

## COLLEGE OF THE HOLY CROSS STUDY ABROAD PROGRAM

### PRE-DEPARTURE CHECKLIST 2015-2016

**Please read all of this information thoroughly and carefully.**  
**Bring a hard copy with you abroad, and keep the electronic copy in a file on your computer or flash drive where it is easily accessible.**

These guidelines are intended as general information to help students prepare to study abroad through one of Holy Cross's academic year or semester programs. Read the guidelines carefully. **Almost all problems students encounter abroad can be avoided by following study-abroad printed and web materials, as well as information given to students in program-specific Pre-Departure meetings.**

You need to be clear that studying abroad is not the same as studying at Holy Cross, academically, bureaucratically, and in terms of amenities.

#### **ACADEMICS:**

**You will need to work much more on your own. There will likely be fewer assessments (papers, quizzes, exams) than you are used to. You determine the lines of inquiry rather than following a ready-made syllabus.**

#### **BUREAUCRACY/ADMINISTRATION:**

There is no STAR system abroad. Registration can be time-consuming and involve multiple visits to multiple offices. Universities see students as having the privilege and resources to learn, and they expect you do so. You need to be proactive and resourceful.

#### **AMENITIES:**

There is not necessarily a Hart Center or a Kimball Dining Hall at your prospective university. You will have many resources available to you at your host institution but you should not expect that all resources you have at Holy Cross will be available abroad. Moreover, no two programs are exactly alike (for example, some provide home-stay accommodations while others provide rooms in residence halls or off-campus housing), so read with care and weigh this document against country-specific information you receive from Holy Cross and your host institution. You should not expect that because one service is provided at "X" program abroad it is automatically provided at "Y" university. Each program is unique.

### **I. PREPARATION**

#### **Pre-Departure Meetings:**

ATTEND THE **MANDATORY** GENERAL PRE-DEPARTURE MEETING ON TUESDAY, **4/7/15 in Seelos Theatre at 6:00 pm**, AS WELL AS YOUR **MANDATORY** COUNTRY-SPECIFIC PRE-DEPARTURE MEETING(S) FOR MORE DETAILED INFORMATION ABOUT **YOUR** HOST COUNTRY. See attached schedule.

**\*\*\* CHECK YOUR REGULAR MAIL AND YOUR HOLY CROSS E-MAIL DURING THE SUMMER! Please do not ignore our e-mail communiques. They contain important and usually, time-sensitive instructions.**

**Contract & Acknowledgment & Release (Waiver):**

- Be sure to read and “digitally” sign the **Student Contract and Acknowledgement and Release (Waiver)** in the “Post-Decision” *Signature Documents* section of your online Holy Cross application **as soon as possible** if you haven’t done so already!
- Remember, the Contract stipulates, among other things, that: (a) you cannot shift exam dates (even if the professor is willing); (b) a student enrolled in an academic-year program who wishes to return before completion of the full, academic-year for reasons other than safety or serious illness, forfeits all credits earned abroad and all program fees; (c) you must speak with a member of the Office of Study Abroad staff and the program director at your host institutions before dropping a course.
- **Insurance Waiver Information.** All students participating in the Study Abroad Program are required by Massachusetts state law to either purchase the Holy Cross Health Insurance Plan or complete and submit a “Waiver of Participation” before **July 15<sup>th</sup>**, which you do online via STAR. If the Bursar’s Office does not receive a “Waiver of Participation”, you will be automatically enrolled in the insurance plan and will be responsible for payment of the premium to Holy Cross. (See the section on Health Insurance in the Holy Cross Study Abroad. For more information on the Study Abroad Manual, see page 5 of this document).

**Health and Well-Being:**

ATTEND THE **MANDATORY** COUNTRY-SPECIFIC PRE-DEPARTURE MEETING(S) FOR MORE DETAILED INFORMATION ABOUT HEALTH AND SAFETY IN **YOUR** HOST COUNTRY.

- Before you go, be sure to check with your insurance company’s procedures for international claims. You want to make sure you are covered adequately and that you know how to go about making a claim or what to do when you are sick. Make sure your parents also have this information.
- If the coverage seems too limited, purchase supplemental insurance.
- Usually, you pay out-of-pocket and submit a claim with your insurance company afterwards, so you should be prepared to pay for medical visits and procedures. This might mean getting a credit card.

