

CLAREMONT MCKENNA COLLEGE
STUDY ABROAD WORKBOOK



Study Abroad Students

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Office of Off-Campus Study
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INTRODUCTION

Congratulations on making the decision to study abroad! You are preparing for a life and career in a world of global markets and swiftly changing technology. By building international study into your college education, you will bolster your ability to thrive in this context. Study abroad is an adventure you will never regret and it will deepen and broaden you in ways you never imagined. How much you invest into this experience will determine the real value of your participation.

You are about to embark on what has been for most students an incredibly rewarding and life-changing experience. As we begin your preparation, we cannot predict how everything will be for you next semester, but we will try to equip you with some practical information to ease your transition to a new culture.

CMC Emergency Contacts:

Campus Security:	(909) 621-8170
Kristen Mallory, Dir. OCS	(909) 967-6037 kmallory@cmc.edu
Jeff Huang, V.P. of Student Affairs	(909) 480-5522 jhuang@cmc.edu
Mary Spellman, Dean of Students	(909) 230-1010 mspellman@cmc.edu

Important CMC Contact Information:

Dean of Students:	(909) 601-8114
Financial Aid:	(909) 621-8356 finaid@cmc.edu
Registrar:	(909) 621-8101 registrar@cmc.edu
Student Accounts:	(909) 621-8232 Student_Accounts@cmc.edu
Off-Campus Study	(909) 621-8267 studyabroad@cmc.edu

Important non-CMC Contact Information:

U.S. State Department

Travel Advisories: (202) 647-5225

Citizens Emergency Center:

-During Business Hours: (888) 407-4747 or (317) 472-2327
-After Hours: (202) 501-4444, www.travel.state.gov
-DOS Study Abroad Website: <http://www.studentsabroad.state.gov/>

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READ YOUR **PROGRAM** PRE-DEPARTURE MATERIALS IN ADDITION TO THIS

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Before You Go!

PRE-DEPARTURE CHECKLIST

- ❑ If you have questions about your **financial aid** award, please make an appointment with the Financial Aid Office before leaving campus.
- ❑ If you are expecting a **disbursement from student accounts**, make arrangements with the student accounts office for payment. Checks *cannot* be sent overseas. If you need these funds before leaving for your destination, check with the Financial Aid office to see if you are eligible for an emergency loan.
- ❑ Obtain a **passport and student visa**. Many programs will send you visa information once you are accepted. Our office cannot obtain your visa for you.
- ❑ Arrange and purchase your **airfare**. Make sure that your ticket allows you to change your return date for a low fee. If you are not signed up for a **frequent flyer** program, you may consider doing so.
- ❑ Check your **luggage allowance** (number of suitcases, weight & size) with your airline. Remember to put your name and address inside and outside all luggage, backpacks, sleeping bags, etc. Check current Transportation Security Administration (TSA) regulations at <http://www.tsa.gov/travelers/index.shtm>
- ❑ Remember that **some items should never be packed in your luggage**: money, passport, credit/debit cards, medicines, important papers, etc. Take these items in your **carry-on**.
- ❑ **Photocopy your important documents** (passport, credit/debit cards etc). Keep one copy in your luggage and leave one at home with family members. A scanned copy that you email to yourself is an excellent way of keeping a copy!
- ❑ Bring a **supply of the prescription drugs** you need **and obtain a doctor's prescription** or note for any medicine you are bringing with you. Do not assume that it is legal to bring your prescription drugs into any other country.
- ❑ Consider **bringing a small gift from home** to your host family or to give to friends you meet. Something native to your hometown is especially nice, such as a picture book, college T-shirts, baseball caps, cookbooks, calendars, CDs. Hollywood and Disneyland souvenirs are also good options.

ACADEMICS

Higher Education Abroad: You may be taking all or some of your courses at a foreign university, and you will find the teaching methodology very different than in the U.S. The concept of a broad-based liberal arts program is unknown in many countries; it is not unusual for university students outside North America to study only one subject. Students often are expected to take much more responsibility for shaping their academic program, and instructors provide relatively little guidance (for example, students may be expected to read widely from a long list of resources, with no specific assignments). Expectations about the style and form of essays may be different, and grades often depend on one exam, written or oral, given at the end of the year.

Learning about another country's educational system is one of the reasons for studying abroad, but these differences can take some time to assimilate, and thus may interfere with unprepared students' ability to benefit fully from the experience.

Credit Transfer: Academic credit is granted only after you return from abroad, provided that:

- you received letter grades of C or above (Credit/No Credit or Pass/Fail is not an option)
- your academic course load has been approved by the Registrar and OCS
- GE and Major courses are approved by the Department Chair
- you follow all relevant CMC academic policies

Placeholder course: During your semester abroad, the Registrar will enroll you in a 3 credit “placeholder” course called “Off-Campus Study”. This course is a placeholder for registration and transcript purposes, and does not reflect what you will actually earn for credits while abroad. When your original transcript is received from your program sponsor, the Registrar will add your actual credit earned and list coursework taken along with the grades you received.

Internships: Students enrolling in an internship abroad for academic credit may receive one-half (0.5) CMC credit provided that the internship includes an academic course and that the student enrolls in the internship for a letter grade and receives a C or better in the course. Internships that fail to meet these criteria are not eligible for credit. Receiving compensation for the internship does not preclude the granting of credits.

Independent Study: Independent studies will only be approved if there is a valid academic reason for the student to take an independent study. Independent study must be approved before leaving for study abroad. Students can do no more than one independent study each semester. Independent study must follow CMC guidelines (see CMC catalog).

Courses completed toward major: Most departments accept up to two major elective credits for study abroad courses *with pre-approval* from the chair of the department. Economics and Government majors are only allowed one major elective credit per semester. Core courses must be completed on campus.

GE Requirements: Some academic departments will allow students to complete a GE requirement abroad. Please check with the chair of the department for specific departmental requirements. Remember that students may not complete more than four general education requirements off campus, including any combination of summer school, advanced placement and study abroad.

Grades: Students’ grades from abroad will not be computed in the CMC GPA, but they will be reflected on students’ transcripts, including C-, D, D- and F. Many graduate programs will recalculate the cumulative GPA to include the study abroad grades.

End-of-Year Exams: Students must take all exams, including end-of-year or session exams at the university prior to returning home. A student will not receive credit for a course in which he/she chooses not to take an examination that he/she is permitted to take.

Frequently end-of-year or semester exams may be the primary or only basis upon which grades are determined. Many students find this end-of-year exam system very difficult because it requires an extensive amount of time studying in the library and it is so heavily weighted. Don’t hesitate to ask your tutors or other advisors for advice about how to prepare for them (sometimes you may be able to review exams from previous years, which will help give you an idea of the approach taken and the kinds of questions asked). The vast majority of students do well on the exams, but returning students advise that you take them seriously and keep up with your work throughout the year.

