

PRE-DEPARTURE MANUAL

Everything You Want to Know About Study Abroad*

*Plus what you **need** to know.
For example, see page 31. You'll thank us later.

The like, really important stuff.

Need to contact us?

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[Lippincott Hall](#)

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[Lawrence, KS 66045-7515](#)

[USA](#)

Emergency procedures are on page [44](#).

Emergencies

Need help?

Call [785-864-3742](tel:785-864-3742)

If you need **immediate assistance***
and the office is closed,
call **785-691-7608** or **785-691-7610**

**Immediate assistance = a lost or stolen passport,
serious illness or injury, or assault.*

AIG Emergency Travel Assistance Services

[1-715-346-0859](tel:1-715-346-0859) (toll free)

New Directions Mental Health Counseling Emergency Services

[1-309-820-3604](tel:1-309-820-3604) or
universityofkansas@chestnut.org

Students calling New Directions for counseling services
can request an immediate call-back at their preferred
number to avoid international calling fees.

Are we the only ones who thought studying abroad would be a lot like jet setting around the world with Fergie’s “Glamorous” playing in the background?

The dream: I arrive and discover I’m already perfectly fluent and I understand everyone. I’m suddenly extremely fashionable, despite the 12 hoodies that make up my closet at home, I buy local food, ride my bike to the market, and am enormously popular.

The reality: I arrive and don’t understand anyone, even the people who speak English, I look like I’m going camping to “find myself” and everyone around me is fashionably dressed in all black. I get a cold the third day and apparently NyQuil isn’t a thing abroad. I can’t figure out which is chicken and which is duck, I live on peanuts because the vendors at the market don’t understand me, and I think I forgot how to make friends. Also, I have to go to class? This is much harder than Instagram made it look.

Studying abroad might not be ~quite~ what you imagined.

We wrote this guide to help with the extremely practical (grade posting), extremely stressful (lost passport), extremely awkward (traveler’s diarrhea), and the less extreme, everyday experiences that define daily life abroad.

We know this guide is massive, but we promise it’s full of the very best advice we have accumulated from decades of supporting students studying abroad.

We recommend...

Don't miss our "Sexual and Gender Identity" Section on [page 10](#)! There are numerous resources and sites that I highly recommend to LGBTQ+ students for finding ways to connect with their community abroad, such as gay travel indices with recommendations for queer-friendly spaces!

Quin Carttar

Costa Rica

Academic Year 2016-17

When abroad, it can be quite tempting to want to buy a souvenir from every gift shop you walk past by for your family and friends back home. You're in a new country, why not make the most of it and spend all of your money, right? Wrong. Creating a solid budget, that you will actually stick to, is imperative to making it back to the US with more than -\$3 in your bank account. Read more on how to budget your time abroad on [page 59](#).

Amy Ruiz

Internship in Spain

Summer 2016

Would 10/10 recommend peeking [page 17](#). Pack snacks and hide them in your room for future use. You will cry. You will want your mommy. And you will have Skittles to cope. This is key for long-term survival and prosperity.

Brandon Brink

Thailand

Fall 2017

An ATM in Thailand took my debit card and I had to wait until Monday to get it back. The backup cash I had in a money belt literally saved me. Check out the section "Avoiding Theft & Pickpocketing" on [page 40](#) for strategies to keep your money safe.

Logan Bennett

Australia

Fall 2016

Though the occasional stomachache or night spent on the bathroom floor absolutely did not ruin my time abroad, it would have been nice to know more about how to avoid and treat common illnesses, both while traveling and while in my host city. Read more about preparing for healthy travel on [pages 27-34](#).

Lilah Wilder

Morocco & France

Summer 2016 and Fall 2017

Nothing stresses me out like an empty suitcase, and over a month's worth of my life to cram into it. That's why I recommend our packing list on [pages 55-57](#)! Having a comprehensive list of essentials makes it so much easier to be sure you have everything you need, so as the plane's taking off, you're not thinking... "Wait, did I forget...?!?"

Maisie Conrad

Denmark

Fall 2017

What you'll want to know. In order.

Why are these **people** **staring** at me?

IDENTITY & STEREOTYPES | [1 - 14](#)

How cultural differences and your identity impact your time abroad.

What to do when KU reaches the Final Four and **you just want to take the first flight home.**

CULTURAL AWARENESS & ADJUSTMENT | [15 - 18](#)

How to thrive and survive in a new culture, and how to deal with the bad days.

A reminder that you are **studying abroad.**
Emphasis on the **study.**

ACADEMIC EXPECTATIONS & ENROLLMENT | [19 - 26](#)

You can't forget about the reason you're abroad. It's in the title.

What to do when you get **traveler's diarrhea in the hostel at 2 am.**

HEALTH & WELLNESS | [27 - 34](#)

Insurance, illnesses, sexual health, drugs, alcohol, and mental health.

How lame is a **money belt?** Not as lame as **being robbed.**

SAFETY ABROAD | [35 - 44](#)

Helpful ways to make sure your time abroad is a safe one.

Issues that worry
your family?

We have an app for that.

ALERT TRAVELER | [45 - 48](#)

Learn about our custom app that keeps you updated on health, safety, & security news.

How To **Keep Your Friends** While Making Them **#Jealous**

COMMUNICATION ABROAD | [49 - 52](#)

Tips on how to stay in touch with your friends and family while abroad.

You really don't need to pack **23 pairs of shoes.**

PRACTICALITIES | [53 - 60](#)

How to pack, use money, budget, make friends, and live with a host family. Basic adulting really.

How to **not miss your flight** and have to take a six-hour overnight bus.

INDEPENDENT TRAVEL & TRANSPORTATION | [61 - 66](#)

Familiarize yourself with traveler's insurance options and how to plan your independent travels.

How to **not starve** when you can't find EasyMac.

EATING & COOKING ABROAD | [67 - 74](#)

How to eat affordably and survive comfort food cravings, like tacos.

IDENTITY & STEREOTYPES

Why are all these people staring at me?

You've planned for weeks for that perfect #firstselfieabroad, but you took a wrong turn, ended up in an unfamiliar neighborhood, and for the first time in months, you aren't surrounded by other people wearing Jayhawk gear.

Let's get started.

Did you decide to study abroad because you want to step out of your comfort zone, experience another culture, immerse yourself in a foreign language, or change your perspective? Are you fascinated by other cultures? Do you have a passion for other cultures? Do you think living in another culture will be a life-changing experience?

We thought so, since you wrote it in your application essay.

So what is “culture,” and why do we want to immerse ourselves in it?

Robert Kohls* described culture as the total way of life of particular groups of people, including everything that the group thinks, says, does, and makes—its entire system of attitudes and feeling, learned and transmitted from generation to generation.

The best study abroad experiences challenge us to grow as individuals and as global citizens. When we step outside of our own culture, we find ourselves operating in an environment where everyone else has a lifetime of experience, and we have little to none. As we encounter cultural differences, we learn to question our own habits, beliefs, and attitudes. We are confronted with alternatives: alternative forms of education, political and economic systems, transportation, religion, customs, behavior, food, and healthcare. We are confronted with our own stereotypes of other places, people, and cultures. We are confronted by our own ideas of who we are and what our place is in the world.

Before you go abroad, reflect on who you are, what you believe, and why. Understanding your personal identity, values, and culture can prepare you to better navigate intercultural exchanges, understand stereotypes, avoid misunderstandings, and integrate more successfully into your local host culture. Recognize that those beliefs may be challenged while you are abroad, and be open to learning from your experience.

*Robert Kohls was a well-respected intercultural trainer and the author of “The Values Americans Live By.” He served for many years as the director of training for the U.S. Information Agency and the Meridian International Center.

Get to Know Your Host Country & Culture

You can better prepare to integrate into the local culture by learning more about your host country and the local cultural norms.

QUESTIONS TO CONSIDER

- What is the form of government and who is the head of state?
- What important historical events have influenced the country and its relationship with other countries?
- What is the relationship between your host country and the U.S.? What stereotypes do they hold of Americans?
- What is the official language or languages?
- What are the main religions? Does religion influence the daily lives of citizens?
- When are the important holidays? Why are they important? How are they celebrated?
- What is the etiquette? What behaviors are taboo or considered faux pas?
- What are the laws that will you need to be aware of (e.g. drinking age, drugs, etc.)?
- What does the family structure look like? How are elders viewed? Who lives in a house together?
- What is the currency? When shopping, will you barter or will you pay what is asked? Do you tip?
- What is the geography of your host country? How easy is it to travel within your host country?
- Who are the host country's famous citizens? What were their accomplishments?
- What is their value of time? Are they punctual or is time more fluid?
- Is the society individualistic (i.e. the goals of individuals are most valued) or collectivistic (i.e. the needs of the group are most valued)?
- What is their communication style like? Direct vs. indirect? Formal vs. informal?
- What do people do for fun? What sporting events are popular?

Stereotypes

You are likely to experience real cultural differences abroad, but stereotypes may also influence the cultural differences you perceive and the assumptions others have about you.

Common negative stereotypes of people from the U.S. include:

- **Loud, rude, & arrogant**
 - **Wealthy**
 - **Ignorant of other countries**
 - **Always in a hurry**
 - **Very sexually active**
 - **Unaware of world events**
 - **Materialistic**
 - **Environmentally unconscious**
-

Recognizing how others may perceive you abroad can help you to better negotiate unexpected or unwelcome misunderstandings and may help inform your behavior abroad so as not to live up to stereotypes.

What stereotypes do you have of your host culture?

PRO TIP

Examine what stereotypes or preconceived ideas of the host culture you have. Where did these come from? How is your host culture represented in the media? Try to keep an open mind, be receptive to constructive conversations about yourself and your culture, and maintain a respectful attitude toward cultural differences.

Understanding Your Identity Abroad

Understanding the constructs of your own identity before you go abroad will provide you with a strong sense of self as you interact with your host culture. While you're abroad, your identity may also play a large part in what shapes your experience, both in how you understand your host country, and how you fit in with your host culture.

Studying abroad allows you the opportunity to think about your identity in a new cultural context. The new cultural settings you encounter may emphasize certain aspects of your identity in new or more prominent ways. You may feel more "American" or more "foreign," or you may find that your identity changes in your new environment.

Your experience will not be defined entirely by how you identify in the United States. We are products of our own experiences and cultures, and the different ways in which we categorize ourselves (or are categorized by others) are interwoven. Each aspect of who we are—what we believe, how we think, how we behave—will impact how we interact with others in a new cultural setting.

The follow sections give specific advice based on different ways in which you might identify. Remember that you are still you, and this experience is what you make of it.

IDENTITY WHEEL

Your identity is made up of a multitude of different categories and experiences. In this wheel, they all hold equal importance, but at home you might more strongly identify with your gender than your national origin, or your religion than your language. While abroad, these can shift, and you might identify more with your language or national origin.

PRIVILEGE & ALLYSHIP

While you are abroad, be cognizant of how your identity influences your experience, interactions, and daily life. Recognize that your privilege may make your experiences different than your fellow students or locals.

If you want to support others whose identities may be marginalized at home or abroad, remember that being an ally is not a performance. Being an ally requires work and action. Educate yourself. Don't invalidate what someone is feeling or take up too much space in the conversation. Apologize if you are insensitive. If appropriate, speak up to people who share your privilege if they are being insensitive.



Some questions to consider

- What issues or problems might other students face that you haven't thought about or noticed because of your privilege?
- How would you react if someone on your program or in your host country was sexist, racist, homophobic, or otherwise discriminatory?
- How can you be inclusive and supportive of others who do not share the same privileges as you?

QUESTIONS TO CONSIDER

- How do you identify yourself in the United States? How might that change abroad?
- Which aspects of your identity are the most meaningful to you?
- What expectations and preconceived ideas do you have of your host culture?
- How do you imagine yourself interacting in the host culture?
- How do you feel about leaving home and campus? What are you glad to leave behind? What do you think you'll miss?
- What ideologies, beliefs, and attitudes do you have that you will take with you abroad?
- How will laws, attitudes, norms, or behavioral expectations in your host country affect you? Are there specific laws or attitudes regarding the ways in which you identify?
- How flexible are you in the expression of your identity? Would you be willing to keep aspects of your identity private for safety, or change your clothing choices?
- How might you feel about the diversity (or lack of diversity) among the other students on your program?
- What resources will you need to be successful abroad, and what resources are available in your host country?
- What do you hope to gain from your experience?
- Imagine yourself after you return. What have you achieved? What will a successful experience abroad be?

Resources to Support Your Research

Your program coordinator in the Office of Study Abroad

Study Abroad Peer Advisors

U.S. Department of State's Country Information

A guidebook (e.g. Lonely Planet, Wikitravel, Rick Steves)

Online news, tv stations, radio stations, newspapers, and magazines from your host country

WE'RE HERE FOR YOU!

The Office of Study Abroad can assist with any questions you have regarding your unique circumstances. We are happy to help you research and identify resources to ease your time abroad.

If your family members have concerns or questions about your study abroad program, your program coordinator can help. We're happy to answer questions over the phone or by email to mitigate any concerns.

This guide was designed with you in mind! Reading it means you'll be more informed and prepared, and hopefully you'll avoid some of the mistakes we made as students abroad!

Adult Learners & Non-Traditional Students

Because adult learners and non-traditional students typically have greater personal experience and mature perspectives, studying abroad is an enriching and rewarding opportunity. All students will need to navigate intercultural social situations, adjust to student life in the host culture, and adjust to new housing arrangements, but these can create unique challenges for adult students.

As an adult learner, you may have extensive responsibilities, including a full or part-time job, financial obligations, limited time, family and/or childcare duties, or home maintenance. Because of these demands and expectations, you will need to be organized and solution-oriented before and during your study abroad experience.

We encourage you to discuss any concerns or questions you have with the faculty director or your study abroad program coordinator.

SHORT-TERM PROGRAM PARTICIPANTS: QUESTIONS TO CONSIDER

- If you have a job, what are your employer's expectations while you are abroad? If required, will you be able to respond to email or fulfill other duties while also maintaining course and program requirements?
- What normal duties and responsibilities do you have during the time you will be traveling, and how will you manage those while you are gone?
- What financial obligations (mobile phone plans, rent, house payment, utilities) can you plan ahead for now?
- Where will you be staying and with whom? What adjustments can you make, if needed, to be comfortable in your housing?
- What steps can you take to connect with other students on the program?
- Are there any age restrictions on discounts, tickets, etc., that you should be aware of?

LONG-TERM PROGRAM PARTICIPANTS

Semester students will want to work with their program coordinator and on-site staff to make sure that they will be comfortable and feel integrated on their chosen programs. In many countries, students start college later in life, have jobs, or have families. In these environments, adult learners should be easily accommodated. In countries where most students

enter a university environment immediately after finishing secondary school, adult learners may find that they struggle to fit in and that the host institution's programs and services have been designed with a younger audience in mind. We encourage you to speak with the on-site coordinator and your study abroad program coordinator to help you navigate these issues.

Long-Term Program Participants: Questions to Consider

- What housing options are offered, and what accommodation choices can you make so that you are comfortable and integrated into the host country?
- How are housing choices and lifestyles impacted by age?
- If you have a job while in the U.S., how will you make up that lost income? Are international students allowed to work in your host country?
- As you may not have access to the same support and social networks you have in the U.S., how can you meet other peers and integrate with locals?
- How do visa restrictions, health insurance requirements, or other legal concerns vary based on age or family responsibilities?

First Generation Students

When you are the first person in your family to study abroad, you're going to spend a lot of time explaining what you are doing and why. You might hear stories of so-and-so going on a cruise and getting norovirus, or your family members will talk for ages about your great uncle who was in the war. Your grandma might spend a lot of time warning you about "the ISIS," or everyone at home might assume you are a missionary. Alternatively, you might find that no one understands or wants to talk about your experience at all, or your family might not support your decision to go abroad. It will be your responsibility to educate your family on what study abroad is and why this experience is important for your personal growth. Do research on your host country and your program, and make a list of how this experience will benefit you academically, professionally, and personally. Then you can be prepared to answer questions!

You've already made an important step in applying and deciding to go abroad, and that's the hardest part! As you face the hurdles of figuring out what to do next—buying plane tickets, applying for a student visa, getting a passport, understanding grade conversions—please know that the Office of Study Abroad is here to help. Many of our staff members were also the first in their families to go abroad, and we remember how terrifying it was to get on that plane and navigate an international airport.