**Health Clearance:**

- It is **imperative** that for your health and safety, you disclose all medical conditions. If you do not disclose, we cannot help accommodate your health needs.
- Health Clearance **Forms A, B, C and D** are on your Holy Cross online application under the “*To Submit and To Attend*” section.
  - Form A is to be completed online. Write the name of your primary care physician and their contact information, as well as any medical specialists you are currently under the care of, including mental health providers (if applicable).
  - You will need to download and print out Forms B, C and D. Form B requires your doctor’s signature. If you are *conditionally* cleared, your doctor must list the conditions. Form C is your

health history form. Please disclose medical conditions and accommodations (if any), and be sure to include your immunization record (you can request a printout from your doctor). Form D needs to be signed by a Mental Health provider if you see one; **if not, you need to fill out the block at the top of the page. This form must be turned in as well.**

- Forms B, C and D must be submitted to the Study Abroad Office **before** May 1, 2015 for Fall 2015 programs and before Oct. 1, 2015 for Spring 2016 programs.
- Check that your medications are legal in your host country.
- Take all prescriptions for medications (except for Ireland), eyeglasses and contact lenses with you. If possible, take a spare pair of glasses or lenses.
- Some prescription drugs may not be available in your host country. Either take enough for the whole year, ask visitors to bring more when they visit if need-be, or work with your doctor and a local doctor to fill the prescription abroad. You cannot Fed Ex or UPS prescriptions without a special license. (In Ireland, regular mail is used.)
- Some prescription drugs in the U.S. are available over the counter in other countries, but **you must know the medical name**, not the brand name (e.g., not "Tylenol" but "acetaminophen"; also called "paracetamol" outside North America).
- Check with your physician and with the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)) for information on immunizations and vaccinations that are recommended or required for your destination. *It is your responsibility to receive the proper immunizations.*

### **Passports:**

- Reconfirm that your passport is valid for six months beyond the expected date of your return to the U.S. and make sure your passport is signed.
- Make copies of the passport information pages in case your passport is lost or stolen. Give one copy to your parents, 2 copies to Study Abroad (you should have done so already) and take two with you: leave one in your room and carry another with you when traveling.
- Scan your passport onto your computer: save as a file and email the file to yourself. Save the file in a Study Abroad folder in your email. Consider using Google Docs to save important documents, sharing access with your parents and/or guardian.

### **Flight Reservations:**

THESE ARE GENERAL GUIDELINES. MORE DETAILS WILL BE PROVIDED AT THE **MANDATORY** COUNTRY-SPECIFIC PRE-DEPARTURE MEETING.

- You are responsible for booking your own flight. Students enrolled in a recognized Holy Cross program abroad will receive a credit towards the fare on their HOLY CROSS account. The amount of the credit is based on current fares. If the ticket you purchase is less than the credit, you keep the difference; if it is more, you are responsible for the difference.
- If there is a balance on your account, the credit will be applied to the balance. If your account is paid in full, you must request in writing that the credit be mailed to you. Otherwise, it will remain on your Holy Cross account.
- **BOOK A FLIGHT THAT CAN BE CHANGED!** For visa and other reasons, you must book through a travel agency or site, such as STA TRAVEL ([www.statravel.com](http://www.statravel.com)) that *allows you to change or cancel your flight*, usually for a fee. Make sure the return date is changeable (again, for a fee). Even if the fare

is slightly more than online discounted fares, this low-fee-change policy is essential and worth the difference. This is not the area to economize.

- Book as soon as you know your orientation start-date, or are advised by your Study Abroad advisor. Please note that these dates are subject to change, which is why you must book a flight that can be changed.
- For some visas you must book a round-trip ticket, not one-way. For academic-year programs, the airline company will likely not be booking flights as far in advance as your required return date at the end of your last exam period. If you are coming home for Christmas, book that return. Otherwise, take the latest date the airline will allow and you will have to change your return flight.
- Send one copy of your itinerary to Jacqui Schartner ([jschartn@holycross.edu](mailto:jschartn@holycross.edu)) in the Office of Study Abroad, and if requested, to the Study Abroad director in charge of your program. In some cases, you can send one copy to the International Office at your host institution and, if applicable, one to your host family. As always, print a copy for yourself and keep it in your study abroad hard copy file.

### Visas:

THESE ARE GENERAL GUIDELINES. MORE DETAILS WILL BE PROVIDED AT THE **MANDATORY** COUNTRY-SPECIFIC PRE-DEPARTURE MEETING.

- Students are responsible for obtaining and paying for their own visas. In two sites (Spain & Italy), you are heavily advised and guided through the process and the visas are submitted to the Boston Consulates by the Office of Study Abroad.
- **Begin as soon as possible**; the process can take much longer than advertised, especially if there are complications. (However, for most countries you cannot apply more than 3 months before departure date.) Instructions are available on the Embassy or Consulate website. Contact our office if you have questions.
- **Please let us know if you are involved in a summer program overseas that may conflict with your obtaining a visa for your academic year or fall semester program.**
- Students who will study in France have to pre-register at [usa.campusfrance.org](http://usa.campusfrance.org)
- **Make copies for yourself of all documentation you use to apply for the visa.**
- When you receive your visa, CHECK THE DATES and the spelling of YOUR FULL NAME, and make sure they are accurate and that the dates cover the entire time of your stay abroad. If they are incorrect, contact the consulate immediately.
- If you pick your visa up at the Consulate, take your copy of the documentation with you. Again, CHECK THE DATE and YOUR NAME ON SITE BEFORE LEAVING the Consulate. If the dates or your name are incorrect, point this out at the Consulate and show them your documentation. Do everything you can to get this taken care of at the Consulate on the same day. Be polite, but point out that you filled out the information correctly.