Exam Re-Sits: Based on CMC’s own Incomplete Grade policy, CMC will not permit an off-campus study participant to re-sit final exams except when documented circumstances beyond the student’s control have prevented completion of the regularly scheduled final exam offered at the host institution. Students who wish to request permission to re-sit for an exam must petition the Off-Campus Study Committee in advance of the regularly scheduled final. The student’s petition must include the following:

- A written request, including a full explanation of the student’s circumstances
- Appropriate documentation of those circumstances necessitating the re-sit
- A letter approving the re-sit from the host institution’s sponsoring department and/or program director

In rare circumstances, such as an emergency hospitalization, the OCSC may consider a petition filed after the regularly scheduled final exam. If a student’s request is approved, CMC will not proctor the re-sit. The student must make arrangements to complete the re-sit at the host institution and will be responsible for any associated costs (airfare, fees, and accommodations). Upon receipt of a revised transcript from the host institution or program provider, CMC will record the revised grade on the student’s CMC transcript.

AIRFARE

The Off-Campus Office will calculate and notify you of your travel allowance amount. It is your responsibility to purchase your airline ticket with this travel allowance. You have the option of buying into a group flight (if your program offers it) or using any airline, website or travel agent that you prefer. You will receive the actual check for your airfare allowance from CMC before the end of semester, providing that all of your required forms have been submitted to OCS.

Before purchasing your airline ticket we caution you to be aware of any fees associated with changing your flights. Make certain you know what date your program expects you to arrive, and when your program and university final exam dates end. Do not book your ticket for an early departure.

Sources for purchase of discounted student airfare:

Travelogue: (909) 981-4937

Travel Cuts: www.travelcuts.com

Student Travel Agency: www.sta.com

Student Universe: www.studentuniverse.com

Travel Craft: (800) 777-CRAF

Your airline ticket for study abroad **must** be a **round trip ticket**. Should you purchase a one way ticket, you may be denied a visa and/or denied entry upon arrival in your host country.

CONSULATE INFORMATION

CMC highly encourages every student to **register with the U.S. Consulate in your host country**. You can register online at <https://travelregistration.state.gov>. If you are **not a U.S. citizen, please register with your home country consulate in your host country**. Search for your consulate website online. You should register with your consulate **before** you arrive in your host country.

COSTS and BUDGETS

The CMC Study Abroad Program Cost is: CMC Tuition and Program Fee (equivalent of CMC Double Room and CMC 16 Meal Plan). You will receive an invoice from CMC for this amount.

The Study Abroad Program fee covers program expenses, housing and meals on the program, airfare allowance, international student identity card (including evacuation insurance), and, when indicated by the program provider, a local transportation allowance. It is also used to support the cost of providing Off-Campus Study at CMC, including providing pre-departure orientation and advising, and the overall infrastructure of the college including information technology, public relations, financial services, on-line library resources, The Writing Center, the Registrar, and the Dean of Students; all resources that are available for study abroad students before, during, and after their time abroad.

You are expected to pay out-of-pocket for: program application fees, passport/visa fees including photos and postage when necessary, immunizations, personal expenses including outside travel, incidentals, souvenirs, and non-program activities.

Budget Planning: The worksheet on the next page will help in estimating costs for your study abroad. Be sure to read carefully all program information to determine what expenses beyond program fees might be required of you. CMC will pay your program fee, non-refundable commit-deposit, housing, meals, local transportation when deemed necessary by your program provider, and provide an airfare allowance for a round-trip ticket to your study abroad destination. You are responsible for personal expenses including passport and visa fees, communication expenses, personal travel and any non-program fees. Not all categories below will apply to every student.

BUDGET WORKSHEET

Expense	CMC Pays	Student Pays	Estimated Amount
Program Cost	X		
Program Commit Deposit	X		
Housing	X		
Meals	X		
Airfare	X		
Local Transportation	X		
Health Insurance	X		
Passport/Visa Fees		X	\$
Housing Security/Damage Deposits		X	\$
Optional Field Trips		X	\$
Books and Supplies		X	\$
Communication with Home		X	\$
Personal Expenses		X	\$
Outside Travel		X	\$
Total student should plan on spending for abroad:			\$

FINANCIAL AID

Students on financial aid continue to receive their financial aid packages the same as if they were at CMC. Parent or guardian expected family contributions (EFCs) will remain the same as if the student were at CMC. Please remember, however, that personal expenses will be higher while on study abroad and these expenses are not included in financial aid.

HEALTH

Before you leave, you should have a complete physical as well as dental checkup. Be sure to have your doctor write out any standard prescriptions which you use with both brand and generic names. This includes your eyeglass and contact lens prescriptions, allergy medicine, and asthma medicine. You should take an extra pair of glasses or contact lenses with you. If your medical plan and your host country regulations allow you to do so, take enough prescription drugs with you to last the entire stay overseas. Make sure it is legal to bring your medication into your host country. Pack medications in clearly marked bottles and have the prescription with you in case a customs officer requests it.

Advice on how to handle doctors or insurance companies that refuse to give more than 3 months' supply of a medication:

- Medications in different countries (even when the generic and/or brand name is the same) are not necessarily constituted in the same way, which can cause medical complications for those who switch.
- Doctors in some countries are unwilling to prescribe medications for certain conditions (especially psychiatric or behavioral conditions or eating disorders), so a student who does not bring a sufficient supply may not be able to obtain it locally.
- While customs officials may be unlikely to confiscate medications, in some cases they are legally obliged to do so if there is no accompanying documentation, and in other cases may have the discretionary power to do so.
- Even if a shipping company will send medication overseas, it can be held up (sometimes indefinitely) at customs, and if refrigeration or other environmental conditions need to be maintained for the integrity of the medication, students can run into serious problems.

Students whose medical problems are not easily recognized (such as diabetes, allergic reaction to antibiotics or bee stings, heart conditions, or epilepsy) should consider obtaining a medic alert ID tag. This tag is internationally recognized. Check with your doctor or hospital to learn how to obtain a medic alert ID tag.

Your routine immunizations should be up to date. In addition, certain countries require particular immunizations, such as yellow fever, cholera, or proof of freedom from tuberculosis or HIV for entry into the country. The Centers for Disease Control in Atlanta (404-332-4559 or www.cdc.gov) also has recommendations for travel immunizations and malaria prophylaxis for every area of the world. These recommendations might include vaccination against hepatitis A and B, typhoid, rabies, and an anti-malarial medication depending on your travel itinerary and living circumstances. Some vaccinations need to be given in a sequence well before departure. Plan accordingly.