HOW TO PREPARE

- If you are confused by all the paperwork required to study abroad, ask your program coordinator to help you fill out required documents and explain them to you.
- Before you depart, work with your family to establish a communication plan and a regular method of communication. Figure out what works best—text messaging, Skype, email—and then figure out the best times to communicate once you are in different time zones.
- Set realistic expectations for communication. You might not be able to talk everyday, so establish a goal now. It will help you maintain balance abroad and keep your family from worrying.
- Encourage a family member to get a passport in case of an emergency. Although rare, if you did have an international emergency, it's good to know someone would have the ability to fly to you if needed.
- [If you haven't flown internationally before, ask questions!](#) Your program coordinator can make recommendations on flights and help explain what the flight and layovers will be like. Research the airports you'll be in, the airlines, and what it will be like to go through immigration, customs, and different time zones.
- Consider keeping a blog. Be honest and narrate your experience for your family. This can help keep them engaged with you while you are abroad, and when you return home they'll be able to ask you about your specific experiences. It's also a great way to remember what you did and how you were feeling.
- Keep your program coordinator's contact information handy. If you have a problem abroad, don't hesitate to ask questions and seek advice.

Questions to consider

- What mentors, advisors, family, and friends do I rely on while I'm in school, and how can I maintain my support system abroad?
- What services do I use on campus (advising, tutoring, student organizations, libraries, computer labs), and will I have access to similar services when I am abroad?
- What new experiences and situations am I most nervous about? How can I prepare now to lessen my fears?

RETURNING HOME

One of the hardest parts of studying abroad can be [returning home](#). In addition to managing the effects of "reverse culture shock," you might find that no one at home wants to talk about your experience, or that no one understands. Seek out friends that also went abroad, stay in touch with the friends you made on your program, and if you ever just want to share stories, drop by the [Study Abroad Info Center](#)! We're always up for reminiscing, and we also seek out students to be returnee panelists.

Race and Ethnicity

Although you may be classified somewhat generally by your race while in the United States, you may find that you are more often identified by your national identity (citizenship) or ethnic identity in your host country. If you travel to a location where you belong to the racial or ethnic majority, you may also find that expectations are different for you than they are for other Americans. Locals assume you speak the host language, or have the same cultural knowledge as them.

If you belong to a racial or ethnic group that is different than what is dominant in your host country, you might even find that locals will identify you by a completely different racial group than what you are used to, depending on the perceptions of different racial groups in your host country. You may find that local residents are curious about you, and express this curiosity in ways that you might find insensitive or prejudiced.

It is important to prepare yourself for these possibilities, as well as do research on the ways your host country perceives different racial and ethnic identities.

Questions to consider

- Is it likely that I will experience discrimination in my host country? Historically, have people of color experienced discrimination in my host country?
- Will I be able to find appropriate hair care and skin care products and services in my host country?
- What does it mean to be perceived as an American in my host country?
- People may want to take photos of me, touch my hair or skin, or otherwise treat me in a way I find strange or upsetting. How do I plan to deal with these situations?
- How is my racial and/or ethnic group perceived in my host country? Of what stereotypes should you be aware?

TIPS FOR HANDLING CONSIDERATIONS OF RACE AND ETHNICITY ABROAD:

You may find it empowering to facilitate conversations about race and ethnicity in your host country, however you are on your study abroad program to make the most of your adventure—don't feel pressured to explain your identity to everyone all the time. Choose opportunities that suit you and that you have identified as safe and inclusive to have this conversation. It isn't your job to educate everyone in your host country on your identity—you're abroad for your own personal growth and education.

These conversations may take place with other students on your study abroad program. Some students find it more difficult to parse through issues with other students on the program than they do with individuals from the host country. Be prepared for these situations as well. If you ever feel unsafe, or feel that the discrimination is overwhelming, contact your on-site and KU program coordinators for assistance.

Resources to Support Your Research

[Diversity Abroad Racial & Ethnic Minority Students Abroad Guide](#)

[Race Abroad: For Americans of Color Preparing to Live Abroad](#)

[AllAbroad.us](#)

PRO TIP

Ask your program coordinator to provide country-specific information on the racial climate.

Religious, Spiritual, and Non-Religious Students

The religion of a country is closely tied to its culture, often manifesting itself in laws, customs, writing, food, and communication. Navigating the belief system of your destination can help deepen your understanding and cultural experience abroad. Understanding the local religious customs may even be essential to navigating day-to-day life. Even if you are not religious yourself, these are still important elements of your host country identity to be aware of. For example certain stores or restaurants may have limited hours during certain religious holidays, or you may not be able to find certain foods in your host country at all.

Overall, students should aim to be respectful of the religious or non-religious practices of their host country. Observance of certain religiously imbedded customs or laws may even be required by local law. Take some time to examine your own religious or non-religious identity, such as how to safely and respectfully avoid religious practices in which you don't feel comfortable being involved, or which ceremonies and traditions are open for participants of any religious or non-religious background.

If you have religious practices such as dietary restrictions or accommodations that need to be made, please let your program coordinator know as soon as possible.

Questions to consider

- Is it safe to openly practice my religion in my host country?
- Will I be a part of the religious minority or majority?
- What is the tolerance of my host country to my religious beliefs (or lack thereof)?
- Will I have to adjust the way I practice my belief system?
- What religious services are offered in my language?
- How can I respect the religion of my host country, even if I don't practice that religion?
- What religious holidays occur during my stay? What will they entail?
- Will my religious dietary restrictions be accommodated in my host country?
- Will my host country's religion dictate cultural norms regarding food?
- What religious beliefs within my host country will influence how people interact with me because of my identity?

Resources to Support Your Research

pluralism.org

[Religion and Dietary Practices](#)

[International Religious Freedom](#)

[Religious Diversity Abroad](#)

[U Chicago Resources on Religion & Spiritual Life](#)

[Roman Catholic Mass in English](#)

Sexual and Gender Identity

Whether you identify as a gay, lesbian, bisexual, queer, transgender, or heterosexual student—or are exploring and discovering—it is important to be aware of the cultural, legal and social issues regarding sexual and gender identity abroad, and how they could affect interactions with people in your host country.

Lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual (LGBTQIA+) people are part of communities throughout the world. Just as in the U.S., views of sexual and gender diversity vary by region. Every culture has its own gender norms, dating/courting traditions, and understandings of sexuality, and these influence attitudes, beliefs, and the laws regarding gender and sexuality abroad.

TIPS

Do research. In order to have a rewarding and safe experience, investigate how the culture of your host country impacts attitudes and laws that impact sexuality and gender orientation, and norms for friendship and dating.

Be aware of the laws. Even if you do not plan to have a sexual relationship while away, educate yourself about specific laws pertaining to sexual behavior and gender expression, especially the age of consent and the legality of same-sex sexual behavior.

Use online resources. Explore LGBTQIA+ travel guides and online resources to get a better idea of social norms and customs of your host country.

Always put your safety first, and find a support network while you are abroad. If you experience difficulties, you should contact your program staff immediately.

TRANSGENDER RESOURCES

- When creating an airline reservation, use the same name and gender that is on your government-issued ID. If your government-issued ID does not reflect your identified gender, you may be able to change it. For more information see: travel.state.gov
- If you need specific medications, supplies, or services to properly care for your needs, including those related to physical transition, speak to your program coordinator about availability abroad.
- If you have medical equipment or prostheses in your carry-on, you may want to ask TSA to screen your bag in private.

PRO TIP

Ask your program coordinator to provide country-specific information (like cultural attitudes regarding same-sex marriage) and program-specific information (options for gender-neutral restrooms and housing).

Questions to consider

- What are cultural norms for dating and friendship in my host country?
- How do my personal values compare to my host country's attitudes about sexuality and gender diversity?
- If desired, how can I find a community or friends that share my gender or sexuality abroad?
- How open will I be about my sexual orientation/gender identity with my peers, teachers, friends, host family/roommates, and others?
- In what situations, if any, would I not disclose my identity?
- The LGBTQIA+ community is often misunderstood by others. To what degree am I comfortable educating others and dispelling myths?

Resources to Support Your Research

[National Center for Transgender Equality \(information on U.S. passports for transgender students\)](#)

[International Lesbian, Gay, Bisexual, Trans, and Intersex Association](#)

[University of California Education Abroad LGBTIA Community](#)

[Rainbow Europe](#)

[Diversity Abroad LGBTQ Students Abroad Tips and Resources](#)

[Global Gayz – Gay Travel, Culture, and LGBT Human Rights](#)

Students with Financial Need

Studying abroad brings a number of new types of expenses and financial concerns for students, and no matter your financial situation, it can be challenging.

If you have high financial need, it can cause anxiety over every expense, and unexpected expenses may cause panic. You might start becoming extreme and obsessive in your budgeting. If your peers spend more freely, you might feel left out, lonely, or like you don't belong.

Planning ahead will make it easier for you to be financially empowered.

Start by outlining your expenses and your resources. Assume that you won't be working abroad, so your total resources will be all you have for the duration of your experience.

• [Understand what your expenses will be and how you can save money. Make a budget using our Google Sheets template.](#)

- Pace your spending. Look at your total resources and know how much you can spend each week. If you have leftover funds at the end of the week, they can become your discretionary funds.
- Pay attention to the exchange rate and understand your purchasing power with USD. 1 USD may equal 1 Swiss Franc, but if a simple lunch is 12 Swiss Francs your purchasing power is not the same as it would be in Lawrence.
- If withdrawing cash, consider taking your money out in chunks and dividing it into envelopes to help you budget. Be conscious of international transaction fees. (Designate an envelope for food, transportation, etc.)

Consider packing everything you need that you know is cheaper in the U.S.

- We usually advocate for packing light, but if you know you will need cooking utensils, bedding, school supplies, and personal hygiene items, it might be more affordable to pack them, especially if you already own them. Find out what the weight and luggage restrictions are for your flights. If you can check a bag (or two) for free, it may be worth the weight and inconvenience to bring items you'll need.
- Talk to students who have studied in your host country and ask them what they found to be cheap and what was expensive. As an example, in Costa Rica food is very affordable, but shampoo and sunscreen are very expensive. Knowing what items are cheaper in the U.S. will help you make good packing choices. (Designate an envelope for food, transportation, etc.)

Remember! It is often illegal for international students to work abroad, so if you typically have a job, you'll need to plan for your expenses without additional income.

See the **"Practicalities"** section for more info on [budgeting](#) and [tips to save money when eating abroad](#).

Set aside an emergency fund.

- Have a backup plan only for emergencies. Maybe it's a [KU Endowment Loan](#) that you set aside, maybe it's a credit card that you won't use otherwise, maybe it's a family member who agrees to help if you have an emergency. Have a plan for what you will do if you have true unavoidable and unexpected expenses.

Live like a local student

- Eat like a local student. Cook your own meals with local food and groceries.
- Choose free cultural activities and look for discounts for museums and other cultural experiences.
- Find the value (and fun!) in what you can afford, and don't dwell on the opportunities you skip.
- Find friends (local or other international students) that are also living on a budget. You'll have similar spending limits and won't be tempted to overspend so you can belong.
- Use public transportation or walk/bike to get around.

Don't skip travel opportunities, but plan them wisely.

- Explore your host country instead of planning multi-city destinations.
- Small towns and college towns are usually less crowded and more affordable than big cities.
- If you make local friends and they offer to show you their hometowns or favorite spots, take them up on it—as long as you feel safe.

Don't make decisions "to save money" that put you at risk.

- Even if it costs a bit more, eating healthy, well-balanced meals will help you stay healthy and keep you from getting sick, which will cost you in time and resources.
- Staying closer to a city center and good public transportation may cost more, but you'll spend less on transportation expenses.
- Staying in safe places and making safe travel choices will lower your risk of being robbed, getting in an accident, or having other expensive emergencies.

Veterans, Active Duty, and ROTC

Veterans and active duty military members will need to work closely with the appropriate benefits office, officers (if applicable), and the Office of Study Abroad to ensure a smooth study abroad experience.

ROTC students will want to speak with their reporting officer about expectations for their study abroad experience.

Throughout the experience, be organized, stay on top of your paperwork, and stay cognizant of how your military association may impact your interactions with locals abroad.

FINANCIAL CONSIDERATIONS

If you want to use VA benefits, ROTC scholarships, or other forms of aid related to military service, you must plan ahead.

- In some instances the VA will only cover KU tuition costs and not other study abroad related fees. Your KU Veterans Benefits Coordinator will be able to assist you. The GI Bill (Chapter 33 specifically) covers study abroad tuition and fees. The Basic Allowance for Housing (BAH) is available if the program is a direct exchange and courses are approved as KU equivalencies.
- The Office of Study Abroad provides cost breakdowns showing tuition and program fees. You should meet with Michele as early as possible to begin the process. Call 785-864-3742 for an appointment.

Questions to Consider

- Will I need to list my military service on a visa application, and how will I do so?
- Do I need to maintain a fitness regimen, and what facilities will be available?
- How will I discuss my military experience with locals, and how might it be perceived?
- Has the U.S. military been involved in prior action with or in my host country? What is the perception of those military actions among locals?
- How will any prior international experiences shape my perceptions during my program?
- How will the academic and cultural context abroad shape this international experience?

FINANCIAL CONSIDERATIONS WHILE ABROAD

You will need to work closely with the Office of Study Abroad and the KU Veterans Benefits Coordinator or ROTC staff to file all paperwork in a timely manner.

- Be financially prepared. You may not be eligible for your BAH or it may be delayed. Have a backup plan in case that funding does not come through.

PRO TIP

Worried about a current or future security clearance? Create a spreadsheet to store sustained foreign contact information for serious connections you make abroad. Keep track of your addresses abroad and details for two references per address. [You can check out the SF-86 form for more info.](#)

Students with Visible and Invisible Disabilities

Students with both visible and invisible disabilities should consider what accommodations they may need abroad. We encourage students to disclose any concerns they have about mobility, access, and accommodations to their program coordinator. If needed, program coordinators can reach out to the Academic Achievement & Access center, on-site staff abroad, and if applicable, the faculty director to determine what preferred accommodations are and what accommodations are necessary for success on the program, such as elevators, quiet rooms, or testing services.

Your host country may not have the same resources that you are used to in the United States, and they may view accessibility differently. Legal regulations—both domestic and international—may apply differently when you travel. Cultural norms may be more accommodating or less accommodating for certain abilities. Some prescriptions may not be allowed abroad, so make sure you speak with your physician to determine what alternative or supplemental medications you can take while you are abroad.

Mobility International is a great place to start your research in collaboration with your program coordinator. This organization provides resources and can offer helpful suggestions to make your international experience run smoothly. They also can suggest apps and other tools to assist you with everything from finding an accessible restaurant to locating a mental health professional.

Questions to consider

- What is the contact information for local disabilities services organizations in my host country?
- Are the same accommodations I receive at KU available to me abroad?
- If I wish to take a service animal with me, what are the domestic and international regulations on doing so?
- Will I have the same access to medication and physical or mental health services abroad?
- What mobile apps or other tools that could help me abroad?
- Will my housing accommodate my needs?
- Are my medications legal in my host country and other countries I may be traveling in or through?
- What solutions can I plan for now to manage new challenges I might face abroad?

Resources to Support Your Research

[Mobility International](#)

[Diversity Abroad Guide](#)

[U.S. State Department Traveling with Disabilities](#)

[UC Education Abroad Guide for Students with Disabilities](#)

PRO TIP

Many common medications, including Adderall, Prozac, Vicodin, Demerol, Percocet, Ritalin, Xanax, Ativan, Klonopin, Valium, Androgel, and Sudafed are banned or controlled substances in certain countries abroad. If you regularly take prescription pain medication, stimulants, steroids, sedatives, or injectable medications, notify your program coordinator. They can help you research your host country's drug laws and provide advice on how to successfully travel with your medication.

**What to do when
KU reaches the
Final Four and
you just want
to take the first
flight home.**

You've had a long day, missed your bus, and will have to stay up until 3 AM to catch the KU game. Your friends keep sending you Snaps from Mass Street, and you're sitting in your bed with headphones on so you don't wake your roommate. This is awesome.

Cultural Adjustment

When you're abroad, day-to-day interactions that require little conscious effort at home may suddenly require a lot of deliberate thought and observation of others. It can be very frustrating when we feel lost in the new context and confused by daily interactions. It's easy to get homesick, feel angry, or start to compare everything to "the way it was back home."

Although you might be having feelings of frustration or discomfort, it is important to remember that you do have the proven ability to synthesize information from an unfamiliar culture and make adjustments to be successful in it. Think back to your first day of high school, or your first day at KU. Were you nervous? Did you feel out of place? Was it a stressful experience? After some time, you were able to adjust to your new surroundings.

