available about your host city?
(Print out the **first page** of web information about your host city.)
3. What are the telephone codes for your host country and city?
(You can find these codes in the Pacific Bell Telephone book under "International Calling.")
4. Where is the best place to make a long distance call?
5. At 09:00 AM Pacific time, what time is it in your host country?
6. What is the custom for tipping?

C. Academic System

1. What type of academic calendar will you be following?
2. What is the method of assessment/grading on your program?
3. How does the academic system differ from that in the United States?

V. POLITICAL ISSUES

A. Host Country

<http://www.odci.gov/cia/publications/factbook/index.html>

1. Describe the political system of your host country.
2. Has there been any political unrest recently that might affect your time in the

host country?

3. Who is the current Head of State and head of Government?

B. United States

1. Describe the political relationship between the US and your host country.

2. Are you prepared to answer questions about US politics and foreign policy?

(Remember: Many people abroad are more politically informed than most people in the US.)

VI. FINANCIAL ISSUES

A. Cost of Living

1. What currency is used in your host country?

2. What is the exchange rate with the US Dollar?

<http://www.oanda.com/converter/classic>

3. Speak with either an international student at UOP or someone who has returned from studying in your host country. Ask about the cost living (e.g.: \ What is the cost of the "average" mid-day meal? What is the cost of course books and supplies?).

B. Budget

1. Develop a budget for the semester/year including initial expenses, living expenses, travel during breaks, health insurance, books, etc.

2. How much money will you need to take with you to cover all initial costs?

3. What is the best way to access money while abroad?

VII. HOUSING & MEALS

A. Housing

1. Does your program provide housing?

a. If YES: What type of housing is provided?

- b. If NO: What are your housing options? How much will it cost? Is there a deposit or lease?
2. To whom do you pay housing costs?
3. Will you need to bring linens, utensils, etc.

B. Meals

1. Does your program provide meals?
 - a. If YES: What type of meal plan is provided?
 - b. If NO: Will you use a meal plan, self-catered facilities or another option?
2. To whom do you pay meal costs and what is the cost?
3. How much will food cost per week?

VIII. MISCELLANEOUS

1. What are the seasonal temperatures during your semester(s)?
<http://www.cnn.com/WEATHER/index.html>
 - a. What type of clothing is appropriate given the climate in your host country?
 - b. What type of clothing is appropriate in the culture of your host country (for students, internships, etc. as applicable)
2. What types of voltage converter/plug adapters will you need for electrical appliances?
<http://www.voltagevalet.com/country.html>
3. Have you purchased or viewed a travel guide?
<http://www.lonelyplanet.com>
<http://www.letsgo.com/>
<http://www.fodors.com/> (you can customize your own guide)
<http://www.ricksteves.com/home.htm>
<http://travel.roughguides.com/>

If not, please do so! You will be glad you did.