You can get immunizations done at the student health center. An alternate location for immunizations in the Claremont Village is Hendricks Pharmacy.

The incidence of tuberculosis is higher in many parts of the world outside the United States. We recommend a tuberculosis screening test before traveling and upon return to the USA.

It is important to note that the range of counseling services available to students at CMC will not be available overseas. Many insurance policies, if they reimburse for counseling services at all, may not do so for services provided overseas. For your safety and well-being, it is vital that you inform your program provider of any physical, emotional or psychological difficulties or special needs you have.

INEXT INSURANCE

In addition to students program insurance, all CMC students are issued an iNext – International Travel Insurance Card, offering a complete network of international travel insurance fulfilled through a partnership with Travel Guard, the world's leading travel insurance provider. Coverage and benefits are available for all CMC students traveling outside the United States. Insurance is valid for 365 days from the date of purchase.

Off-Campus Study notifies iNext of your study abroad location, program dates, full name, and email. iNext will contact you directly through email. You are invited to upload an id photo and submit a mailing address to iNext for receipt of your actual card. You are insured whether you have the card on you or not; however, in case of emergency, faster service can be obtained with your iNext card in your wallet.

Every CMC student’s iNext card includes *Basic Plan* coverage as follows:

Accident Medical Expense	\$25,000	Baggage Delay	\$100
Dental	\$500	Travel Document Replacement	\$500
Sickness/Hospital Benefit	\$165 per day for 61 days	24 Hour Medical & Travel Assistance Services	Included
Emergency Medical Transportation	\$300,000	24 Hour LiveTravel Emergency Services	Included
Repatriation of Remains	\$25,000	24 Hour Concierge Services	Included
Accidental Death & Dismemberment	\$5,000	Deductable	\$0

Students participating on study abroad programs that do not include international health insurance will receive a stipend that can be used to upgrade to the iNext *Platinum Plan* as follows:

Accident Medical Expense	\$100,000	Travel Document Replacement	\$1,000
Dental	\$500	24 Hour Medical & Travel Assistance Services	Included
Sickness/Hospital Benefit	\$250 per day for 61 days	24 Hour LiveTravel Emergency Services	Included
Emergency Medical Transportation	\$1,000,000	24 Hour Concierge Services	Included
Repatriation of Remains	\$50,000	Travel Delay	\$200
Accidental Death & Dismemberment	Air Only \$100,000; Other \$20,000	Lost Baggage and Personal Effects	\$2,000
Baggage Delay	\$200	Mental Health	\$10,000

For additional information on iNext please visit their website at: <http://www.inext.com/inextweb/guestpages/index.html>

INSURANCE PROVIDERS

Families may decide to purchase additional insurance. These providers specialize in Study Abroad coverage. This list does not signify CMC Off-Campus Study endorsement.

<i>Associated Insurance Plans International, Inc.</i>	http://www.associatedinsuranceplans.com
<i>Cultural Insurance Services International (CISI)</i>	http://www.culturalinsurance.com
<i>Champion Insurance Advantage, LTD</i>	http://www.champion-insurance.com
<i>CMI Insurance Specialist</i>	http://www.studyabroadinsurance.com
<i>HealthCare Global 2000 (Wallach & Company, Inc.)</i>	http://www.wallach.com
<i>HTH Worldwide Insurance Services</i>	http://www.hthstudents.com
<i>International SOS Assistance, Inc.</i>	http://www.internationalsos.com
<i>Marsh International Plans</i>	http://www.internationalplans.com
<i>iStudentInsurance</i>	http://www.istudentinsurance.com
<i>International Student Organization</i>	http://www.isoa.org
<i>The Lewer Agency, Inc.</i>	http://www.lewermark.com
<i>On Call International</i>	http://www.oncallinternational.com
<i>Medex Insurance Corporation</i>	http://www.medexassist.com
<i>Rust International Associates</i>	http://www.rustassoc.com

PACKING - BEFORE YOU READ THIS SECTION, READ YOUR PROGRAM PROVIDER PRE-DEPARTURE BOOK

You will over pack. Everyone over packs! Remember that you will be carrying your own bags. Take a warm coat, walking shoes, rain gear, and bathing suit. Casual dress may be the rule, but sweats are not normally worn around the town outside the United States.

Most international airlines allow two pieces of checked luggage, but it is your responsibility to check with your airline for specific details. Ask about weight limits in both your country of departure and country of arrival. You may also usually have a small carry-on piece that can fit under your seat. Most students recommend taking a backpack which is useful for traveling once at your destination. Check with your program for specifics on whether or not to bring your laptop abroad with you.

Golden Rule of Packing: *Lay out everything you think you will need and eliminate half.*

- **Put your name and address on the INSIDE of each piece of luggage**, in addition to the outside tag. Make sure you receive a claim check for each item you check. Baggage handlers overseas often check if you have a claim ticket for EACH bag.
- **Never** leave your luggage or any bags unattended. **NEVER let a stranger watch your luggage** while you go to the bathroom or purchase a ticket. If you see a bag or luggage that appears unattended, notify appropriate personnel or the police. **NEVER agree to carry a package for anyone.**
- **Photocopy two copies of your passport ID page, airline tickets(s) and ATM/credit card(s).** Leave one copy at home. Bring the second copy with you in case something is stolen abroad.
- Don't pack anything that you can buy in your destination (i.e. large amounts of toiletries, school supplies, towels).
- Bring enough toiletries to last for the first few weeks, but don't bring a year's supply.
- Bring an extra pair of contacts or glasses. Contact solutions will be different abroad as well as expensive, so talk to your optometrist about alternative options.
- Don't pack as many clothes as you can jam into your suitcases. Laundry is generally very expensive to do abroad, so hopefully you will do as the locals do and wear your clothing more than once. Bring clothes that will dry quickly at room temperature or draped over a warm heater.
- Do pack versatile, sturdy, easily interchangeable clothes. Bring clothing that you know is going to last through some heavy use. Dark colors are better than whites and comfortable walking shoes are a must.
- Do pack some nice clothes for when you want to go to the theater, a concert, or a nice dinner. Pack comfortable clothing, and be sensitive to local customs. Wearing shorts and sleeveless shirts are not appropriate in many countries or when visiting places of worship. Women should dress conservatively when traveling.
- Do pack clothing that is appropriate for that country's climate. Find out the traditional weather patterns in the country or region that you are going to be living. When they say "rainy season," believe them!
- Do take extra passport-size photos of yourself for visas and other official documents you will need to apply for while abroad.
- Do pack a little of yourself! You will want to share with your host family and new friends what you and your home are like. You will be amazed at how interested your new friends and host family will be in where you come from. Some suggestions:
 - a book of your home state or region of America
 - photos of your home, family and CMC
 - things to decorate your room or flat
- Consider bringing:
 - A pair of plastic flip flops for use in shower while traveling
 - Ziploc bags
 - Duct tape—you'll be amazed at all the things you can use it for, from Band-Aids to luggage repair.
 - A few small gifts from your home or CMC (key chains, T-shirts, books, calendars, dishtowels, CDs) to give to your host family, children or friends
 - Adapters (to convert voltage of US appliances): Be extra careful with computer equipment. (Check with a computer store to make sure the adapters and plugs you will use abroad are appropriate.)
- **On the plane:** Have a small carry-on bag packed with essentials (toiletries and a change of clothes) in case you go one way and your luggage goes another. Keep your passport and acceptance letter from your university/program in your carry-on. You will probably have to show these papers when you arrive at customs and passport control. Check current TSA regulations for travelers: <http://www.tsa.gov/travelers/index.shtm>