Entering another culture can be like going into a new restaurant that is not well-signed. Do you seat yourself or wait to be seated? Do you order at the counter or at your table? Do you pay your server or at the front door? The restaurant's regular customers already understand the procedure, and will likely get their food more quickly and know what the best dishes are.

Adjusting to your host culture is challenging because it is easy to become overwhelmed, and it takes time to learn new cultural norms.

Even if you don't think you will experience culture shock or homesickness, it's good to be prepared and ready to cope. Sometimes, culture shock will hit you when you least expect it.

Coping with Culture Shock

Culture shock is the phrase that is used to describe the adjustment that you will face upon arrival in your host country. The duration of the culture shock and the amount to which it will affect you will vary depending on the length of time in your host country and your familiarity with your host country's culture. Because everyone copes with cultural shock differently, you may need to try several strategies to find what works best for you. Simply knowing what culture shock is and being mentally prepared for it can help you to more easily recognize that you are experiencing it. Below are some tips to help you cope.

Make an effort to make local friends and resist the tendency to hang out solely with other Americans.

Do not spend too much time on social media and talking with people from home because you will miss out on great opportunities in your host country.

Establish a routine, get enough sleep, maintain an exercise regimen, and eat healthy meals.

Consider journaling or documenting your experience so you can reflect on what you have accomplished and where you struggled.

Find activities, foods, or traditions you enjoy that are different from home. Find new favorite coffee shops, snacks, or TV shows.

Engage with the culture, meet locals, and work on your language skills.

Keep a sense of humor and realize it is okay to make mistakes. Ask questions when you don't understand what's happening.

Be prepared. Pack your favorite American snacks, movies, or other comforting items for the days when you're feeling really out-of-place.

Share your own cultural traditions with locals. For example, host a Halloween party or Thanksgiving dinner.

If you continue to feel overwhelmed, please reach out to your on-site contacts or your Program Coordinator at the Office of Study Abroad.

Stages of Culture Shock

HONEYMOON STAGE

When you first arrive to your host country and everything is new and exciting. You enjoy observing the differences between the U.S. and your host country and learning as much as possible.

FRUSTRATION STAGE

After the excitement of being abroad wears off, the differences that you first enjoyed may not be as fun and interesting anymore. You might become tired of not understanding what is happening around you, either because of the language barrier or the cultural differences. Small annoyances may take on a greater importance and you may have negative feelings about your host country. Some symptoms of this stage may include homesickness, crying, exhaustion, increased worry, a desire to withdraw, or attempting to exert control on your environment through excessive organization. These feelings may grow or decline daily.

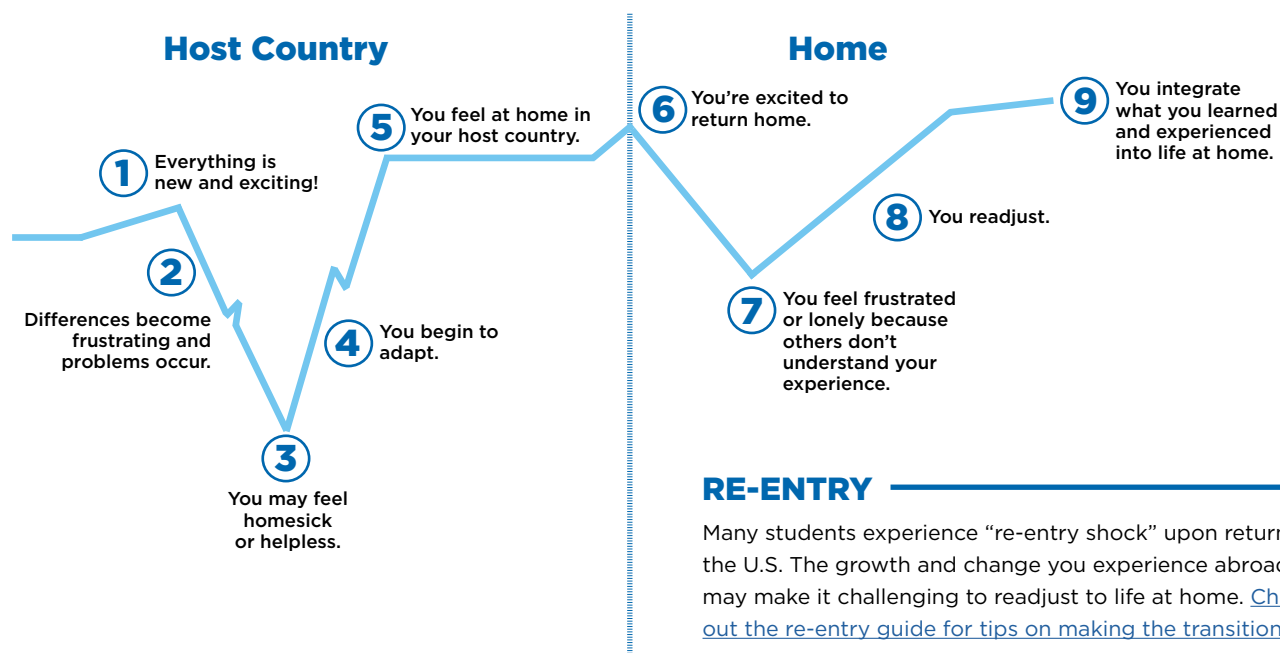
ADJUSTMENT STAGE

You will start feeling more positive about your host country because you begin to understand the differences between the U.S. and your host country. It is easier for you to navigate through your daily life abroad, you have made connections with locals, and you are getting used to the language, food, and culture. You will have friends to rely on and the small annoyances will seem small again.

ACCEPTANCE STAGE

You will be able to appreciate differences. Though you still may not understand the why behind them, you are able to function and thrive in your host country. You may even realize that you prefer certain aspects of your host country. You will begin to feel at home and less like a foreigner, maybe even adopting some behavior of your host country.

Cultural Adaptation Model



**A reminder
that you are**

***studying* abroad.**

Emphasis on the

study.

Your American friends from some other school are skipping midterms to start spring break early. Before you send that email to the study abroad office asking if your classes can just count as pass/fail, let's just remind you now: ALL courses and all grades will be posted to your KU transcript.

Please don't send that email.

Differences in Academic Culture

Just as culture impacts daily life abroad, it is important to keep in mind that it will also influence your academic experience. As a result, you may encounter academic systems that are very different from what you are used to. Doing research on this aspect of your host country and host institution before you depart, will help you prepare for the differences you will encounter.

ATTENDANCE

At KU, regular attendance is expected and typically factored into course grading. Abroad, many institutions take the stance that it is the student's responsibility to learn, and therefore attendance in class is not mandatory. Although attendance may not be factored into your grades abroad, the OSA strongly encourages attending all classes in order to ensure that you do not miss valuable information critical to your academic success.

CLASSROOM ETIQUETTE

Classroom etiquette may also be different abroad and you may have more limited access to professors. For example, in the U.S. it is common for students to ask questions during class or stop by and ask questions during office hours. This may not be the case at your host institution. Observe your peers or ask for their insight into acceptable classroom behavior at your host institution.

GRADING

Grading scales may also differ from what you are used to in the United States. What is considered a poor grade at KU may be considered perfectly acceptable abroad. Be sure to ask your OSA Program Coordinator, your host institution, or your program provider for the grading scale that is used in the country to which you are going. A variety of factors influence grades given at KU (papers, quizzes, presentations, attendance), but it is not uncommon for courses taken abroad to be based on just one or two exams or a final project. Greater weight factored across fewer assignments means less room for error in your academic performance.

Tips to Achieve Academic Success Abroad

- Remember, ALL grades for courses taken abroad will be posted to your KU transcript.
- Be proactive and address issues as they emerge.
- When questions arise, ask a knowledgeable source such as your OSA Program Coordinator, Program Director, or Academic Advisor for help. Do not rely on information about course attendance and grading provided to you by other students.
- Understand the KU academic rules and policies outlined in this section as they apply even when studying abroad.
- If you receive accommodations for a disability at KU, speak with your OSA Program Coordinator and Advisor at KU's Academic Achievement and Access Center about this as early on as possible. They will help you determine what level of resources and support are available abroad and the necessary steps to access them.

Enrollment for KU Administered Courses

KU students studying abroad through the Office of Study Abroad (OSA) remain enrolled at KU while abroad. Non-KU students studying abroad through the KU Office of Study Abroad are admitted to KU as non-degree seeking students and are enrolled at KU while abroad. Students on **faculty-led or KU administered courses*** should follow the procedures outlined below.

***Enrollment in KU Courses Abroad:** Students on most faculty-led programs, internship programs, and some semester programs enroll directly into the corresponding course through KU.

ADDING, DROPPING, OR CHANGING A COURSE

- If you wish to add or change a course, consult the director of your program. The director will send changes to the OSA and the OSA will submit the changes to the Office of the University Registrar at KU. All participants are encouraged to carefully review and select their courses in cooperation with their academic advisor prior to program departure, as changes to enrollment once you are overseas is not usually possible.
- If you wish to drop a course once overseas, consult your program director immediately. In general, it is not possible to reduce the number of credit hours you are taking since all students must maintain full time enrollment. If you are allowed to drop a course, remember that reducing your credit load may affect your financial aid status. Note that KU add/drop policies will apply.
- If you drop a course during the designated first drop period, this course does not appear on your academic record. During the KU designated second drop period, a grade of W appears on the student's transcript. During the third period, a student cannot withdraw from a course. The course grade is determined by the student's overall academic performance. Retroactive withdrawal from a course is not allowed.
- Certain courses cannot be dropped, such as orientation or foreign language grammar courses that form an integral part of the program. Be sure to carefully read the information about your program or consult your OSA Program Coordinator to know which courses fall under this category.

MINIMUM AND MAXIMUM ENROLLMENT

KU administered study abroad programs vary in the number of credit hours offered. On some programs, students may have the option to choose how many credits and courses they take. Please be sure to correctly enroll in the courses you intend to take.

CREDIT/NO-CREDIT OPTION

Study abroad programs follow the same Credit/No Credit policies as all courses at the University of Kansas. Always contact your school and academic advisor directly to see if you can elect the Credit/No Credit option. Many courses do not qualify. In some cases, KU degree-seeking students may elect to take one course in a non-major subject as Credit/No Credit each semester. Once you have elected the Credit/No Credit option, you cannot alter your choice.

Special deadlines are established by the KU Registrar for each KU Study Abroad Faculty-led program. Your program director will have forms and deadlines for requesting for the Credit/No Credit option. These should be sent to the OSA, and the OSA will forward your request to the academic department for approval.

Non-degree seeking students (including Non-KU students on KU study abroad programs) are not eligible to elect the Credit/No Credit option while studying abroad. For more information regarding the Credit/No Credit policy, visit the University Senate Rules and Regulations which can be found on the KU Policy website, policy.ku.edu, under section 2.2.7.

Warning: Certain undesirable consequences may result from exercising the Credit/No Credit option. Some schools, scholarship committees, and honorary societies do not accept this grading system and convert grades of No Credit to F when computing grade-point averages for their specific purposes.

Enrollment at a Foreign Institution

Direct Enrollment at a Foreign Institution: Other programs rely on direct enrollment in a foreign institution, in which case, study abroad students enroll in placeholder (FRSP) hours at KU. The official record of enrollment (transcript) is issued by a foreign institution and KU equivalent courses are determined by KU faculty. KU equivalent courses and grades are posted on the KU transcript after the receipt of official documentation from the foreign institution. Visit with your OSA Program Coordinator for information on past course equivalencies.

ADDING, DROPPING, OR CHANGING A COURSE

- Be sure to follow host institution rules and deadlines for adding a course, dropping a course or changing your enrollment.
- All students must notify their OSA Program Coordinator, in writing and with copies of their Academic Advisor's approval, of any changes to their overseas enrollment.
- ALL courses and grades that appear on your transcript for study abroad will be posted on your KU transcript. It is your responsibility to stay informed about the effect of enrollment changes on completion of your KU (or home institution) academic program and graduation requirements.
- Keep a copy of your Academic Advisor's contact information, in case you need academic assistance.
- KU course equivalencies are available at studyabroad.ku.edu/course-equivalencies. For courses that do not have an approved equivalency, students should contact the appropriate KU Faculty Advisor. This list is available at: studyabroad.ku.edu/creditapprovalstudyabroad
- Non-KU students should contact both their OSA Program Coordinator and the appropriate advisors at their home institutions when considering enrolling in courses not previously approved.
- Bring back all course information, including course description, syllabi, texts or reading lists, assignments, and your work. This is critical for establishing any KU course equivalent that was either conditionally approved or that was not listed on your Academic Plan and Approval form.

MINIMUM AND MAXIMUM ENROLLMENT

Semester & Year Programs

- Undergraduate students are expected to enroll at the foreign university in the equivalent of 12 to 15 KU credit hours per semester, or fewer in the summer. All students are expected to maintain full-time student status while abroad.
- Unless special arrangements have been made in advance, study abroad participants will be granted KU credit for no more than 18 hours per semester.
- Graduate students will usually earn no more than six to nine graduate credits for the semester, although exceptions are possible with prior approval of the student's academic department.

Summer & Short-Term Programs

These programs vary in the number of credit hours offered. Generally all participants on a specified program will take the same total number of credit hours.

CREDIT/NO-CREDIT OPTION

Most KU degree-seeking students may elect to take one course in a non-major subject as Credit/No Credit each semester. Study abroad courses are under the same regulations and policies that are in force at the University of Kansas. Always contact your school and academic advisor directly to see if you can elect the Credit/No Credit option. Many courses do not qualify. Once you have elected the Credit/No Credit option and it has been approved, you cannot alter your choice.

Non-degree seeking students (including Non-KU students on KU study abroad programs) are not eligible to elect the Credit/No Credit option while studying abroad. For more information regarding the Credit/No Credit policy, visit the University Senate Rules and Regulations which can be found on the KU Policy website, policy.ku.edu, under section 2.2.7.

Warning: Certain undesirable consequences may result from exercising the Credit/No Credit option. Some schools, scholarship committees, and honorary societies do not accept this grading system and convert grades of No Credit to F when computing grade-point averages for their specific purposes.

WITHDRAWING FROM YOUR STUDY ABROAD PROGRAM

If you are considering withdrawing from your program, contact your OSA Program Coordinator immediately. Do not just walk away from your program! Your OSA Program Coordinator will help you understand your options and the consequences of withdrawing, both academically and financially.

1. You must notify the OSA of your withdrawal. The withdrawal will be effective the date the written notification is received at the KU OSA.
2. If, after accepting placement in the program (i.e. the financial contract has been signed and submitted to KU OSA) you withdraw from the program, you will be liable for \$400 plus any withdrawal fees as outlined on the Financial Contract.
3. You are responsible for any and all costs arising out of your voluntary or involuntary withdrawal from the program prior to its completion, including withdrawal caused by illness, failure to comply with mandatory conditions of participation, or disciplinary action by representatives of the University of Kansas.
4. Withdrawal may cause immediate financial aid consequences or the need to repay scholarships.

ENROLLMENT AT KU FOR YOUR SEMESTER OF RETURN (FOR KU STUDENTS ON SEMESTER PROGRAMS)

You will need to log on to **Enroll & Pay** (sa.ku.edu) during the Main enrollment period, find out when your enrollment period will begin, and enroll yourself during that time. If you choose not to enroll during Main Enrollment you will need to go through late enrollment upon your return to KU. This may result in late enrollment fees.

- Special Permission: For those courses that require special permission, you will need to contact the department in which the course is offered to request special permission numbers.
- Changes and updates to your request (Add/Drop): You will be able to make changes to your enrollment online at the **Enroll & Pay website** (sa.ku.edu) after you are initially enrolled, or during online Add/ Drop once you return to KU.
- You can print a copy of your schedule from the Enroll & Pay website.

If you are not able to enroll yourself online because of computer issues or you are traveling during your enrollment period, you can contact the OSA at studyabroad@ku.edu and request that the OSA assist you. The OSA will need to know what courses you would like to be enrolled in, complete with course titles and class numbers. You will be enrolled at your predetermined enrollment time by the Office of the University Registrar at KU. You must take care of any enrollment holds prior to your enrollment time or you cannot be enrolled.

- Special Permission: It is your responsibility to provide the OSA with any special permission numbers for enrollment in courses that require special permission. Contact the department in which the course is offered to request the special permission number.
- The OSA cannot guarantee enrollment in all of the courses you request. It is important to always list alternative courses.
- Changes and updates to your request (Add/Drop): Once your enrollment has been submitted to the Student Records Center, the OSA can still request changes on your behalf. Please e-mail requests to studyabroad@ku.edu. You will also be able to make your own changes while you are abroad or when you return to KU during online add/drop.
- Your class schedule: Once enrolled, you can view and print a copy of your class schedule from the **Enroll & Pay website**.