PASSPORT & VISAS

In accordance with international consular practice, all passports must be valid for a minimum of six months AFTER your return date to the U.S.

Passport: If you do not have a passport, you must apply for one immediately. The regular processing of a passport will take several weeks to a few months and you must have a valid passport before you can apply for a visa (the stamp in your passport that allows you to enter your host country). U.S. passports may be obtained through selected central U.S. post offices, county courts, and U.S. Government Passport Agencies. You can apply for your passport at the following location:

Claremont Post Office (in Claremont Village)
140 N. Harvard Avenue, (909) 625-7161

Information on obtaining a passport is available at http://www.travel.state.gov/passport/passport_1738.html.

Remember: Your passport is the most important document you have when outside the United States. Know where it is at all times. Keep it in a safe place. Make copies; keep one copy with you and give one to your family at home. Photocopy the front pages of your passport, your visa, and your entry stamp, and keep them separate from your baggage. Once in a foreign country, keep these copies in a safe place. This will facilitate replacement if your passport is lost or stolen.

Visas: A visa is an endorsement made in your passport that allows you to enter another country. Each country has different visa requirements. Your program sponsor should send you up-to-date information on obtaining a visa for your country. Student visa requirements may be different from tourist visa requirements, so check with the appropriate consulate or embassy to see what will be required for the country in which you will be studying. Information is available on the U.S. State Department website at http://www.travel.state.gov/visa/visa_1750.html. If you must send in your passport with your visa application, be sure to send it by certified return receipt mail, along with the appropriate pre-paid forms for return certified mail.

Visa procedures and customs requirements are different for students who hold non-U.S. passports. You must inquire directly at the consulate to learn which rules apply to you.

Because each consulate has varying requirements that change periodically, and because consulates prefer to work directly with visa applicants, we cannot obtain your visa for you. You must contact the consulate in the jurisdiction of your permanent residence in order to verify requirements and any specific guidelines for the application process.

While Abroad!

After you arrive:

- ❑ **Send the Off-Campus Study Office your *correct mailing address, your cell number and, if you wish, your Skype username*** once you know your on-site address. This information may be circulated to other offices on campus in case of an emergency.
- ❑ **Send the Off-Campus Study Office your complete list of courses for verification of credit.** If you have ANY questions concerning the appropriate coursework or number of credits, contact our office. CMC study abroad academic guidelines are frequently stricter than your host institution or program provider.
- ❑ **Pre-registration information will be sent to you via e-mail from the Registrar.** Check with your program sponsor concerning e-mail and internet access on site. If you don't think you will have easy access to the internet during pre-registration, notify the Registrar's Office (registrar@cmc.edu).

ADJUSTING

One of first things you will encounter when you go abroad is something you can't really see, but which, if you don't understand what it is and how it works, can seriously affect how you adjust to and enjoy your time overseas. That "thing" is CULTURE. The kind of culture we will address here is not at all the kind of thing one refers to when talking about being a "cultured person" or possessing a taste for modern art, champagne, and opera. Nor is culture the exclusive province of an educated elite.

Culture is a neutral term, neither good nor bad, and refers to the broadest conception about the learned knowledge that humans use to fulfill their needs and wants. It refers to the collective historical patterns, values, societal arrangements, manners, ideas, and ways of living that people have used to order their society. It is comprised of all those things we learn as part of growing up including language, religion, beliefs about economic and social relations, political organization and legitimacy, and the thousands of "Dos and Don'ts" society deems important that we know to become a functioning member of that group.

Making a major transition in your life requires some period of time for adjustment to the new circumstances. Even moving to a new city, changing schools or jobs—anything that alters your accustomed patterns of thought and behavior—can cause some "transition shock," which can be mild or severe depending on the circumstances.

You have probably heard of "culture shock." The term "culture shock" was coined to describe a specific type of reaction that can occur when people travel abroad or confront ways of life substantially different from their own. Culture shock is caused by the stress of entering and adjusting to an unfamiliar culture. It has been called an "occupational hazard" of travelers and is a well-documented side effect of encountering cultural difference. To some extent, the degree of culture shock experienced varies depending on how different the country is in contrast to your own. Of course, personal factors and your goals for traveling abroad will influence how quickly and appropriately you can "fit in" and, therefore, the level of culture shock you will feel.

Culture "Surprise": Usually occurs early in your stay in the new culture when you begin to be aware of superficial, novel, and startling differences. Often characterizes the "honeymoon" phase of adjustment.

Culture "Stress": A mild response to "stimulus overload." Culture stress is often seen in travelers abroad. One becomes tired and withdrawn. Annoyance builds as daily reality becomes more difficult.

Culture "Irritation": Often manifests itself in terms of "item irritation" and is usually traceable to a few observable behaviors that are common in the culture, and to which an individual reacts particularly strongly (a personal "hot button"). These may include spitting, hygiene, verbal harassment, public displays (affection, drunkenness, etc.), or other overt behaviors to which an individual has a strong negative response.

Culture "Fatigue": A fairly short-term response to "stimulus overload." This occurs when you begin to respond to the behavior of the "new" culture and are stressed by trying to deal with lots of new cultural information all at once. Stress and irritation intensify as you attempt to study or work in a foreign environment. There is a cumulatively greater impact due to the "need to operate" in unfamiliar and difficult contexts. Symptoms intensify. Ability to function declines. It can occur soon after arrival or within a few weeks. It can hit you quickly and is often accompanied by "Language Fatigue." Language fatigue occurs when, trying to use a second language constantly, you become physically and psychologically drained by speaking, listening, and finding meaning in what was, until now, a little-used "new" language.

Culture "Shock": Culture shock comes from the natural contradiction between our accustomed patterns of behavior and the psychological conflict of attempting to maintain them in the new cultural environment. While the time of onset is variable, it usually occurs within a few months of entering a new culture and is a normal, healthy psychological reaction. While culture shock is common, relief is available. There are ways to minimize its effects—the first of which is to accept that it is a real phenomenon—and to learn to recognize its sometimes vague, if persistent, signs in yourself as well as others.

If negative attitudes towards minor annoyances do not change, a low level of persistent frustration is likely to build up. This can quickly lead to volatile anger when accumulated stress inappropriately and unexpectedly erupts and you vent your feelings, but you are unable to trace the outburst to a single source. People around you might comment, "What was that all about?" or "Where did that come from?"

Just remember that unlike temporary annoyance when you are in the presence of a particular cultural practice (e.g., mistreatment of animals or public displays of affection), culture shock is neither caused by a single act nor easily traceable to a particular event. It is cumulative, attributable to many small things that happen over time, and it has the potential to be more deeply felt and take longer to alleviate.

Many students never experience culture shock to any appreciable extent and perform their overseas tasks and manage their relationships just fine. For those who do experience a degree of discomfort in the process of living abroad, it can be an opportunity to grow and learn, although probably best appreciated from the perspective of being on the "right-hand" side of the U-shaped curve of adjustment.

Moving beyond culture shock and continuing to live and learn overseas puts you on the path to becoming interculturally fluent. Becoming more deeply engaged with the local culture increases your level of intercultural adaptation and your ability to reach your goals. It also makes cultural learning more enjoyable, if not always easier.

This learning process is complex and almost inevitably results in reports from returning students that, "I learned more about myself and my culture than about the culture I was living in." The learning process can be a bit painful, take longer than expected, and can lead to the onset of symptoms associated with culture shock. The good news is that this indicates that learning is occurring and that you are getting better and better at understanding the culture.

Being aware of this cycle of cultural adjustment will allow you to better understand your reactions during your time abroad. In addition, this cycle of cultural adjustment can be linked with levels of Cultural Awareness. ([What's Up with Culture?](http://www2.pacific.edu/sis/culture/), <http://www2.pacific.edu/sis/culture/>)

DRUGS

While abroad, avoid all temptation to buy, sell, carry, or use any type of drug. Most countries have VERY strict drug laws. Long trials, prison sentences, and even the death penalty can result from drug possession.

Remember that you are subject to your host country's laws. If you are arrested, neither CMC, your family, nor the American Consular Officer can get you released from jail.

LIBRARY SERVICES

There are valuable library resources available to you while you are abroad. For more information, the following link describes in detail the services available.

Library Services for students abroad: <http://libraries.claremont.edu/offcampus/>

MAIL AT CMC

While students are away, all first-class mail will be automatically forwarded to students' permanent addresses. All students who wish to receive their mail abroad must submit a request in writing to the Story House mailroom.

Depending on where you are and the quality of the postal service, mail can take weeks (even, at times, months) just to arrive in the country; getting it to your local address adds additional days. In certain countries, there are also complicated customs regulations which determine what you can send and/or receive. You might also be required to pay a tariff to obtain a letter or package. A CMC student recently had to pay \$80 to customs to pick up a package she had sent to herself.

The OCS Office and other CMC offices email students abroad important notifications, including pre-registration information.

MONEY MATTERS ABROAD

Suggestions on how to handle money abroad: Have a budget and know what you can spend. Keep a daily expense account for the first couple of weeks to be able to plan a budget for your entire stay.

Be prepared: You will spend more money on arrival than at any other point. You don't know where to find the best bargains yet and the exchange rate will take some getting used to.

Leave a photocopy of your credit card with your parents in case of loss or theft. Having a credit card in your name will be extremely useful, but know what your credit limit is on the card before you leave. Set up an account at your home bank for an international debit card (ATM). This is the best, easiest, and safest way of accessing money in most foreign countries and for your family to be able to send you additional funds. You may want to shop around for a bank that does not charge high fees for overseas withdrawals. Check with your bank if there are conversion fees and notify your bank that you will be abroad.

Make sure that you contact your debit and credit card customer service and inform them of the dates that you will be abroad. If banks are not aware that you will be abroad, they will often put a hold on your account and prevent you from making transactions when they see overseas purchases, in order to prevent fraud.

Do not bring a Discover Card. Most countries do not have the facilities to accept Discover. Many countries do not accept American Express.

Either have about \$200 in local currency with you on arrival or plan on exchanging it or withdrawing the funds by ATM at your host country airport. Some U.S. banks may have international currency. This money should get you through the first few days. You may not be able to gain access to your bank account or to an ATM machine for several days.

Do not bring personal checks from the USA as they are virtually impossible to cash.

How to obtain money from the U.S.: Always check with your program or someone who has lived in your new host country (a returnee or an international student) to find out the best way of banking for an extended period of time.

The easiest way to obtain money abroad is to **have someone in the U.S. deposit funds into your bank account**. You can then withdraw the funds with your ATM card. For a fee, other options include:

Wire transfer: Many banks and stores (Wal-Mart, 7-11) can wire money to foreign banks.

Bank draft: Many American banks have reciprocal agreements with banks abroad.

Parents can send money to you care of American Express: You do not need an American Express card to take advantage of this service.

Credit Cards and ATM/Debit Cards: You will get a better exchange rate on your purchases if you pay with a credit card.

Do not rely exclusively on your credit card or international debit card (ATM) - These cards can be demagnetized or destroyed.

REMAINING ABROAD FOR AN ADDITIONAL SEMESTER

If you are contemplating remaining abroad for the full academic year, you need CMC's permission to do so. After you have obtained CMC's permission, you need to contact your program's staff to inform them of your intention to stay (some programs have a deadline or may charge a fee).

To get CMC's permission, you need to write to the Off-Campus Study Office no later than **November 1** (for a spring extension) **or April 1** (for fall), explaining your reasons for remaining abroad, outlining how you plan to graduate on time, and requesting permission to stay from your department chair(s).

SAFETY TIPS

If you become the victim of a crime, immediately contact the local police, your home nation's diplomatic or consular office, your program provider, and the CMC OCS.

If you have a medical emergency, contact your program provider, seek immediate care, and then contact your insurance company.