Grades for Study Abroad

KU Courses Abroad

WINTER BREAK & SPRING BREAK PROGRAMS

Credit for Winter Break and Spring Break programs is recorded on the Spring semester academic record. Grades and credit will appear on your spring grade report at the end of the spring term.

SUMMER & SEMESTER PROGRAMS

Summer grades are posted at the end of the summer term on the KU Lawrence campus (late July) or at the end of your program. Semester grades are posted shortly upon the return of the program. In some cases, grades may be delayed until the host institution sends your transcript. Grades may also be delayed if you do not have approvals for all your courses. If you view your grades, Advising Report, or DPR and a course is listed as WG (waiting grade) or zero credit hours instead of a grade, please do not panic! Grades will be posted as soon as possible. Your program director or OSA Program Coordinator will be able to tell you whether they have submitted grades for your program.

KU STUDENTS

Soon after grades have been submitted they will appear on your Advising Report and DPR. Obtain a copy of your Advising Report and DPR through the MyKU portal.

NON-KU STUDENTS

One official transcript will be sent to the address you specified on the Transcript Request form (one of the forms you filled out before departure). Additional copies of your KU transcript may be ordered online at registrar.ku.edu/transcripts. Do not order any transcripts before you receive the first one. If you do, the transcript will be blank.

Enrollment at a Foreign Institution

For some programs, the foreign university contact or program director will send an official transcript directly to the OSA. However, many students will have to request that the official transcript be sent to the KU OSA. All students should collect and bring back official documentation of their work abroad.

- Check with your OSA Program Coordinator if you are not sure whether you need to request the transcript yourself.
- Make certain that the official transcript from the foreign university is sent to the KU Office of Study Abroad and NOT to the KU Office of Admissions.
- Photocopies of transcripts are not acceptable unless stamped with the official seal or mark of the university.
- Consult your program information to find out approximately when you can expect your transcript to arrive. Foreign transcripts generally arrive one to four months following the end of the study abroad period.
- You may not eliminate classes and grades appearing on foreign university transcripts from your KU record. All courses and grades will be posted on the KU transcript. Once grades are posted on the KU transcript, changes will not be made.

GRADE POSTING FOR KU STUDENTS

1. Once the transcript has arrived, the OSA Program Coordinator will match courses on the transcript to the [Academic Plan and Approval Form](#) (if completed before departure). If all of the courses match, the grades and courses will be posted to the student's KU transcript. If the student took courses that weren't pre-approved, the OSA will email the student a credit worksheet for approval of the remaining courses and any courses taken abroad for which KU equivalents remain to be approved.
2. The student will then meet with the appropriate Faculty Advisor, who will review documentation the student has brought back for any course which was conditionally approved before departure or which was not listed on the Academic Plan. The Faculty Advisor will approve KU course equivalents for each course taken in his/her academic department. The student should meet with his or her Academic Advisor to determine how the KU courses will fulfill graduation requirements.
3. The student will return the signed Credit Worksheet to the OSA Program Coordinator.
4. The OSA Program Coordinator will send all completed paperwork and documentation to the University Registrar. Course work and grades will be posted on the KU record within several weeks.

GRADE POSTING FOR NON-KU STUDENTS

1. Non-KU students are responsible for providing the Office of Study Abroad an original syllabus (and translation, as necessary) for each course completed overseas for which no KU equivalent course has been determined. The OSA Program Coordinator will submit course information to the relevant KU academic department so that an equivalence can be assigned and the course posted to your academic transcript.
2. One KU transcript will be sent to your home institution to the address you specified on the Transcript Request form.
3. It is your responsibility to verify that the transfer of the KU credits to the home institution has been completed.

What to do when you get traveler's diarrhea in the hostel at 2 am.

Last night the unidentifiable meat-on-a-stick at the stand by your flat tasted soooo good.

This morning... not so much.

Preparing for Healthy Travel

EDUCATE YOURSELF TO REDUCE THE RISKS OF HEALTH ISSUES ABROAD

Prior to your departure, you should review country-specific health information for all countries in which you will study, as well as those that you may visit while abroad. TRAVAX reports are available to you through your [JayhawksAbroad account](#) and provide detailed information on the health conditions of a given country. Another good source of information for international travelers is the [U.S. Centers for Disease Control and Prevention Travelers' Health website](#). The CDC also offers a [special section tailored to study abroad students](#).

ASSESS AND ADDRESS YOUR PHYSICAL AND MENTAL HEALTH NEEDS

Plan ahead for any physical or mental health issues you are currently be managing at KU. If you are concerned about your physical or emotional health, including use of alcohol or other controlled substances, address your situation honestly with your healthcare provider(s) before going abroad.

OBTAIN IMMUNIZATIONS

Some countries have specific vaccination/immunization requirements that need to be fulfilled for visa or residency requirements. Some vaccinations are recommended rather than required, and often times this recommendation is based on the areas of the country to which you will be traveling. Consult the [U.S. Centers for Disease Control \(CDC\)](#) for specific information. Be sure to inform your health professional of any plans to travel to destinations outside of your program itinerary, so that all necessary immunizations can be administered prior to travel. Certain vaccinations have to be administered several months prior to departure.

TRAVELING WITH MEDICATIONS

If you require prescription medication, be aware that regulations may apply to transporting medicine out of the US and into your host country. Some medications available in the US are heavily regulated or banned abroad. Ask [AIG's Travel Assistance Services](#) if your medications are permissible in the country or countries to which you will be traveling.

- You must make arrangements for an adequate supply of necessary medications. Maintain your usual dosage and ask your physician how to make adjustments due to time zone changes.
- Check the legality of your medications in the country to which you will be traveling, the countries you visit, and countries you travel through.

UNDERSTAND YOUR INSURANCE PROVISIONS

All students studying abroad through the KU OSA are required to provide notarized proof of major medical insurance to cover all eventualities while abroad. [The Office of Study Abroad website](#) has information about plans available specifically for study abroad participants.

INCLUDED EMERGENCY SUPPORT SERVICES

Enrollment in AIG and New Directions is included in the KU study abroad program fee for all students.

AIG Global Assistance Services

The AIG plan provides an array of services to support you while abroad, including referrals for English-speaking providers and hospitals, emergency prescription assistance, medical consultation and monitoring, and medical, natural disaster, and security evacuation. Please note that this is not health insurance and does not cover expenses associated with medical care.

You can reach AIG at: **1 (715) 346-0859**

New Directions Counseling Services

New Directions provides emergency telephonic counseling services to students experiencing challenges abroad. Students may speak with a certified, licensed professional 24 hours per day, 7 days per week by calling **1 (309) 820-3604** or emailing universityofkansas@chestnut.org. Please note that this service is not intended to provide regular treatment for a student abroad, but provides immediate support to students experiencing an unforeseen challenge or crisis.

- Pack your prescription medications in their original containers in your carry-on luggage. Pack copies of all prescriptions, including the generic names for medications.
- Carry a signed and dated note from the prescribing physician indicating your condition, treatment, and medication regimen..
- If you use injectable treatments, like insulin or hormones, obtain and carry a doctor's letter explaining the need to carry your supplies.
- Do not have medication mailed to you and do not have other people travel with your medication. This is considered drug trafficking.

Health Insurance

All students participating in a Study Abroad program are required to be covered by health insurance that the participant has determined to be adequate and satisfactory for any injury or illness that might befall them. Only you can determine what level of coverage is adequate and satisfactory for your needs. However, minimum requirements are that the policy provide for reimbursement of medical costs from major medical situations, such as serious accident or illness.

HEALTH INSURANCE ABROAD

• **Already have health insurance?** You must contact your current insurance provider to determine if they will reimburse you for medical costs while you are abroad. It is recommended that you obtain a copy of their claim form if you are covered by this policy while studying abroad. Determine exactly what services and coverage limitations the policy offers while studying abroad and decide if these meet your personal needs. Obtain an insurance card if you do not already have one.

• **Need a health insurance policy?** Purchase a major medical policy of your choice, being sure that the policy will cover your study abroad program and that the period of coverage includes the entire time you will be abroad. Consider policies designed for students studying abroad. Most cover major medical expenses, are relatively inexpensive, and can be purchased by the month. See the list of providers at the bottom of the page.

Paying Up Front: In most cases study abroad students will need to pay at the time of treatment and submit a claim for reimbursement. You will need a method to pay (cash or credit card are usually accepted). It is recommended that you obtain a blank claim form(s) from your insurance company when you verify your coverage abroad or purchase a new policy. Depending on the country, health care expenses and charges can vary greatly.

Exclusions: Most insurance policies will have exclusions, especially around high-risk activities. They may exclude activities like scuba diving, rock climbing, sky diving, and contact sports. If you choose to participate in these activities on your personal time, consider the risk involved and how you would handle an emergency. You may want to buy insurance specifically for that activity.

Questions to consider

Is the policy adequate?

- Does the plan include major medical coverage for accidents and illness overseas?
- Does the plan cover visits to the doctor or prescriptions ordered while abroad?
- Does the plan cover emergency room visits?
- What are the plan's deductibles, if any?
- Does the plan provide medical referral services for the country you will be visiting?
- Do you know exactly what the plan covers and what maximum coverage it will provide?
- Are mental health, dental needs, or vision services covered? If not, how will you handle these emergencies?
- Does the policy cover you only while enrolled in a study abroad program or are tourist activities before or after the program included?
- How does this policy deal with pre-existing conditions?

How do you use the policy?

- How do you use the plan if you have a medical emergency or need to visit a doctor while abroad?
- Do you have contact information and numbers for your insurance company?
- Do you know how to file a claim? Have you requested a claim form?
- Will translation be required for the claim?
- How long will it take to get reimbursed while abroad?

Find a list of [recommended health insurance providers](#) here: studyabroad.ku.edu/studenthealth

Common Illnesses

Many of the illnesses students encounter abroad are the same ones they encounter at home—the flu, the common cold, eye infections, allergies, UTIs, and sinus infections. The same health concerns common among college students in the U.S.—mononucleosis, STIs, strep throat, and mental illness—are still concerns when you are abroad. Think through healthy habits you can adopt or continue abroad to help you prevent these illnesses. (Wash your hands, take vitamins, eat healthy foods, and bring medication for anything you experience regularly.)

Make sure you get all recommended vaccinations for your host country and any other destinations you might travel to independently.

TRAVELER'S DIARRHEA & STOMACH ILLNESSES

According to the Center for Disease Control and Prevention, travelers' diarrhea is the most predictable travel-related illness and affects 30%-70% of international travelers. The risk of diarrhea is higher in developing countries, but it affects travelers worldwide as they are exposed to new bacteria.

PREVENTION

- 1. Is the water safe?** A quick Google search should tell you. Remember to avoid ice and beverages prepared with local water if it isn't. Drink from water bottles. When swimming or showering, avoid consuming the water.
- 2. Is the food safe?** Consider avoiding street food, make sure to eat food that is fresh and hot, and be careful of eating food prepared with bare hands (no gloves). Be especially careful of freshly chopped fruit and vegetables, under-cooked meat, and dairy. If you can, wash and peel fruit and vegetables yourself.
- 3. Brush your teeth with bottled water.**
- 4. Wash your hands before eating.** Avoid touching your face and mouth if you haven't washed your hands recently.
- 5. On short trips and in high risk areas, consider taking Pepto-Bismol** (or generic bismuth tablets) daily, even if you haven't shown symptoms. The recommended dose is 2 tabs up to four times per day.

TREATMENT

- 1. Avoid caffeine and dairy products.**
- 2. Stay hydrated. Drink safe fluids.**
 - a. Bottled water
 - b. Warm clear soups
 - c. Decaffeinated sports drinks
 - d. Canned/bottled pasteurized juice
- 3. Eat dry, bland foods,** like crackers, cereals, bananas you peel yourself, applesauce, dry toast, rice, plain noodles, and potatoes.
- 4. Take Pepto-Bismol or another anti-diarrheal medication.**
- 5. If your symptoms are severe** (persistent vomiting, signs of severe dehydration, fever of 102 F or higher, blood) or last more than a few days, seek medical attention.

PRO TIP

Pack a first-aid kit with bandages, pain reliever, allergy medication, itch relieving ointment, sunscreen, bug spray, instant ice pack, and aloe.

Psychological Health

Studying abroad can present unique psychological challenges to all students. These include cultural difference and adjustment challenges, maintenance of long-distance relationships, formation of new relationships, increased stress and anxiety associated with unfamiliar environments, etc. For some students, these experiences can be more pronounced and result in mental stress. Common signs of mental stress (or distress) include:

- fatigue and changes in sleep habits
- loss of appetite or overeating
- mood swings
- lack of concentration
- withdrawal from others
- irritability
- increased use of alcohol or drugs
- feelings of hopelessness

The stresses of travel and life in an unfamiliar setting can exacerbate existing mild psychological disorders or initiate the onset of new conditions. Some students may struggle more with this adjustment period. If find yourself overwhelmed and unable to cope, know that KU has resources and support systems to assist you. Students may speak with a certified, licensed counseling professional 24 hours per day, 7 days per week by calling **1 (309) 820-3604** or emailing universityofkansas@chestnut.org.

If you have a history of mental health concerns, you should share this information on the health and dietary questionnaire submitted through your JayhawksAbroad account to the Office of Study Abroad, as well as with the Watkins Health Center clinician with whom you have your travel health consultation.

Experiencing some level of depression or anxiety about your study abroad experience prior to departure and upon arrival in your study site can be expected for all students. However, if you begin to doubt your readiness to participate in study abroad, or you experience significant and sustained mental health challenges, please contact the OSA to discuss your concerns and connect to support services.

Sexual Health

If you are sexually active while you are abroad, please be aware that laws, cultural norms and risks related to sexual activity may vary widely. It is important to consider the context of your individual situation and assume a greater degree of caution in your new cultural context. Resources for safe sex, including condoms, birth control, and dental dams, may be more difficult to obtain abroad and the quality may vary, so take an adequate supply with you. Access to reproductive health services can vary widely as well. Work with your physician or gynecologist to prepare for safe and positive sexual experiences.

Sexually-transmitted infectious diseases pose serious health risks in virtually every country. Information related to sexual activities, transmitted diseases, diagnosis, and means of transmission varies widely based on culture. Individuals may not fully understand how transmission of diseases occurs, may be unfamiliar with signs of infection or may not even know that such diseases exist. Always exercise caution and good judgement in ensuring your health abroad.

Alcohol Impairment

ACCIDENTS & INJURIES

Accidents and injuries are fairly common among students who study abroad, especially during or after consuming alcohol. We all know alcohol impairs judgment, coordination, perception, and concentration. Impairment of these skills can result in a range of accidents, including falling down a flight of stairs or tripping on the sidewalk. The injuries resulting from such accidents can be minor or they can be severe. Within the past few years a number of U.S. college students have died abroad as a direct result of accidents incurred while intoxicated. Consider buddying up and remember that just like in Lawrence, excessive drinking may result in serious complications.

ALCOHOL POISONING

Alcohol, when used to excess, can cause alcohol poisoning. The effects of alcohol poisoning can range from vomiting to falling into a coma and subsequent death. Too much alcohol can cause vital organs, such as the heart and lungs, to slow down and even stop, which results in death. Very often someone who dies from alcohol poisoning passes out and is allowed to “sleep it off.” This is a mistake. Anyone who drinks so much that they become unconscious should receive immediate medical attention.

Drug Use Abroad

Illicit drugs can have serious health consequences, not to mention complications with the law and your personal safety. **KU students will be removed from their programs for illegal drug use.**

PRESCRIPTION MEDICATION

Prescription medication can be addictive and should only be taken under the care and consideration of a medical professional. Don't share your prescription medications with other people (even if they are having a panic attack and you have something for that).

MEDICAL MARIJUANA

Never travel internationally with any amount of marijuana, medical or otherwise. Marijuana is illegal in many countries. Students with a US prescription for marijuana can be arrested, prosecuted and deported if in possession of any illegal substance. Airports and airplanes are federal jurisdictions. You can be detained and arrested when going through security. Federal authorities do not recognize medical marijuana laws or cards of any state. In the past decade, students that had consumed or carried marijuana or CBD have faced deportation and/or arrest.

ILLEGAL (AND ARE THESE LEGAL HERE?) DRUGS

Illegal drugs have the same health consequences abroad as they do in the U.S., but they might come in different and/or stronger forms. Avoid recreational drugs completely.

LEGAL ISSUES

Many countries have laws regarding alcohol and other drug use that are more severe than laws in the United States. In some countries, those caught with illegal drugs can be subject to death. In addition, students can and will be kicked off of study abroad for use of recreational drugs. This policy is outlined on the Conditions of Participation contract you signed.

Dietary Concerns

While traveling abroad with a food restriction can be tricky, careful research and preparation will ensure that you have a safe and enjoyable trip.

- Contact your airline a few weeks in advance to see if it can accommodate your dietary needs.
- Research your host country's popular foods before you leave in order to get a sense of which foods may be problematic for you.
- Be sure to learn how to express your dietary restrictions if you are going to be in a non-English-speaking country. If you have difficulty communicating in your host country's language, it would be wise to also have a translated copy of your dietary needs written in the language for you to show at restaurants and refusing to help you explain.
- Pack plenty of snacks before you travel, as it may be difficult to find food that matches your needs on the plane or immediately after reaching your destination.

VEGETARIAN/VEGAN

Research vegetarian/vegan travel suggestions for your host country online. Identify appropriate foods and places to purchase them. [HappyCow.Net](#) and the HappyCow App are very helpful. Be aware that some cultures have traditional diets that are based heavily in animal products and refusing food can be seen as offensive.

FOOD ALLERGIES

If you have an allergy, first research your airline's food allergy policy and notify them of your allergy. Pack food to eat on the plane and upon reaching your destination. Pack copies of your prescriptions, medications, and possibly extra epinephrine auto-injectors as well. According to [TSA guidelines](#), you are allowed to bring epinephrine injectors on board, but you may need to show the printed label as well as your prescription.

GLUTEN INTOLERANCE

Many cultures consume wheat and gluten less frequently than most Americans. Do research before you go abroad so you know which foods to avoid and which to enjoy.

Meal Planning

If you have an allergy or dietary restriction, consider packing snacks and shelf-stable food to get you through a few meals. You may not have immediate access to food or groceries when you arrive or while you are in transit.

While abroad, make sure you are eating a balanced diet so you stay healthy. If you have problems finding food you can eat, talk to your on-site contacts to see if they can help you navigate the local cuisine, restaurant, and grocery options.

Ordering food safely

If you have a dietary restriction or food allergy, bring an [allergy translation card](#) with you to make ordering food safe.

Plan ahead by learning the vocabulary of countries where you will be traveling.

Learn how to ask "Does this contain...?" and how to request "No _____, please."

Words to know:

- Allergy
- Vegetarian
- Vegan
- Celiac
- Gluten-free
- Nut & types of nuts
- Wheat
- Gluten
- Flour
- Soy
- Dairy
- Cheese
- Milk
- Gelatin
- Casein
- Animal product
- Broth
- Stock
- Fish/shellfish
- Names of meat/animals
- Tofu
- Eggs

**How lame is a
money belt?**

**Not as lame as
being robbed.**

You're planning to leave Barcelona tomorrow to fly back home, but while you're on the metro someone snatches your backpack... with your wallet, your passport, and your flight information. Ummm, this might be a problem.

Preparing for a safe international experience

If you're getting your safety info from American movies, it's easy to believe that the greatest risks abroad are terrorism, plane crashes, and kidnapping. The most common emergencies experienced by KU students abroad are theft, lost passports, and illness. We encourage you to practice safe and healthy habits abroad. You can't control every situation, but you can make smart choices.

ALCOHOL & SAFETY

Alcohol impairs judgment, coordination, and perception. Accidents and injuries are common among those consuming alcohol. A number of college students have died in accidents abroad while intoxicated, including students who have fallen from balconies or windows, drowned walking home from a party, or tripped on the sidewalk. [Page 41](#) provides alcohol safety tips that can reduce the likelihood of an accident abroad.

SAFE/UNSAFE AREAS OF TOWN

Where can you go safely and at what times? Can you go out only if you are in a group? Does your identity mean you might be targeted in specific areas? Review the [U.S. State Department country-specific information sheets](#) to learn more about common crimes and the locations in which these are committed (for example, purse snatchings or pickpocketing while on the metro). Ask on-site staff for specifics.

TRANSPORTATION

What forms of transportation are safe, and at what times of day? Are taxis registered/metered? Does your host city have ride sharing services (Uber, Lyft)? At what hour do buses/subways stop operation? For road travel, [The Association for Safe International Road Travel](#) offers safety tips and common driver behaviors for travel abroad. You can create a free account to access road safety reviews. In general, avoid hitchhiking.

PEDESTRIAN SAFETY

What are the pedestrian and vehicular rules and norms? It is best to assume that traffic will not stop for you and that you do not have the right-of-way. You must be on the lookout for vehicles at all times. Even while crossing at a crosswalk, be cautious of oncoming traffic.

BIKE SAFETY

Students frequently rent or buy bikes abroad, as they are a common form of transportation in many cities. Be sure to research bike safety and bike laws, helmet requirements, places where bikes are prohibited, and laws about locking your bike.

ACCOMMODATION

Ensure accommodations are located in a safe area of town and near transportation options. Always read guest reviews and international travel guides prior to making a reservation.

FIRE SAFETY

Learning about building quality and safety standards when looking for accommodations is as important as knowing about the neighborhood or your roommates. Utilize the [Residential Fire Safety Checklist](#) when investigating accommodation options. Ask your landlord questions, and use the information provided to make sound housing choices for short and longer stays.

WATER SAFETY

If you are studying in a country with access to beaches, rivers, or waterfalls, be sure to ask locals what areas are safe for swimming before diving in. Learn to recognize rip tides, and make sure you know who in your group is comfortable swimming. Remember that alcohol and drug use will decrease your awareness and coordination. Alcohol use is associated with higher rates of drowning.

CULTURAL NORMS/BEHAVIORS

How do individuals interact in your host country? What are the norms of dress, behaviors, interpersonal communication that you should adopt? How do your own norms of behavior align with those of your host country, and what messages may you be sending through these actions?

EXTREME WEATHER & SEISMIC EVENTS

Does the region where you are studying regularly experience flooding, hurricanes, earthquakes, volcanic activity, or other natural disasters? What do locals recommend to stay safe? What are your host institutions procedures for canceling class for weather related concerns?

ENVIRONMENTAL HAZARDS

Does your host city suffer from poor air or water quality? If so, how will you know when these reach dangerous levels? Are dangerous riptides prevalent at the local beach? Are dangerous animals or poisonous plants prevalent in the region?

CONSIDER HOW CULTURE AND IDENTITY IMPACT SAFETY

Attitudes, tolerance, support, and laws regarding religion, ethnicity, sexual orientation, gender expression, and political activism vary widely around the world.

To help minimize risks and avoid dangerous situations, research the laws, cultural norms, and tolerance levels of your host country regarding your identities before you leave the U.S. It is important to understand the attitudes of local authorities as well as the general population. Keep in mind when traveling in rural areas that attitudes are often more conservative than in larger cities. If you are traveling in a less-tolerant country, be aware that spaces where marginalized people gather (online or physical spaces) may become targets for discrimination and harassment.

KNOW THE LAWS OF YOUR HOST COUNTRY

When you study abroad, you are subject to the laws of your host country and the regulations of your host institution. Should you break the law, you will be subject to the local legal system, which may differ significantly from the United States and may not afford the protections available to you under the U.S. constitution and corresponding law. Penalties for breaking the law may be significantly more severe than in the United States for similar offenses.

It is your responsibility to be informed about the legal system in your host country and other countries you plan to visit. If you are arrested abroad, the U.S. government can do very little to help you. You will not be granted special privileges or rights. The U.S. embassy may assist you in finding legal representation, but they cannot intervene on your behalf or assist in getting you out of jail.

REGISTER WITH THE U.S. DEPARTMENT OF STATE'S STEP PROGRAM

[Registration with the U.S. Department of State's STEP program is free and required for participation in a KU study abroad program.](#) By registering through the STEP program, you will receive travel alerts and messages from the US Embassy in your host country should a significant event occur, such as a natural disaster, strike, or terrorist attack. STEP registration can be accessed through the [SmartTraveler App](#), providing easy access to frequently updated official country information, travel alerts, travel warnings, maps, and U.S. embassy locations.

KNOW HOW TO CONTACT THE U.S. EMBASSY, LOCAL ASSISTANCE, AND THE OFFICE OF STUDY ABROAD

As a safety measure, we also recommend that you know how to contact the U.S. embassy in each country you will be visiting. Refer to usembassy.gov for contact information.

Add important phone numbers to your contacts so that these will be easily accessible to you in the event of an emergency. This includes the police, ambulance services and the fire department in your host country or any country you travel to abroad. Also add the Office of Study Abroad (785-864-3742) and your on-site contacts.

Strategies for reducing risk abroad

ASSUME RESPONSIBILITY FOR YOUR SAFETY

Personal safety and security starts with the decisions you make including choice of lodging, transportation, destinations, and activities. The following situations increase your risk:

- Being alone in an isolated area
- Being in a high-crime area
- Sleeping or storing belongings in spaces with unlocked doors and windows
- Being under the influence of alcohol or drugs
- Carrying excessive amounts of cash or displaying visible signs of wealth

ASSESS YOUR PERSONAL RISK & EXERCISE CAUTION

It can be tempting to take risks while abroad that you would not take at home, particularly if you are trying to fit in with the locals or experience everything your host country has to offer. Always assess if a situation is okay to do or to do alone (for example, eating from a street vendor, hiking, ocean swimming, etc.) and exercise good judgment. Do not take unnecessary risks, particularly when your access to resources such as adequate medical care may be limited.

TAKE PREVENTATIVE MEASURES

Most of us overestimate the danger of rare events over which we have no control (such as a natural disaster or terrorist attack) and underestimate the danger of common events over which we have at least some control (like traffic accidents or petty theft). Focus on preventing what you can. Practice safety by carrying only what you need for an outing (limit cash, credit cards, etc.), practicing moderation if consuming alcohol, avoiding high risk areas or events (such as political demonstrations or rallies), and always using the buddy system.

MAINTAIN COMMUNICATION

Keep in contact with local friends, family at home and your university support offices (such as the OSA). Let your University colleagues, friends and family know your itinerary when traveling while abroad.

SAFETY STEPS

ON ARRIVAL

1. Contact your family upon arrival.
2. Participate in on-site orientation.
3. Learn on-site safety procedures.
4. Update your "Abroad Address" in the Profile section of your [JayhawksAbroad](#) account. Be sure to include a phone number where you can be reached abroad.

SOCIAL MEDIA USE

- Consider how you will use social media abroad. Posting your location, travel destinations, and photos could make it easy for potential thieves to know when you are traveling. Consider using privacy settings to protect your information.
- Social media is an excellent way to keep friends and family aware of your location, and in times of emergency, it may be one of the most accessible and quickest forms of communication.
- We encourage you to find a balanced approach to using social media as you consider the implications for your safety.

THROUGHOUT YOUR TIME ABROAD

- Check your email regularly for updated information and communications from the Office of Study Abroad.
- Check alerts in the [AlertTraveler app](#) for your host country and the regions where you may choose to travel.
- Keep your belongings safely stored and keep your accommodations locked. Thieves may target student housing, rental units, AirBnbs, and hostels.

SAFETY REMINDER

The Office of Study Abroad requires you to provide up-to-date contact information, including a phone number, in case of an emergency.

AVOIDING THEFT AND PICKPOCKETING

Petty crime and theft tend to be the most common problems that students experience abroad. To reduce your risk, travel carefully, not fearfully.

- Crowds and popular tourist spots are the most likely settings for opportunists to snatch your belongings, so keep them close and in your control. Stay vigilant in crowds and steer clear of commotion.
- Wear a money belt, neck pouch, or undergarments with a security pocket.
- Leave your valuables (computer, large amounts of cash, etc.) locked in your accommodations.
- Divide the contents of your wallet between various pockets, in case your wallet itself is stolen. If you carry valuables in your pockets, consider keeping them in your front pockets or in a zippered pocket.
- Avoid taking out your phone, wallet, or other belongings and resting them on a counter or table. They are easy to grab and show others what you have with you.
- Lock your accommodations when you leave and be sure to check windows and other methods of entry too.

Students are more likely to lose their belongings than to actually have them stolen. It's important that you look behind you whenever you leave a place or a form of transport.

Source: "Outsmarting Thieves and Avoiding Pickpockets," ricksteves.com

WHAT TO DO IF YOUR PASSPORT IS LOST/STOLEN

If your passport is lost or stolen while you are abroad:

1. Report it at the nearest U.S. embassy or consulate, or on the State Department's website, travel.state.gov.
2. Complete a DS-11 application form and a DS-64 "Statement of Loss" form. [These are available online.](#)
3. You will need new passport photos. If available, you also will be asked to provide proof of identity and citizenship, and a copy of your stolen passport.
4. The consulate/embassy/State Department will issue you a new passport (or temporary passport) for a fee. It can take a few hours, a few days, or a few weeks, depending on the situation and the issuing office. Additional fees may apply to expedite the application.
5. U.S. passports are especially valuable because they have few travel restrictions; contacting the State Department should be your first priority when your passport is lost/stolen.
6. You may need to file a police report and provide that documentation to the issuing office.

PRO TIP

The Office of Study Abroad can provide guidance, support, and a copy of your passport. Please contact the office and/or your program coordinator at KU, as well as your on-site coordinators, so they are aware of your situation and can provide assistance.

ALCOHOL SAFETY

Like many other substances, alcohol can inhibit a person's physical and mental abilities. This means that alcohol may make it easier for a perpetrator to commit a crime and can prevent us from protecting ourselves or remembering that the assault occurred.

While abroad, consider the cultural context of drinking alcohol. In some cultures, it is forbidden completely, and in others, it is part of traditions and social norms.

What can I do to stay safe?

You can take steps to increase your safety in situations where drinking may be involved. Following the suggestions below may reduce the risk of something happening, but, like all safety tips, they are not foolproof.

EAT

In many cultures, alcohol and meals are closely intertwined. Eating will lessen the impact of alcohol.

KEEP AN EYE ON YOUR FRIENDS (AND HAVE THEM KEEP AN EYE ON YOU)

If you are going out in a group, plan to arrive together and leave together. If you decide to leave early, let your friends know. If you're at a party, check in with them during the night to see how they're doing. If something doesn't look right, step in. Don't be afraid to let a friend know if something is making you uncomfortable or if you are worried about their safety.

HAVE A BACKUP PLAN

Sometimes plans change quickly. You might realize that a metro stop is closed, or the group you arrived with might decide to go somewhere you don't feel comfortable going. Download a rideshare app, like Uber, or keep the number for a reliable cab company saved in your phone and cash on hand in case you decide to leave.

KNOW WHAT YOU'RE DRINKING

Don't recognize an ingredient? Use your phone to look it up. Consider avoiding large-batch drinks like punches that may have a deceptively high alcohol content.

TRUST YOUR INSTINCTS

If you feel unsafe, uncomfortable, or worried for any reason, don't ignore these feelings. Go with your gut. Get somewhere safe and find someone you trust or call law enforcement.

DON'T LEAVE A DRINK UNATTENDED

That includes when you use the bathroom, go dancing, or leave to make a phone call. Either take the drink with you or throw it out. Avoid using the same cup to refill your drink.

DON'T ACCEPT DRINKS FROM PEOPLE YOU DON'T KNOW OR TRUST

This can be challenging in some settings, like a party or a date. If you choose to accept a drink from someone you've just met, try to go with the person to the bar to order it, watch it being poured, and carry it yourself.

CHECK IN WITH YOURSELF

You might have heard the expression "know your limits." Whether you drink regularly or not, check in with yourself periodically to register how you feel.

ASK YOURSELF, "WOULD I DO THIS IF I WERE SOBER?"

Alcohol can have an effect on your overall judgment. You wouldn't drive, make medical decisions, or ride a bike while intoxicated. Given this context, is what you're about to do a good idea? Make choices that you can feel confident about the next day (even if you are feeling a tad bit hungover). Your consumption of alcohol or another drug, and/or your behavior while under the influence, might lead to a violation of local laws in addition to program and University conduct codes.

Reference: rainn.org/articles/alcohol-safety

PREDATOR DRUGS

Drugs are used in many parts of the world to take advantage of unsuspecting victims. While illegal in the United States, in many countries possession of drugs such as Rohypnol, GHB, Ecstasy, Ketamine, and Burunganda is not illegal and therefore these drugs may be more prevalent. Drinks of any type can be spiked, including water, coffee, sodas, and alcoholic beverages. You may not be able to see, smell, or taste if your drink has been spiked—the drug may be colorless, odorless, and tasteless, or it may taste salty. The effects of these drugs can be felt within 15-30 minutes of being drugged and can last for several hours.