Personal Safety:

- Keep a low profile in demeanor and dress. College T-shirts, sweatshirts, baseball caps, and athletic shoes identify you readily as an American. Do not wear jewelry or insignia. Once you have some time to adjust to your new location, you will have a better sense of how you need to act in your new surroundings.
- Be discreet and polite, heeding signs and regulations in public areas.
- Be especially careful in helping to maintain security at your residence and other program buildings.
- Always have some cash on you, preferably in smaller bills. Be discreet; don't take out a wad of cash when you pay for things.
- Speak the local language whenever possible.
- Watch your intake of alcohol—excessive drinking is both unsafe and inappropriate in another culture and in an unfamiliar area.
- Speak softly; U.S. students tend to speak loudly compared with many cultures.
- Travel by reliable public transportation. Do not hitchhike and do not travel alone. Leave word with the program director of your travel plans detailing your companions, itinerary (with contact points and phone numbers), mode of travel, and dates of departure and return. Avoid night travel, especially on buses, minivans, or taxis.
- Take special care around tourist sites and possible terrorist targets, such as police stations, churches, synagogues, and airports. Avoid identifiable American institutions, such as embassies, American Express offices, McDonald's, and other places where Americans typically gather.
- Don't get involved in controversial discussions/situations in public places, street gatherings or demonstrations, and public events characterized by crowd excitement.
- Speak to program alumni and on-site directors about safe areas as well as areas to avoid.
- Keep clear of military and diplomatic installations and war memorials.

Additional websites with information on safety:

- U.S. Embassies overseas: <http://www.usembassy.gov/>
- The Overseas Security Advisory Council (OSAC): <http://www.osac.gov>

TRAVEL

No matter where you are traveling abroad, purchase a budget travel book. Here are some suggestions:

<i>Let's Go</i>	<i>Lonely Planet</i>
<i>Rough Guides</i>	<i>Moon Guidebooks</i>

VOLUNTEERING ABROAD

There are many resources for students interested in volunteering, working or interning abroad including:

- <http://www.internationalcenter.umich.edu/swt/work/>
- www.volunteerinternational.org

- www.idealists.org/travel.html
- <http://www.volunteeroverseas.org/html/index.html>

WRITING CENTER

The CMC Writing Center also offers online assistance to students studying abroad. Online tutorial sessions are mediated through email, AIM, and Skype. Reserving an online appointment is just like reserving a session at CMC: you simply visit <http://writing.cmc.edu> and click on “reserve a tutor.” Once there, search for “Online_Study-Abroad” or “Online_DC-Program.” Doing so will show you a listing of all tutors who have been trained to host online appointments. Please plan to email your assignment to your tutor at least 24 hours ahead of your tutorial sessions, to give the tutor time to prepare. Tutor contact information is available on the Writing Center website.

Tutors may also be available to help you online in several foreign languages while you’re abroad.

Returning Home!

FELLOWSHIPS

Most study abroad alumni want to go back. One way to do this is to apply for one or more of several fellowships available to graduating seniors. Internationally-focused graduate fellowships include Fulbright, Rotary, Luce, and many others.

Some notes to increase your chance of winning a fellowship:

- The Fellowships Coordinator and faculty fellowship advisors will have specific information on each fellowship. Find out as much about these fellowships as you can *before* you go on your program and then be on the lookout for good ideas.
- When applying for a fellowship, your ability to demonstrate relationships with and support from host-country institutions and individuals will strengthen your application.
- The most important thing you can do is **develop contacts while you are abroad**. Cultivate relationships with host-country nationals and organizations in the field you wish to pursue. Discuss your ideas with them. Ask for advice.
- Refer back to journal entries and quote them when appropriate in your fellowship application essay. This demonstrates long term interest and, perhaps, passion—important ingredients of successful fellowship applications.
- Get specific and accurate contact information for people and their institutions (phone numbers, fax number, email addresses, official titles, etc.). Ask them before you leave if they would be willing to support and/or recommend you for a fellowship.
- Keep in touch with your contacts. Send a thank you message as soon as you return home.
- When appropriate, and if communications permit, allow host-country contacts to help you with your proposal. If they feel involved in the planning stage, they may offer stronger support.
- While you are still abroad, visit local institutions that sponsor specific fellowship recipients. Fulbright representatives and Rotary International members are often very willing to discuss your ideas and fellowship possibilities with you. Six months later when a bunch of applications come across their desk, yours may be the only one with a face associated with it. That may make all the difference.

One of the keys to successfully obtain a scholarship or fellowship is preparation!

- Do not wait until your senior year to start researching programs. Several have deadlines early in the junior year, including the Truman.
- Attend the National Scholarships & Fellowships workshop each semester. CMC faculty advisors will be introduced at these meetings.
- Consult the advisors for these programs for helpful suggestions regarding your application.
- Use the Internet to research other programs that may suit your interests and aspirations.
- For further information, contact the Dean of Faculty office.

The following programs are just a sampling of the many, many opportunities that are out there. Do not limit yourself to just these programs!

Scholarships and Fellowships:

Fulbright Program	http://www.iie.org/en/Fulbright
Marshall Scholarship	www.marshallscholarship.org
Rhodes Scholarship	www.rhodesscholar.org
Rotary Educational Programs	http://www.rotary.org/en/StudentsAndYouth/EducationalPrograms/Pages/ridefault.aspx
The Gates Cambridge Scholarship	http://www.gatesscholar.org/
James Madison Fellowship	www.jamesmadison.com

Carnegie Endowment Junior Fellows Program	http://www.carnegieendowment.org/about/index.cfm?fa=jrFellows
Harry S. Truman Scholarship	www.truman.gov
Goldwater Scholarship	www.act.org/goldwater
National Science Foundation Graduate Research Fellowship	http://www.nsfgradfellows.org
Ronald E. McNair Post-Baccalaureate Achievement Program	www.cgu.edu/mcnair
The George Mitchell Scholarships	http://www.us-irelandalliance.org/wmspage.cfm?parm1=34
David L. Boren Scholarship and Fellowship	http://www.borenawards.org/
California Capital Fellows Program	http://www.csus.edu/calst/capital_fellows_programs_overview.html
Japanese Government Research Student Scholarships	http://www.studyjapan.go.jp/en/toj/toj0302e.html
Public Policy and International Affairs Fellowship Program	http://www.ppiaprogram.org/
The Herbert Scoville Jr. Peace Fellowship	http://www.clw.org/scoville
The Mr. & Mrs. Spencer T. Olin Fellowships for Women in Graduate Study	http://www.artsci.wustl.edu/~olin/

PHOTO CONTEST:

First Prize—\$75, Second Prize—\$50, Third Prize—\$25

CMC OCS hosts a photo contest every semester. We will email you about the photo contest upon your return. You can enter up to two photographs. We need photos that capture **moments from your study abroad destination – we want to see you in action!**

RE-ADJUSTING

(Adapted from materials originally developed by Dr. Bruce La Brack, School of International Studies, University of the Pacific, for the Institute of International Education, San Francisco)

What could be easier than going home? After all, you grew up in that culture, speak the language, understand how the system works, are familiar with how to cope with daily living, and have a ready-made support group. When you were homesick you dreamed how great it would be to be back in a comfortable and familiar place surrounded by family and friends. However, the reality is that returning home after a significant overseas experience is not without its stresses. There are many reasons why this is so, but the major contributing factors seem to be:

It Is Largely Unexpected - Few people prepare for the return because they expect it to be easy and are surprised when it is not.