Warning signs of being drugged include:

feeling dizzy or faint, feeling sick or sleepy, feeling intoxicated or confused—even if you have only consumed a little alcohol—passing out, and waking up feeling uncomfortable and disoriented with memory blanks about the night before.

TO MINIMIZE YOUR RISK

- Never leave your drink unattended.
- When in bars or clubs, always get your drink directly from the bartender and watch as it is prepared.
- Do not accept open drinks from anyone other than the bartender and/or open your own drink.
- Do not share drinks.
- Be cautious of punch bowls or other open containers.
- If you think your drink tastes funny, discard it.

SEXUAL HARASSMENT AND SEXUAL ASSAULT

Sexual harassment can happen to people of all genders anywhere in the world. Harassment issues may be particularly difficult to identify abroad because cultural norms are often very different from those in the United States. Trust your judgment and intuition. If a situation makes you uncomfortable, it needs to be addressed. Many people feel ashamed or humiliated as a result of the harassment. It is not your fault and you do not have to endure it. Rather, we encourage you to report any incident of harassment to your on-site contact and the KU Office of Study Abroad so that we might provide support and assist in remedying the situation.

Sexual assault is a traumatic experience wherever and whenever it happens, but it may be even more difficult to deal with in an unfamiliar setting. Staff at the KU OSA are here to assist and support you in navigating the options available to you should you experience sexual assault abroad. In all cases, you did not cause this. It is wrong for anyone to harass you or to have any sexual activity with you without your consent. It was not your fault.

IF YOU ARE SEXUALLY ASSAULTED, HERE ARE A FEW OPTIONS

- Find a safe environment away from the offender.
- Ask a trusted friend or staff member to stay with you for assistance and support.
- Preserve evidence of the assault. For advice, please contact the Office of Study Abroad.
- Contact your on-site program coordinator or the OSA for assistance.
- Seek medical attention, even if you have no physical injuries (lack of physical injury is normal after a sexual assault). Even with no physical injuries, medical attention can provide preventative medication for sexually transmitted infections, HIV or pregnancy if accessed within 72-120 hours after the assault. To preserve forensic evidence, ask the hospital to conduct a sexual assault forensic examination. If you think you have been drugged, also ask for a urine test.
- Determine if you would like to report the assault to law enforcement authorities. In the event you would like to do so, the OSA will assist you in understanding the legal process in your host country.
- Your on-site coordinator or the OSA can assist in linking you with counseling and healthcare professionals. Through the OSA's emergency travel assistance providers, you also have access to English-language telephonic counseling services 24 hours a day, 7 days a week.

SUPPORT SERVICES AVAILABLE

The Office of Study Abroad can assist you in understanding the resources available to you and your options for seeking medical or psychological support, filing a police report, filing a complaint, or seeking accommodation. Please be aware that all reports of sexual harassment/assault made to KU faculty or staff will be forwarded to the KU Title IX Coordinator for review as required by federal law. All efforts will be made to preserve your privacy; this means that only people who need to know about the incident will be given your name and other limited information as necessary. Family and friends will not be notified without your explicit and direct permission.

If you would like to speak with someone on the KU campus who can provide complete confidentiality, you may contact one of the following offices:

- **Campus Assistance, Resources and Education (CARE) Coordinator** - 785-864-9255
- **Counseling & Psychological Services (CAPS)** - 785-864-2277
- **Healthcare Providers at Watkins Health Center** - 785-864-9500
- **University Ombudsman** - 785-864-7261

If you would like to speak with someone while abroad or upon return with no affiliation with KU, you may contact the following offices:

- **The Sexual Trauma and Abuse Center (formerly GaDuGi SafeCenter):** 785-843-8985
- **Bert Nash Mental Health Center** - 785-843-9192
- **Men's Domestic Abuse Helpline** - 1-888-743-5753
- **National Sexual Assault Hotline (RAINN)** 1-800-656-7679 or live chat at <https://ohl.rainn.org/online>

Handling Emergencies Abroad

In the event of a personal emergency abroad, you should:

MEDICAL EMERGENCIES

1. Immediately visit the nearest physician or hospital.
2. If needed, AIG Emergency Assistance can provide help in securing hospital admissions, monitoring medical care, or recommending a physician.
3. Contact your on-site faculty director, site director, or program coordinator.
4. At any time if you need assistance, please contact the KU Office of Study Abroad through the 24/7 emergency phone lines.

NON-MEDICAL EMERGENCIES

1. Get to a safe place.
2. Contact your on-site faculty director, site director, or program coordinator.
3. Call the KU Office of Study Abroad's 24/7 Emergency Assistance Line, and AIG's emergency assistance line.

SIGNIFICANT INCIDENTS

Should a significant incident occur in your host city or country while you are studying abroad (**for example, a natural disaster or terrorist attack**), a KU Office of Study Abroad staff member will contact you immediately via the AlertTraveler app Safety Check, email, phone/text or social media to confirm your safety and to provide information, instructions, and advice. We ask that you respond immediately to all OSA communications and that you maintain open communications with your parents, guardians, or emergency contacts to reassure them of your welfare.

The OSA may choose to inform a student's emergency contacts about a potential emergency abroad without the student's permission if/when students are:

- unable to speak for themselves
- have been missing for an extended period of time
- perceived to be a danger to themselves or others, or
- when a significant health, safety, or security incident affecting the student or program has occurred abroad.

**Office of Study Abroad
24/7 Emergency Assistance**

(785) 691-7608 or (785) 691-7610

**AIG Emergency Travel
Assistance Services**

1 (715) 346-0859 (toll-free)

ALERTTRAVELER

**Issues that
worry your
family?**

**We have an
app for that.**

Depending on where you study abroad, you might have classes cancelled due to everything from a flood to a strike—instead of panicking, use the AlertTraveler app. You'll be just as in-the-know as the locals—and hopefully, just as calm.

AlertTraveler

AlertTraveler is a mobile application for iOS and Android devices that utilizes GPS and your travel itinerary from your Jayhawks Abroad account. AlertTraveler provides you with country and city intelligence to help you make informed decisions while traveling as well as safety and security alerts to let you know of any events that could potentially impact your travel or safety.

If a serious incident occurs, KU's Office of Study Abroad will send you instant check-in requests. You can report your status through the app to let us know you are safe or that you need help.

GET THE APP

Installing AlertTraveler (iOS devices)

You can go to the Apple App Store and search for AlertTraveler by name. Once you find the app, download and install it on your iOS device. You will need to obtain a Registration Email and Password before configuring the app (See "Registering AlertTraveler" below).

AlertTraveler offers a range of functionality and services. In order to enable these services, allow the following during initial activation:

- "AlertTraveler Would Like to Send You Notifications"
- "Allow "AlertTraveler" to access your location while you use the app"
- "Background location is not enabled" Tap "Settings" then tap "Location" and then select "Always."

** Data rates may apply*

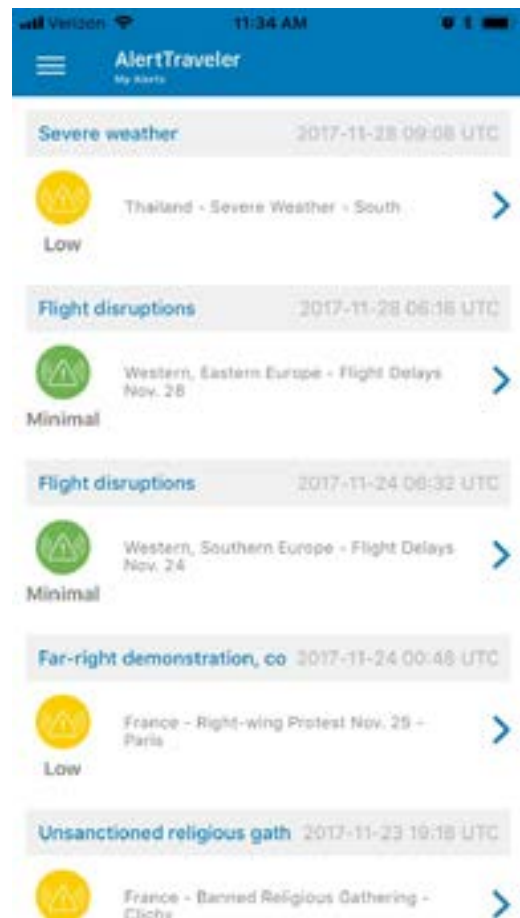
Installing AlertTraveler (Android devices)

You can go to the Google Play store and search for AlertTraveler by name. Once you find the app, you should install it on your Android device. You will need to obtain a Registration Email and Password before configuring the app (See "Registering AlertTraveler" below).

In order for AlertTraveler to be fully functional, you will need to allow location services. In order to enable these services, during initial activation respond:

- Allow AlertTraveler to access this device's location? - Tap "Allow"

** Data rates may apply*



REGISTERING ALERTTRAVELER

You will be presented with an “AlertTraveler Registration” panel on your Applicant/Registrant Home page in your Jayhawks Abroad account. Click “Generate” on this panel to create your password. Then you will use your email address and generated password, as shown on this panel, to log in to the AlertTraveler mobile app, available for free on the App Store and Google Play Store.

You can also opt to have your password emailed to you by clicking ‘Email me my password’ on the AlertTraveler Registration panel or ‘Forgotten password?’ on the login page of the AlertTraveler app. This email and password combination is required to pair your institution application and profile with the AlertTraveler app.

Note: It may take up to 15 minutes after you become eligible before the AlertTraveler Registration panel is visible. If you do not see the registration panel, please contact the Office of Study Abroad.

Text Alerts

This registration panel also allows you to opt into receiving SMS alerts while providing your mobile number.

WHAT INFORMATION WILL I SEE?

You will see alerts for weather incidents, transportation concerns, and security issues. This could include a train strike, flight disruptions, flooding, political protests, and terrorism.

NEED HELP USING ALERTTRAVELER?

Find the User Guide:

terradotta.com/alerttraveler-userguide.html

ALERTS

To see alerts, tap “My Alerts” link in the navigation menu.

AlertTraveler will send push notification alerts to you if:

1. You are in or near an affected area, as determined by your GPS location.
2. You are supposed to be in a or near the affected area based on your JayhawksAbroad itinerary.
3. You subscribe to receive alerts for a specific location.

HOW DO I SUBSCRIBE TO ALERTS?

In addition to your host country, you can subscribe to any other destinations you are traveling to. You can unsubscribe when you return. To manually subscribe to alerts, Go to the “Subscriptions” page. From this page, tap the plus (+) sign in the bottom right corner to add new country or cities to which you are traveling. If your GPS location is enabled, you will also receive alerts for your location. You can set preferences for the alerts you receive.

COUNTRY/CITY INFORMATION

AlertTraveler allows you to search and view country/city intelligence about any country and major cities worldwide. You can find this information in the Location page. It will default to your host country. Tap the magnifying glass icon in the top right to search for other locations.

CHECK-IN REQUESTS

KU will send check-in requests in the event of a serious emergency abroad. You should respond to that check-in request and provide any pertinent information. It will be shared with the Office of Study Abroad. Please note: you should contact local emergency services and follow their procedures if you need help, even if you sent the “I need help” response to KU.

How To Keep

Your Friends

While Making

Them #Jealous

Communicating with friends and family at home is easier today than ever before; with apps like Whatsapp, Facetime, and Facebook messenger, you can simultaneously keep people from home in the loop while also making them extremely jealous by spamming them with your photos of beach sunsets.

Communication

LET'S KEEP IN TOUCH!

Once you have your international address abroad and know the phone number you'll be using, please update your contact information in JayhawksAbroad. In an emergency, we will use the contact information you provide to reach you.

PHONE OPTIONS

YOUR CURRENT MOBILE PHONE

For short-term programs, the easiest option is usually to enable your current mobile phone for international calls. Ask your wireless provider for international rates and make sure your phone is capable of operating overseas. It is often most affordable to rely on wifi to make calls and communicate only by text when not connected to wifi. Apps like Skype, Viber, Facetime, and Whatsapp offer free calls over wifi.

For students abroad for 8 weeks or more, it may make sense to have your mobile phone unlocked (do this while still in the U.S.) and to purchase a new SIM card abroad. This will allow you to have a local number, which should make calling or texting local numbers easier. Be sure to update your phone number in your JayhawksAbroad account.

RENT/BUY AN UNLOCKED MOBILE PHONE

If you do not want to use your current phone abroad, consider purchasing a burner phone or an unlocked smart phone. You can often find affordable options before you depart the U.S. or plan to purchase one abroad. Once abroad, purchase a local SIM card to make local calls and send texts. Be sure to share your new number with the Office of Study Abroad.

Good to know: Many of these plans operate on a 'pay-as-you-go' basis. Minutes can usually be loaded online or at kiosks/convenience stores where you see your carrier logo. Keep track of bills, access codes, and PIN numbers. Make sure to carry a few minutes on your phone for emergencies.

ONLINE CALLS

FaceTime, Google Hangouts, Skype, and Viber all provide free online calling when connected to wifi. To place a call to a U.S. or international landline, you can purchase credit through Skype or Viber Out.

PLACING AN INTERNATIONAL CALL

1. Dial the international access code
2. Dial the country code (for the country you are calling)
3. Dial the area code
4. Dial the local number.

Example:

Call the **Office of Study Abroad** from **Costa Rica**: 00 1 785 864 3742

Call the **Office of Study Abroad** from **Japan**: 010 1 785 864 3742

Call the **Office of Study Abroad** from **Australia**: 0011 1 785 864 3742

Call **Thailand** from **Hong Kong**:
001 66 area code - local number

Call **France** from the **U.S.**:
011 33 area code - local number

For more info: howtocallabroad.com

Useful Apps for Communication

Returned students recommend the following for students with smartphones:

- **WhatsApp**
- **FaceTime**
- **iMessage**
- **Line**
- **Viber**
- **Skype**

Create a Communication Plan for your Safety

Consider establishing a communication plan with your family and friends. Set expectations about how often you will talk or contact them. Sometimes family may become concerned if they haven't heard from you in a few days—setting expectations before departure or immediately after arrival can ease anxiety.

Changes in your communication patterns may raise alarms from friends or family. If you are planning to travel or will be out of reach, make sure to update your family and friends in advance.

Questions to Consider

- How soon after arrival will I be able to contact my family/friends? How will I contact them? Will they be expecting to hear from me?
- How often will I communicate with my family? What are their expectations? What are mine?
- How will I contact my family and friends in an emergency situation at home or abroad?
- How will I balance communicating with people from home and being engaged on my study abroad program?

Social Media

Social media can be great when you're lounging on an Australian beach in January, but it can cause a serious case of FOMO when everyone at home finishes finals in May and you have class until July.

While abroad, consider how connected you want to be to your family and friends back home. Do you want to call your family weekly? How often will you post on social media? Will you maintain that Snapchat streak?

Conversely, you may be too connected if engaging online causes significant homesickness, puts up a barrier between you and your host culture, or keeps you from being present and engaged in your experience.

Finally, use social media to engage with locals. Check out popular hashtags and pins to see what is happening in the community. Friend the new people you meet if you are comfortable doing so. These can turn in to a lifelong social media connection!

PRACTICALITIES

**You really don't
need to pack**

23 pairs of shoes.

As a rule, it's better to under-pack than to over-pack... especially when you consider how heavy that bag will feel after an eight hour flight, two train connections, and a bus ride.

Oh look, a flight of stairs. And no elevator.

Packing

PACKING TIPS

- Know what you can take in your carry-on, what you need to check, and what you can't take at all. [The TSA has an updated list online](#). You also need to check what items are prohibited to bring into your host country by checking your host country's customs website.

- Be aware of the size and weight of both your checked and carry-on luggage, what the airlines you are using allow, and what over-weight or over-sized charges would be.

- Leave room for souvenirs

- For carry-on luggage:

- Consider packing everything you would need for two-three nights, or items you could not replace easily: medication, documentation, emergency contact information, toiletry items, and snacks.

- Containers with liquids must be less than 3 ounces and stored in a clear bag.

- Make sure your carry-on luggage is the appropriate size, including the handle and wheels.

- For checked luggage:

- To avoid extra charges, check your provider guidelines for checked bags. Usually, as long as your luggage and its contents are 50 pounds or less, there will not be additional fees.

- Make sure containers and bottles are properly sealed and stored in a clear bag.

CORE PACKING LIST

• Passport

• Boarding passes and copies of flight itineraries

• Extra copies of important documents

- Including passport, visa(s), tickets, and insurance information (we recommend paper and digital copies)
- Leave additional copies of this information with a family member and/or a friend in case yours are lost

• Emergency contact information

- Print a card that lists your emergency contacts' number, the KU Office of Study Abroad emergency numbers, the faculty director's contact information (if appropriate), your provider program's number, insurance provider number, and the local American embassy or consulate number

• Luggage

- Backpack
- TSA approved lock for check-in luggage
- Luggage tag
- Carry or check in luggage (depending on length of stay abroad)

• Cash (U.S. and foreign), credit cards, ATM card ([see section on Money](#))

• Voltage adapter (if necessary)

• Medications

- Discuss your trip with your medical provider and the KU clinic during the travel health consultation
- If possible, bring enough medication for the length of your time abroad, plus extra in case of loss or extended time abroad
- Copies of prescriptions
- Pack prescription medication in the original containers
- Anti-diarrheal medication, like bismuth tablets

• Eye care

- Extra pair(s) of glasses
- Extra contacts prescriptions
- Copy of your prescriptions
- Saline solution

• Toiletries

- Sunscreen (activity dependent)
- Bug spray (activity dependent)
- Lotion (country dependent)
- Deodorant
- Soap
- Toothpaste, toothbrush, and floss
- Razor
- Cosmetics
- Comb and/or brush
- Hair products
- Tampons/sanitary pads
- Contraceptives/birth control
- Toilet paper (country-dependent)

• Clothing

Research the typical regional weather in your destination during the duration of your stay as well as what is culturally appropriate. Internationally, it is often more common to wear dark, muted colors. Generally, you should consider packing the following:

- | | |
|-----------------------|------------------------|
| ■ Shirts | ■ Swimsuit |
| ■ Pants and/or shorts | ■ Socks |
| ■ Socks | ■ Hat |
| ■ Underwear | ■ Gloves |
| ■ Nicer outfit | ■ Shower shoes |
| ■ Raincoat | ■ Running/hiking shoes |
| ■ Sweaters | ■ Walking shoes |
| ■ Winter coat | |

• Electronics

- Cell phone
- SIM cards
- Laptop or other device to do homework or study
- Charger(s)

• Other possible necessary items

- Water purification tablets
- Travel wipes
- Snacks/food (particularly if you have a dietary restriction)

Packing list continued next page →

MISCELLANEOUS PACKING LIST

- **Water bottle** (needs to be empty when going through airport security)
- **Gifts from home** for your host family or friends you meet abroad
- **Umbrella**
- **MP3 player**
- **Snacks and favorite foods** that might be difficult to find abroad (e.g. peanut butter)
- **Laundry supplies**
 - Laundry soap
 - Clothing line
 - Clothing pins
- **Earplugs**
- **Extra bedding/sleeping bag**
- **Pictures from home**
- **Travel journal**
- **Sewing kit**
- **Small safe**
- **Binoculars**
- **Textbooks and notebooks**
- **Pens and pencils**
- **Calculator**
- **Extra passport photos**
- **Day pack**
- **Guides and maps**
- **Cards/games**
- **Battery operated alarm clock**
- **Camera and extra memory cards**
- **Batteries**
- **First aid kit**
- **Sunglasses**
- **Books**
- **Flashlight**
- **Additional items**
 - Depending on your hobbies, passions, and location of study, you may want to bring materials such as a musical instrument, wetsuit, art supplies, etc.

WHAT TO LEAVE BEHIND

Leave the following with a close family member and/or friend:

- **Extra copies of important documents**, including passport, visa(s), tickets, debit/credit card(s), and insurance information
- **Contact information**, including your in-country phone number, the KU Office of Study Abroad, the local embassy, and the provider program information

More generally, do not bring:

- **Any TSA prohibited items**
- **Items that are illegal in your host country**
- **Illegal drugs and weapons**

Making Connections Abroad

Making lifelong friends and creating a close relationship with a host family can be the highlight of your time abroad. However, that can sometimes connecting to others can be hard to do in an unfamiliar place. Being open, friendly and sometimes just being the first to say “hello” (or the equivalent in the local language) can connect you to not only those from your host country, but to people from all around the world.

MAKING FRIENDS & GETTING CONNECTED

- For longer programs, attend welcome gatherings during orientation (if offered) and get involved with clubs, recreation activities or program-specific groups to meet with people who share your interests. Information about these activities is usually given out during orientation or it can be found on the host university website.
- Look out for groups and programs that help to integrate exchange students at your host university. These programs can help you in a variety of ways; meeting new friends, navigating the campus and city, language practice if you are studying the local language, useful information about local events, and much more. Just like the KU Exchange Friends Program, these groups may pair you with a local student who will be a mentor and friend during your time abroad.
- You can also use websites such as [meetup.com](https://www.meetup.com) to find both locals and other foreigners with the same interests as you.
- Volunteering is another a way to get involved, meet people, and help out around the community in a variety of different ways. Universities are a great resource to find out about these opportunities; look for them through the university’s website or by inquiring about these during orientation and/or upon arrival.
- Attending an optional/mandatory orientation session is also a way to meet people. You will generally meet international students this way, but orientation sessions prove to be effective in helping you to adjust to life in the country you are studying abroad in.

LIVING WITH A HOST FAMILY

Moving in with a host family can be intimidating, particularly if you have been living on your own for a while prior to moving in.

Ask your family and learn what they expect from you, particularly regarding topics like curfew. Your host family might feel personally responsible for your safety, so it is good to clarify those boundaries.

Be respectful of your host family’s boundaries, and set your own boundaries too. If you are not completely comfortable in a situation, or if you are experiencing a lot of culture shock and need to take an evening to yourself, try to vocalize that to your host family.

Be open-minded. Your host family will not always do everything the way you are accustomed. Try your best to learn from them and accommodate their customs and practices as well.

Keep in mind that you will not always do everything right or the way that is considered “normal” in your host society. Try to keep a sense of humor and learn from mistakes.

Budgeting for Study Abroad

All students should budget while they are abroad in order to reduce financial stress. Determining how much money you have to spend, how you will access your money, and how to pace your spending will make you more prepared. You don't want to get stuck without funds to buy food or cover expenses during an emergency. Even if you have significant funds available, it's easy to overspend and run out of readily available cash abroad.

After choosing a program, it's important to create a budget and stick to it.

You can begin by outlining all of your expenses and resources. Assume that you won't be working abroad, so your total resources will be all you have for the duration of your experience.

The next step is determining a set amount of money that you will need each week for "needs:" anything from toiletries to food and transportation.

Don't forget to set aside funds in case an emergency and/or an unplanned cost arises. Any leftover money can be used for "wants:" entertainment, travel, souvenirs, and so on.

Ensure that you are keeping a spending diary for all expenses leading up to the start of your program. A simple Excel sheet can be an easy tool to track all of your spending.

GENERAL TIPS FOR BUDGETING

- If you are planning to study in or visit a major city, keep in mind that prices will likely be higher, especially in areas popular with tourists.
- Pay attention to the exchange rate and understanding your purchasing power with USD. 1 USD may equal 1 Swiss Franc, but if a simple lunch is 12 Swiss Francs your purchasing power is not the same as it would be in Lawrence.
- If withdrawing cash, consider taking your money out in chunks and dividing it into envelopes to help you budget. (Designate an envelope for food, transportation, etc.)
- For each experience, whether it's a night out, a weekend trip, or grocery shopping, set parameters for how much you can spend before starting the activity. An easy way to do this is to pay in cash and only bring as much as you are comfortable spending. (It's also a good way to protect yourself from theft.)
- Find student discounts and free activities when traveling and in your host city.

Resources to Support Your Research

Use cost of living information to estimate how much you will spend during your travels and life abroad: numbeo.com/cost-of-living/

Use a currency app (we like XE Currency) to stay up-to-date on the exchange rate

Use our Google Sheet Budget Template to keep track of your expenses

Go Overseas Guide to Financing Your Life Abroad

Cultural Differences in Money and Purchasing

BANK ACCOUNTS

- If you currently use a local credit union or bank, you might want to consider opening an account with a large, international bank before you go abroad (i.e. CitiBank, Bank of America, Capitol Federal Wells Fargo). If you do, you may be able to withdraw money and even use your card in your host country as well as have access to 24-hour banking services. Large American banks often have negotiated agreements with the national banks of many other countries or have branches in other countries around the world.

- If you do plan to use your American debit or credit card abroad, be sure to tell your bank to expect charges in all of the countries you plan to visit and keep them informed if this information changes. Most banks have automated fraud detection and when activity becomes irregular or your normal spending habits or location changes, banks often associate this with fraud and your card may be rendered inactive.

ACCESSING CASH

- The easiest way to get cash in the currency of your host country is to withdraw it from an ATM once you are abroad. In bigger cities you will easily be able to find an ATM that accepts major debit/credit cards. For cash withdrawals, we recommend you use your debit/atm card. Credit cards charge high interest rates and foreign transaction fees for cash withdrawals. Ask your bank about its foreign withdrawal fees.

- It is often the easiest and most cost-effective to withdraw an initial sum of cash in the foreign currency at the airport upon arrival.

- For safety, use ATMs located inside banks or secure areas rather than public, streetside machines, which are common targets of theft.

- If you want cash on hand before you depart, your bank maybe be able to provide foreign currency for a fee. Another option is to visit a money exchange kiosk such as Travelex, located in most large international airports. Exchanging currency through these companies may offer a less-than-favorable exchange rate, as they make money from these exchanges through commission.

- For some countries, particularly if you will be abroad for an extended period of time, it may be easier to open a checking account at a local bank and transfer money from your American account. By opening an account at a local bank, you do not have to worry about the currency conversion rate between U.S. dollars and the local currency. You can also watch rates and transfer money from the U.S. when the conversion rate is favorable, and the conversion can be done once.

- Lastly, debit and credit cards from other countries may be different than American cards. Most European countries rely on microchips to read the cards rather than the swipe method. It's important to take at least two cards with you abroad in case one is lost or stolen so you'll be able to access money. By opening a bank account and obtaining a new debit or credit card, this problem could easily be avoided.

CARRYING CASH

- When studying abroad, paying with cash is an easy, hassle-free method of paying. Even if you are in a country where most businesses do accept credit cards, your bank may charge a fee for every foreign transaction. In the case of an unfortunate loss of a card, cash can also be an important substitute.

- Another reason to have cash on hand is that many cities around the world regularly feature cash-only markets where vendors will sell different types of foods, drinks, and products that you may not find in local stores. These shop stands will generally only accept cash, so you do not want to miss out on this opportunity by forgetting to have money on you.

**How to not miss
your flight and
have to take a
six-hour
overnight bus.**

You may have told your family, professors, and even yourself that you're studying abroad to build your resume, experience a new culture, learn a language, and make progress toward your degree.... but for some reason, your math classes never make it on [your Insta story](#) the way the scenic vistas do.

Transportation

Familiarize yourself with transportation around your host city, country and region. Options for transportation vary greatly depending on where you are in the world, but learning to use public and non-public transportation is a great way to become accustomed to your new surroundings. Upon arrival, do not expect to grasp everything immediately. Depending on the complexity of the transportation system in your host country, it could take some time to navigate without problem.

- Determine how you will get from your home in the U.S. to your destination abroad. Plan every step, and make sure you know what to do if you miss a flight or have a delayed connection.
- If you plan independent travel, plan every step of your transportation, and make sure you can access the correct currency and method of payment.
- Avoid traveling alone at night or in unfamiliar locations whenever possible.
- Stay safe! Be aware of your surroundings at bus and train stops and on public transportation, especially if travelling alone or in the early morning or nighttime hours. Protect all belongings while travelling on busses and trains. Keep any bags within eyesight, and guard your passport, wallet, and travel documents.
- Make sure you are heading in the correct direction when you board a bus or train, and try to always carry fares for both your outbound and return trip.

NAVIGATING & TRAVELING TO NEW PLACES

- If you have a smartphone, you can download apps and save maps to help you navigate new places without using data. Research your options before arriving in a new place so you have the information you need. You can also take a screenshot of directions/maps you might need later.
- Look for directions and transit information when booking hostels or other accommodations. Check to make sure the neighborhoods and transit routes are safe.
- When booking travel, research your options and consider how you can best balance your time and money. Compare all your options, including trains, buses, and flights. You might be surprised by a cheap flight or a very long train ride. Plan ahead to maximize your travel experiences.
- Official tourism offices can provide directions and may provide free maps and/or walking tours. They can also recommend restaurants and activities.

BEFORE YOU BOOK THAT TICKET...

- If you plan to do some independent traveling while studying abroad, you may want to wait until you arrive and meet other students to make your plans.
- You might find a travel buddy... or three! Traveling with others can be a good way to stay safe and save money.
- Talk to local students too—they might have recommendations for cool places to visit, restaurants to try, or activities you haven't considered.
- Don't spend too much time traveling! Plan to spend time (even on the weekends) in your host city. This is a great time to hang out with locals, explore the local region, and experience cultural activities.

Traveler's Insurance Options

Travel is an investment of time and money. If something happens that means you have to change travel plans, like a missed flight, lost luggage, or stolen passport, travel insurance may minimize your losses. Each student's potential loss varies, and the need for insurance may depend on variables in your own circumstances. (For example, if you might have to withdraw from your program, but you want to purchase your flight before you know what your plans are.) It's expensive to cancel travel plans, and the cost of trip interruption/cancellation insurance can mitigate those expenses.

STUDY ABROAD INSURANCE

You can seek out a specific policy for study abroad that will reimburse some costs in the event luggage is lost or stolen. You can also find policies that will cover you in the event of theft. You may want to find a policy that includes trip cancellation/interruption.

A standard trip-cancellation or interruption insurance policy covers the nonrefundable financial penalties or losses you incur when you cancel a prepaid tour or flight for an acceptable reason, such as:

- You cannot travel because of sickness, security issues, or other acceptable reasons
- A family member at home gets sick. Check the fine print to see how a family member's pre-existing condition might affect coverage.
- You miss a flight or need an emergency flight for a reason outside your control, such as a car accident, inclement weather, or a strike.

GOOD TO KNOW

- Not everything (not even every airline) will be covered.
- Make sure you purchase your policy within the specified time.
- Your medical insurance, homeowners/renters insurance (including a family policy that might cover a student abroad), and credit card insurance can help in some circumstances, depending on the exclusions in the policy.
- Before purchasing, we recommend reviewing this information: [Everything You Need to Know About Travel Insurance for Students Abroad](#)
- The Office of Study Abroad does not recommend a specific travel insurance provider; however, the following organizations offer travel insurance options:

- **ISIC:** myisic.com
- **Allianz:** allianztravelinsurance.com
- **Roam Right:** roamright.com
- **World Nomads:** worldnomads.com
- **USI Affinity:** select.travelinsure.com

Reference: ricksteves.com/travel-tips/trip-planning/travel-insurance

Plan to travel?

Prioritize safety over affordability. When it comes to transportation and accommodations especially, the cheapest may be the cheapest for a reason. Be sure to read reviews and research the area you will be staying. We strongly discourage renting cars, motorcycles, or scooters abroad. Although convenient, these are associated with a high rate of accident, injury, and death of Americans abroad.