The Reality of Home Differs from Reality - When you are abroad, images of home life can become idealized or romanticized. It is easy to forget or minimize the problems or issues that once were sources of stress in your everyday life. Re-encountering them can be disconcerting.

Everything Has Changed - However major or subtle, things are different. You, the people around you, and your culture have changed. Sometimes this is obvious and immediately observable; sometimes it is "hidden" and only comes out under certain circumstances—circumstances that are usually unpredictable and therefore unsettling.

People May React to Returnees in Ways They Consider Inappropriate - People generally expect you to be the same person you were when you left and usually attempt to treat you that way. They often have little patience

for a returnee who seems to be significantly "different" or who exhibits behaviors or attitudes that, to them, seem odd or uncharacteristic of that person.

Reverse Culture Shock Is Neither Recognized nor Understood at Home - Few people in the home culture are likely to be familiar with the concept of reverse culture shock. Therefore, people often respond to a returnee having difficulty readjusting by bluntly suggesting they "get over it" as though it were a conscious act on their part or that they could control their emotions if they wanted to. Unlike undergoing culture shock while abroad where program directors and fellow students are likely to be at least sympathetic, upon reentry the pressure to conform quickly and substantially can be intense and tolerance can be in short supply.

Thus, although there are always lots of reasons for looking forward to going home, reentry into your home culture can seem both as challenging and as frustrating as living overseas. Contrary to the expectation that going "home" is a simple matter of resuming your earlier routines and reestablishing prior relationships, reentry has its own set of special social and psychological adjustments.

What can you do to prepare to return home? Being aware of the reentry process and following some advice from those who have already returned can facilitate your reentry. The following list is compiled from many sources, but all of the tips come from returnees who have offered these ideas in the hope of making your initial reentry easier for you and for those at home. They are offered to you as things to consider as you prepare to return from study abroad. First, say goodbye. It is important to have some closure with your program staff, faculty, friends, and host family before you leave. Then:

Mentally prepare for the adjustment process - The more you consider your alternatives, think about what is to come, and know about why returning home is both similar to and different from going abroad, the easier the transition will be. Anticipating is useful. As one psychologist put it, "Worrying helps." However, obsessing does not, so be prepared—not paranoid!

Allow yourself time - Reentry is a process that will take time, just as adjusting to a new foreign culture required a period of acculturation. Give yourself time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change. Give yourself permission to ease into the transition.

Understand that the familiar will seem different - You will have changed, home has changed, and you will be seeing familiar people, places, and behaviors from new perspectives. Some things will seem strange, perhaps even unsettling. Expect to have some new emotional and psychological responses to being home. Everyone does.

There will be some "cultural catching up" to do - Some linguistic, social, political, economic, entertainment, and current event topics may be unfamiliar to you. New academic programs or regulations, slang expressions, popular culture references, recent events, and even major social changes may have emerged since you left. You may have some learning to do about your own culture. The longer you have been gone, the more you may have to discover, and the more noticeable it will be to others that you are not culturally fully up-to-speed. Approach this challenge in the same way you approached culture learning overseas: with a sense of humor and an open mind.

Reserve judgments - Just as you had to keep an open mind when first encountering the culture of a new foreign country, try to resist the natural impulse to make snap decisions and judgments about people and behaviors once back home. Mood swings are common at first, and your most valuable and valid analysis of events is likely to take place *after* allowing some time for thorough reflection. Most returnees report gaining major insights into themselves and their home countries during reentry, but only after allowing a sufficient period of time for reflection and self-analysis.

Respond thoughtfully and slowly - Quick answers and impulsive reactions often characterize returnees. Frustration, disorientation, and boredom in the returnee can lead to behavior that is incomprehensible to family and friends. Take some time to rehearse what you want to say and how you will respond to predictable questions and situations; prepare to greet those that are less predictable with a calm, thoughtful approach.

If you find yourself being overly defensive or aggressive in responding to those around you, it is probably time to take a deep breath and relax. It is tempting when asked for the twentieth time, "How was London?" to

sarcastically reply, "Very British!" but the momentary satisfaction will do little to open a real communication channel. As always, thinking before answering is a good strategy.

Cultivate sensitivity - Showing an interest in what others have been doing while you have been on your adventure overseas is a sure way to reestablish rapport. Much annoyance with returnees results from the perception that returnees are so anxious to tell their stories and share their experiences that they are not interested in what happened to those who stayed at home. This is ironic because one of the most common frustrations reported by returnees is that those at home only ask superficial questions (e.g., So how was it?) and want short answers. Returnees see this as a lack of opportunity to express their feelings fully. In such circumstances, being as good a listener as a talker is a key ingredient in mutual sharing and you may need to practice those skills upon return.

Beware of comparisons - Making comparisons between cultures and nations is natural, particularly after residence abroad. However, a person must be careful not to be seen as too critical of home or too lavish in praise of things foreign. A balance of good and bad features is probably more accurate and certainly less threatening to others. The tendency to become an "instant expert" is to be avoided at all costs.

Remain flexible - Keeping as many options open as possible is an essential aspect of a successful return home. Attempting to re-socialize totally into old patterns and networks can be difficult, but remaining aloof is isolating and counterproductive. What you want to achieve is a balance between resuming and maintaining earlier patterns and enhancing your social and intellectual life with new friends and interests.

Seek support networks - There are lots of people back home who have gone through their own reentry process and both understand and empathize with a returnee's concerns. Returnees may find it useful to seek out people with international living experience such as academic faculty, exchange students, Peace Corps volunteers, international development staff, diplomatic or military personnel, church mission officials, and those doing business internationally. The Office of Off-Campus Study is also a place where returnees can find support and empathy as they go through the reentry process.

Realistically, what can I expect when I get back?

1. Boredom - After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges that characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions. Remember a bored person is also boring. Try new things, travel domestically, and continue cultural and linguistic studies.

2. No one wants to hear - One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audience's part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

Think of...

There may actually be some people who will be interested in your stories and hundreds of pictures or slides. Think about who they might be and make a list. Consider emailing them before you return and asking if they really do want an evening on "My experience in [fill in the blank]" and promise to make a date when you get home. Give them a chance to change their minds but respond now with a message that says you are really looking forward to your date.

3. You can't explain - Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be at least a bit frustrating trying to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they

are as listeners. You can tell people about your experience, but you may fail to make them understand exactly how or why you felt a particular way. It's okay.

4. Reverse "homesickness"- Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student abroad. To an extent, writing letters, telephoning, emailing, and generally keeping in contact can reduce them, but feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of study abroad.

Some advice...

Be sure you have collected the email addresses, the home addresses, and the addresses of the parents of all your new friends. If you want to keep in touch, you need to be prepared. We all know that young people may move around so it is important to be able to contact their parents when they fail to send a new address.

5. Relationships have changed - It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes that are very important to them. These changes may be positive or negative, but expecting that *no* change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

6. People see the "wrong" changes - Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe any "bad" traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize discomfort, it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

7. People misunderstand - A few people will misinterpret your words or actions in such a way that communication becomes difficult. For example, what you may have come to think of as witty humor (particularly sarcasm, banter, etc.) and a way to show affection or establish a conversation may be considered aggression or "showing off." Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

8. Feeling of alienation/seeing with "critical eyes" - Sometimes the reality of being back "home" is not as natural or enjoyable as the place you had constructed as your mental image. When actual daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop "critical eyes," a tendency to see faults in the society you never noticed before (e.g., Americans are so wasteful, materialistic, fat, in a hurry, etc.). Some returnees become quite critical of everyone and everything for a time. This is no different than when you criticized the host culture while abroad. In both cases, being critical is closely related to discomfort during readjustment and mild "culture shock." Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

9. Inability to apply new knowledge and skills - Many returnees are frustrated by the lack of opportunity to apply newly gained social, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use all the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

10. Loss/compartmentalization of experience ("shoeboxing") - Being home, combined with the pressures of job, school, family, and friends, often conspires to make returnees worried that they might somehow "lose" the experience. Many fear that it will become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who

have had experiences similar to yours; practice your cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad. To the extent possible, integrate your overseas experience into your ongoing life and activities.

Finally, the Off-Campus Study staff have all studied and lived abroad and they know what it's like to return. Please come see them – they would love to hear about your experiences as well as help you through the readjustment process.

FURTHER READING and INTERNET RESOURCES

Culture

What's Up with Culture?

<http://www.pacific.edu/sis/culture/index.htm?page=/sis/culture/>

Culture Matters: The Peace Corps Cross-Cultural Workbook

<http://www.peacecorps.gov/wvs/publications/culture/index.cfm>

Food: the Edible Part of Culture

http://www.ciee.org/program_resources/knowledge/food.aspx

Currency & Money

OANDA Currency Conversion

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

MasterCard Global ATM Locator

<http://www.mastercard.com/us/personal/en/cardholderservices/atmlocations/index.html>

Visa ATM Locator

<http://visa.via.infonow.net/locator/global/>

Diversity

Brown College Student Experience

http://www.brown.edu/Administration/OIP/pdf_docs/diversity_st_abroad01.pdf

Disability

University of Minnesota: Access Abroad

<http://www.umabroad.umn.edu/access/>

Mobility International USA

<http://www.miusa.org/>

Disability: Making Study Abroad Happen for You

http://www.ciee.org/program_resources/knowledge/disability.aspx

Gay, Lesbian, Bisexual & Transgender

NAFSA Rainbow Special Interest Group

<http://www.indiana.edu/%7Eoverseas/lesbigay/student.htm>

International Gay & Lesbian Human Rights Commission

<http://www.iglhrc.org/>

International Gay & Lesbian Association

<http://www.ilga.org/>

Identity: Sexual & Gender Expression Abroad

http://www.ciee.org/program_resources/knowledge/identity.aspx

Michigan State: Study Abroad for GLBT Students

<http://studyabroad.msu.edu/forms/glb.html>

Health

Center for Disease Control & Preventions

<http://www.cdc.gov/>

World Health Organization

<http://www.who.int/en/>

CIEE: Health Check

http://www.ciee.org/health_safety/health/pre-departure_checklist.aspx

CIEE: AIDS & International Travel

http://www.ciee.org/health_safety/health/AIDS_intl_travel.aspx

Travelers Vaccines: Travel Clinic Locator

http://www.travelersvaccines.com/EN/Clinics/Clinic_locator.cfm
Health: Jet Lag to Culture Shock to the Common Cold
http://www.ciee.org/program_resources/knowledge/health.aspx

Student Travel

Student Universe Travel

<http://www.studentuniverse.com/>

STA Travel

<http://www.statravel.com/>

Rail Europe

<http://www.raileurope.com/us/index.htm>

Hostelling International

<http://www.hihostels.com/>

Safety

US Department of State: Travel Website (Travel Warnings, Advisories & Consular Information)

<http://www.travel.state.gov/>

Register Your Travel with US Embassy Abroad

<https://travelregistration.state.gov/ibrs/ui/>

US Embassies & Consulates Abroad

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

US Department of State: A Safe Trip Abroad

http://travel.state.gov/travel/tips/safety/safety_1747.html

US Department of State: Students Abroad Website

<http://studentsabroad.state.gov/html-site/StudentAbroadHome.html>

Overseas Security Advisory Council

<http://www.osac.gov/>

Association for Safe International Road Travel

<http://www.asirt.org/>

SAFETI Adaptation of Peace Corps Resources

<http://www.globaled.us/peacecorps/index.html>

Safety: Info on Security Plans, Tips for Yours

http://www.ciee.org/program_resources/knowledge/safety.aspx

Risks: The Good, the Bad & How to Tell the Difference

http://www.ciee.org/program_resources/knowledge/risks.aspx

Travel Guides

Country Reports

<http://www.countryreports.org/>

Lonely Planet

<http://www.lonelyplanet.com/>

Let's Go Student Travel Guides

<http://www.letsgo.com/>

Rough Guides

<http://www.roughguides.com/>

Volunteer Abroad

Idealist.org International Volunteerism Resource Center

<http://idealist.org/en/ivrc/index.html>

International Volunteer Programs Association

<http://www.volunteerinternational.org/index.html>

University of Minnesota: Volunteer Abroad

<http://www.umabroad.umn.edu/programs/WIV/volunteer/index.html>

Voting While Abroad

Federal Voting Assistance

<http://www.fvap.gov/>

Overseas Vote Foundation

<http://yvo.overseasvotefoundation.org>

US State Department: Absentee Voting for Americans Abroad

http://travel.state.gov/travel/living/overseas_voting/overseas_voting_4754.html

Women Travelers**Journey Woman**

<http://www.journeywoman.com/>

Women: What you Need to Know Abroad

http://www.ciee.org/program_resources/knowledge/women.aspx

Work Abroad**University of Michigan: Work Abroad**

<http://www.internationalcenter.umich.edu/swt/work/>

University of Minnesota: Work Abroad

<http://www.umabroad.umn.edu/programs/WIV/work/index.html>

BUNAC

<http://www.bunac.org/>

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