Useful Resources

TOPIC	RESOURCES
<p>Planning</p>	<p>Planning not only where you want to go, but what you will do when you arrive is important and will make for an enjoyable trip. Below are a few resources to use while planning:</p> <ul style="list-style-type: none"> ■ Lonely Planet (website and books) ■ Rome2Rio (app and website) ■ WikiTravel ■ AtlasObscura (unconventional) ■ Rick Steves (for Europe) ■ Reddit Travel Resources
<p>Money</p>	<p>Keeping up with exchange rates can help you save money and make sure you are paying the correct price for goods and services.</p> <ul style="list-style-type: none"> ■ XE (www.xe.com)
<p>Transportation</p>	<p>Knowing the different modes of transportation can help you save time and money when traveling to new destinations. Airplanes, trains, metros, buses and taxis are common forms of transportation, but it is important to do research pertaining to your specific region. Below are some general and region specific transportation resources:</p> <ul style="list-style-type: none"> ■ Eurail (eurail.com) ■ Google Flights ■ Skyscanner (skyscanner.com) ■ Student Universe (studentuniverse.com) ■ STA Travel (statravel.com) ■ Megabus (megabus.com) ■ Eurolines (eurolines.com) ■ Student Agency Bus (studentagencybus.com) ■ Vueling (vueling.com) ■ Transavia (transavia.com) ■ Ryanair (ryanair.com) ■ Easyjet (easyjet.com) ■ Air Asia (airasia.com/en/) ■ Ride sharing apps (Uber, Lyft, etc.)
<p>Navigation</p>	<p>Understanding how to navigate around new cities and countries is an important skill to have. When wifi/data may be limited, be sure to acquire physical maps of the city you are or will be in. Below are recommended online resources for navigating your way around:</p> <ul style="list-style-type: none"> ■ Google Maps ■ City-based public transportation apps ■ City-specific apps ■ Use-It ■ DB Navigator
<p>Accommodation</p>	<p>When traveling to a new destination, booking accommodation for your stay is essential. Hotels, youth hostels, and homestays are common options. Below are housing resources for when you decide to travel while abroad:</p> <ul style="list-style-type: none"> ■ Hostelworld (hostelworld.com) ■ Hostels.com (hostels.com) ■ Hotels.com (hotels.com) ■ Airbnb (airbnb.com)

Planning Independent Travel

START: Know your limitations

Time

of days

Budget

your realistic total \$\$\$

Transportation Options

Flights

Bus

Trains

Ferries

People

of people

NEXT: Research possible destinations

CONNECTIONS

- Time to travel between destinations?
- Transportation options between destinations?
- Cost of travel vs. time it takes

GOALS

- What do you want to accomplish at each destination?
- How long do you need to be in each place to see and experience everything you want to?
- Do you need reservations for the activities you want to do?

Pro tip:

Actually research this. Don't assume you can tour something in an hour or a day.

CHOOSE YOUR VIBE

- Big cities vs. small towns
- Nature vs. city life
- Outdoor activities vs. museums
- Hiking vs. Dining
- Sightseeing vs. Local life
- Foodie vs. Quick snacks
- Selfies vs. Experiences

THEN: Plan it out

1. MAKE A TENTATIVE SCHEDULE

(do this for each destination)

Depart at:

Arrive at:

Transfer into city center:

Time at location:

2. CHECK LOGISTICS

Do you need a visa?

Where could you stay?

- How much will that cost?
- Can you afford what's available?
- Is it the height of tourist season?

How will you get around?

- What public transportation exists?
- When does public transit run?

What do you want to see?

- Will those sites be open?
- How much do they cost for foreigners?
- Do you need a reservation?

What is the currency and exchange rate?

Can you get around without knowing the local language?

How much are meals?

Is it safe?

- Check AlertTraveler for destination info.

3. REVISE AS NEEDED

Be flexible about your plans. If something doesn't make sense or isn't that feasible, or if you can't afford it, don't force it.

FINALLY: Book travel

1. Book **flights first**, if needed
2. Book **trains and buses next**
3. Book **lodging third**.



Enter it all in an [itinerary app](#) and include confirmation numbers & times.

Share itinerary with family for safety.

Inform your on-site contacts and/or program coordinator.

Subscribe to **AlertTraveler** alerts for those destinations.

FOOD & COOKING
ABROAD

How to **not starve** **when no one** sells **EasyMac.**

Look, we could write a clever caption here, but the important thing is we included recipes for taco-making staples. Really, does anything else matter when tacos are involved?

Food Abroad

Whether you're a total foodie or a microwaved mac-and-cheese fiend, it's good to consider the food situation abroad. New cuisines can be exciting and one of the best parts of being in a new culture, but they can also be overwhelming or intimidating (unidentifiable meat, we're looking at you). We're all about that Insta-worthy meal, but the frog legs your host mom serves might make you pause. Navigating the new cuisine, eating well on a budget, and staying healthy can be a challenge.

Research the typical foods that people eat in your host country, so you know what to expect and how to prepare.

- Religious beliefs can impact cuisine—for example, you might not be able to find pepperoni in a Muslim country.
- It's easy to let stereotypes influence our assumptions about our host culture—we might assume everything south of the U.S. is spicy, but if you're going to Costa Rica you might need to pack some hot sauce.
- Think you'll eat a lot of fish and chips in London? Chances are high you'll have a lot of world class cuisine all around you, and you'll probably spend a lot more time in a curry house than a chips shop.

Planning to eat out regularly? Whether it's street food or restaurants, follow these rules:

- To avoid getting sick, purchase foods made in clean facilities with clean utensils.
- Eat where the locals eat, especially families. It indicates that the food is safe for most people.
- Eat when the locals eat. This helps ensure the food is fresh and hasn't been sitting out.
- Eat hot food.
- In places with many food concerns or water issues, avoid meat, ice, and fruit/vegetables that you can't peel yourself.

Advice for finding healthy street food

legalnomads.com/street-food/

gettingstamped.com/is-street-food-safe/

Save money when traveling.

- Instead of eating every meal out, hit local markets and grocery stores to buy picnic foods, sandwich supplies, and other easy meals.
- Eat like the locals—which is probably not American fast food for lunch everyday. Book accommodations with kitchen facilities and cook a few meals with travel companions. This can be a great way to meet people and save money.
- Splurge on cultural treats that won't break your budget. For example, instead of a multi-course dinner in Paris, considering indulging on a few grams of fresh local cheese, a beautiful pastry for breakfast, or a fresh baguette everyday.
- When you do eat out, make it part of the cultural experience. Do some research to find where the locals eat, and treat yo self!

Rely on packaged foods in the U.S.? You might need to up your meal game.

- Most places eat less packaged food than the U.S., so fewer options may be available, and packaged foods often cost more.
- Many non-Western cultures will rely on cooking "from scratch"—which might mean canned beans, vegetables, jarred sauces, butchered and skinless meat, and frozen foods are limited.

Pack seasonings and ingredients to make your favorite “American” foods.

- In the U.S. we have a wide variety of cuisines and foods to choose from, and you might be surprised what you miss (and can't find) abroad.
- Pack your favorite or most used seasonings, ingredients, or sauce packets, like ranch dressing packets, taco seasoning, maple syrup, chili powder, cream of tartar, marshmallows... you could even pack a few ramen packets and some mac & cheese packages to make sure you've covered the essentials.
- Have a favorite dish? If you are unsure whether you can find the essentials in your host country (can't go without that KC barbecue sauce?), consider packing it!
- Have your family recipes easily accessible—get family members to share them with you before you go abroad. (Although your fam will probably be down with emailing you a recipe when you call at 6 am their time to ask how to make broccoli salad because you are in France and they love you.)
- Spending Thanksgiving abroad? If you have space, bring some cranberries, canned pumpkin, pecans, or sage to recreate a favorite dish.

Plan to cook a lot?

- Find out what kind of kitchen you'll have available for your use. Does it have an oven or a microwave? (Those are not common everywhere.) What kind of stove will you use? Are dishes available?
- If you have space, consider bringing cooking essentials that won't be available (buy secondhand and donate to the next resident if possible).
- Save favorite recipes so they are easily accessible.

Get comfortable with the metric system, as well as important terms in your host culture for describing amounts and styles of food.

- If you cook regularly, check the conversions for your favorite recipes (including temperatures) in the metric system.
- Consider packing Imperial (U.S.) measuring spoons and cups if you don't feel comfortable using metric measurements.
- Get familiar with weight conversions, especially if you have to order from a speciality shop—unless you're having a party, you probably don't want a kilo of Brie.
- Learn how to say important words like slice, piece, portion, cup, and scoop in the host language/culture.
- Eat meat? Be prepared to order how you want your meat cooked in the host language.
- Hot tip: many recipes websites will convert measurements into the metric system.

Host family doing all the cooking?

- When filling out host family forms, take time to consider and communicate your needs.
- Establish boundaries and expectations early regarding what food you can eat, what access you have to the kitchen, what time food will be served, and what your responsibilities are.
- Be open, honest, and polite about food preferences—but also be willing to try new foods.
- Be respectful. If you can't make it to a meal, be sure to let them know. Thank them for the effort. Communicate. Be tidy if you cook your own meals.
- If you have an issue that you can't resolve on your own, ask your on-site contacts for assistance.

How to feed yourself

The links below provide simple instructions for basic meals with easy-to-find ingredients.

ANYONE, ANYWHERE CAN MAKE THESE DISHES

[Rice](#)

[Fried Egg](#)

[Stove-top vegetables](#)

[Hard Boiled Eggs](#)

[Garlic Pasta](#)

[Stove top potatoes](#)

MOST PEOPLE IN MOST PLACES CAN MAKE THESE DISHES

Be creative - try swapping or replacing ingredients that are hard to find!

[Omelet](#)

[Vegetable Soup](#)

[How to Make a Frittata](#)

[Basic coconut curry sauce](#)

[Pot of beans](#)

[Rice bowl](#)

[Scrambled tofu](#)

[Salad dressing](#)

[Simple Rice Pilaf, endlessly customizable](#)

[Quick Pickled Vegetables](#)

SOUP-ER HELPFUL WEBSITES

[Easy Dishes for Students to Make](#)

[Bon Appetit Basically](#)

[The Kitchn](#)

[The Spruce](#)

FOR PEOPLE EVERYWHERE, WHO JUST NEED TACOS

EASY HOMEMADE FLOUR TORTILLAS

Ingredients:

- **2 cups all purpose flour**
 - **1 teaspoon baking powder**
 - **1/2 teaspoon salt**
 - **1 tablespoon unsalted softened butter**
(alternative: shortening, lard, coconut oil)
 - **3/4 cup lukewarm water**
-

Instructions:

1. Whisk together the flour, baking powder, and salt until well combined. Mix in the butter with your fingers or fork until the mixture resembles cornmeal, and then slowly stir in the water. Knead on a lightly floured surface until a smooth and elastic dough is formed. For thinner tortillas, divide dough into 12 balls. For thicker tortillas, divide it into 8 balls.
2. Heat a large skillet over medium to medium high heat.
3. While skillet is heating, roll tortillas into 7- to 8-inch diameter circles, using a bit of flour to prevent sticking. To roll tortillas into a round-ish shape, roll flattened ball of dough in one direction from the center to the top edge. (To roll without a rolling pin, consider using a glass bottle.) Repeat rolling and turning until tortilla is desired shape.
4. Place a tortilla into hot skillet and cook until it bubbles up a bit and light brown spots form on the underside, anywhere from 10 to 60 seconds. Flip tortilla and cook until second side is done. Repeat until all tortillas are cooked.
5. Serve immediately or store in a tightly covered container.

Source

fiveheartshome.com/easy-homemade-flour-tortillas/

REFRIED BEANS

Ingredients:

- **2 1/2 cups of dry pinto beans** (about 450gm)
 - **3 quarts of water**
 - **1/2 cup chopped onion** (optional)
 - **2 tablespoon oil** (or more to taste)
 - **1/4 cup water**
 - **Salt to taste**
-

Instructions:

1. Rinse the beans in water and remove any small stones, pieces of dirt, or bad beans.
2. Put beans into a pot and cover beans with at least 3 inches of water—about 3 quarts for 2 1/2 cups of dry beans. Bring to a boil and then lower heat to simmer, covered, for about 2 1/2 hours. The beans are done when they are soft and the skin is just beginning to break open.
3. Strain the beans from the cooking water.
4. Add the onions and oil to a frying pan on medium high heat. Cook onions until translucent.
5. Add the strained beans and about a 1/4 cup of water to the pan. Using a large spoon, mash the beans in the pan, while you are cooking them, until they are a rough purée.
6. Add more water if necessary to keep the fried beans from getting too dried out. Add salt to taste.
7. When beans are heated through the beans are ready to serve.

Adapted from

simplyrecipes.com/recipes/refried_beans/

FAJITA VEGETABLES

Ingredients:

- 2 tablespoons olive oil
- 4 fist-sized peppers, sliced. Paprika, bell, or other mild peppers will work
- 1 red or yellow onion, thickly sliced
- 2 teaspoons cumin
- 1/4 teaspoon cayenne, if desired
- 1/2 teaspoon black pepper, if desired
- 3/4 teaspoon salt
- 3 cloves garlic, minced

Instructions:

1. Heat the oil in a large skillet over medium high heat.
2. Toss in the peppers, onions, cumin and salt.
3. Stir to keep anything from burning. Cook for about 5 minutes until the veggies just begin to soften.
4. Add garlic and continue to cook for another 5-7 minutes until everything is just cooked.

HOW TO MAKE SALSA

(even if you don't have tomatoes)

1. Start with something sweet and soft in texture:

Tomatoes, mangos, peaches, cherries or even pineapple.

2. **If desired, add something crunchy and mild**, like bell pepper, cucumber, jicama, zucchini, etc.

3. **Mix in something spicy**: Any chili pepper will work: jalapeño, serrano, paprika, Thai chili, etc.

4. **Add some onion**: Red, green, white, yellow—even a shallot works. Dice finely.

TACO MEAT

Ingredients:

- 1 pound of meat or tofu, ground or chopped into bite sized pieces
- 1 tablespoon oil or butter
- 1/4 cup onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 teaspoons cumin or chili powder
- 1 teaspoon paprika (optional)
- 1/2 teaspoon cayenne (optional)
- 1 tablespoon tomato paste (optional)
- Salt and pepper to taste

Instructions:

1. Heat a pan to medium heat.
2. Add oil.
3. Add onion and saute until translucent.
4. Add garlic and stir well.
5. Add spices and stir. If using, stir in tomato paste.
6. Add meat, cook until done.
7. Add additional spices if needed. Test by cutting to see the color. Add salt and pepper to taste.

5. **Don't forget the acid**: Any citrus juice—lime is the most common—or vinegar

6. **Top it off with herbs**: Cilantro, basil, parsley, mint, or oregano all work well.

7. **Finish with salt & spices**: Adjust flavor with salt, black pepper, garlic, cumin, cayenne, etc.

8. **Combine all ingredients into a large bowl**. If not enjoying immediately, cover and refrigerate.

Adapted from:

ohmyveggies.com/how-to-make-salsa-without-tomatoes/#q5MWYAKoCXmzxPzl.99

FOR WHEN YOU CRAVE HOME COOKED COMFORT

STOVETOP MAC & CHEESE

Ingredients:

- **1 pound dried short pasta**
 - **1 1/2 cups milk**
(divided into 1 cup and a separate 1/2 cup)
 - **2 tablespoons flour**
 - **2 to 3 cups shredded or chopped cheese**
 - **1 teaspoon kosher salt**
 - **1/4 teaspoon powdered mustard**
(you can use prepared mustard if needed)
 - **Toppings as desired**
-

Instructions:

1. Cook the pasta. Bring 4 quarts of salted water to a boil over high heat in a large pot. Add the pasta and cook according to package directions until al dente, about 8 minutes. Drain and set aside.
2. Place just 1 cup of the milk in a medium saucepan over medium heat. Meanwhile, place the remaining 1/2 cup of milk and flour in a small bowl and whisk together until no lumps exist. When you just start to see steam rising from the warming milk, whisk in the milk-and-flour mixture. Continue whisking gently until the milk thickens slightly to the consistency of heavy cream, 3 to 4 minutes.
3. Turn the heat to low and begin mixing handfuls of cheese into the milk. Stir in the salt and mustard. Stir until all the cheese has melted and the sauce is creamy. Taste and adjust the seasonings as desired. Remove the sauce from the heat.
4. Combine the pasta and cheese sauce.
Top as desired.

Adapted from:

thekitchn.com/how-to-make-the-best-macaroni-and-cheese-on-the-stove-82588

PANCAKES

Ingredients:

- **1 cup flour**
 - **1 tablespoon sugar**
 - **2 tablespoons baking powder**
 - **1/8 teaspoon salt**
 - **1 cup milk or non-dairy replacement**
 - **2 tablespoons oil**
 - **Additional oil for pan**
-

Instructions:

1. Grease a pan and turn it onto medium heat.
2. Combine the dry ingredients in a bowl.
3. Add the milk and vegetable oil to your mixture.
4. Mix until smooth.
5. Now the pan should be ready for your batter, so spoon one pancakes' worth of the mixture into the pan.
6. Flip carefully when you see bubbles in the middle of the pancake.
7. Repeat until the batter is gone.

you've got this!

We hope this guide has helped you prepare to have a **safe, academically enriching, and personally rewarding experience**. Studying abroad can be life-changing, but it isn't without its challenges. If you encounter problems, know you are not alone. The OSA is here to help you as you prepare and while you are abroad. We're happy to connect you to resources and provide guidance as needed.

Feel free to contact us with your questions, and know we are here for you when you are abroad.

From all of us at the Office of Study Abroad, we wish you safe and happy travels!

Best of luck!