### **ISIC Card (International Student Identification Card):**

The card is issued by the Holy Cross Study Abroad Office and it is **mandatory** that you carry this with you during your stay abroad. The ISIC card is like a "AAA" card for student travelers - discounts on museum entry fees, rail travel, dining, etc., as well as providing travel and expatriation insurance which is explained in detail on their website: <http://www.myisic.com/isic-card/>.

### Host Families:

FOLLOW THESE AND THE GUIDELINES SPECIFIED BY YOUR HOST COUNTRY AND/OR ON-SITE DIRECTOR.

- If possible, as soon as you receive information about your family, send a hand-written letter of introduction in the host language. You can also consider an email depending on what contact information you get about your family. Include a photo of yourself and, if you wish, your family.
- Bring a “housewarming” gift—preferably something local from your hometown or region.
- Upon arrival, be respectful of cultural differences and practice environmental responsibility (conserve heat, water and electricity).
- Do not invite friends over without the family’s permission.
- Clarify and respect the rules governing use of the kitchen/refrigerator, telephone, etc.
- Internet may not be available in your home.
- Inform the host family well in advance if you will miss a scheduled meal.
- If something comes up suddenly, call and let them know and apologize for the short notice.
- Give your host family your contact information and itinerary when traveling.

### Packing:

- LESS IS MORE! Travel light. Almost all items can be purchased abroad.
- Packing too much can be **very** costly: 1) excess baggage fees add up when you change from International to National flight limits 2) many airlines restrict baggage now 3) when you return home, you will have bought many things, including new clothes! Save room for the trip home.
- Be aware that carry-on sizes are different abroad than in the U.S. Once you arrive, traveling around your country or region might necessitate a different bag size.
- Check with the students who are abroad this year to trade or purchase items.
- Be sure to bring one “semi-formal” outfit, keeping in mind that dress in your host country might be more or less formal than the US. This is required for Oxford, Australia, St. Andrews.
- Bring rain gear.
- Good walking shoes, not (just) flip flops.
- Buy a hairdryer overseas. Check with those abroad this year to see if you can purchase theirs.
- Laptop computers are dual current, but you need an adapter. (see below)
- Purchase at least one electric plug adapter from a travel store (also available abroad, in most countries). All dual current electronics need an **ADAPTER**, not a **CONVERTER**.
- Be sure to carry on all your legal documents and valuables, including the contact information for your host family and the onsite director (see Study Abroad Manual), and your credit card information.
- Divide up valuables and back-ups (copies of passport, credit card emergency phone numbers) amongst your things. This way if you are pick-pocketed you have everything in a second, safe location. Also do this with your money and/or cards. Do not keep all your cards, cash, passport, passport copies, etc. in the same place, bag or pocket!
- Do not bring anything you cannot afford to lose.

- Fill out your luggage tags **and** place the same information inside your suitcases. Consider using the contact information for your Host Institution and/or your host family. Be sure to change this on the way home after your program.
- Print out a copy of the **Holy Cross Study Abroad Manual** which you will receive via email, and any Pre-Departure or handbook you received from your host institution.
- Be sure you have US dollars for your arrival back in the US.

### Laptops:

- If you take a laptop, take or buy electric socket adapters (not a “converter”).
- Have a tech support plan and note the general INTERNATIONAL call-in number (see Pre-Departure Manual for HC Dell computers). See if there is a specific contact number for your host country. If so, take both (you may be on the road when something happens). If you have an HC Dell, in general, the on-site support will cover hardware issues, while HC ITS will cover software. You might have to wait for a repair.
- In general, it is best not to travel with a laptop. When you are away from your host institution, make sure it is secure (not in plain view once on-site) in your room abroad while you’re away.
- Check your parents’ homeowner’s policy *before you leave* to see if your laptop is covered abroad for theft or loss and whom you should contact in the event of such an incident.
- Keep a copy of the serial number and other identifying information separate from your computer.
- If you choose not to take your laptops, there are computer labs at most host institutions.

### Mobile (Cell) Phones:

- It is easiest and cheapest to buy a phone abroad, but it might only work in the country where you purchase the phone. If you plan on doing a lot of international travel, look into getting an international plan or SIM card for when you travel.
- Contact returning students about buying their used phones.
- If you must use your U.S. phone, research your options with your phone company before going.
- For most incoming international calls on most cell plans, the call is free after initial connection fee. Check with your provider. For outgoing international calls, it is best to use Skype or virtual phone cards, sold online, or local cards, which are sold, depending on the country, in tobacco stores or post offices, lottery stands, etc. Ask your host family, peers or check Ex-pat websites. Research phone plans abroad because some call the USA at very low rates.
- Your **International Student Identification Card** (ISIC) offers good rates.
- In case of an emergency, follow the procedure on the back cover of the Study Abroad Manual.

### Banking and Money:

- With few exceptions (Trinity/Dublin, Cork, Bamberg) it is no longer necessary to open a bank account in the host country.
- Carry a credit card (with 4 digit pin; AmEx should not be the only card) and an **ATM card**.
- European credit and debit cards have a chip and pin as opposed to swiping so many times. It is easier to pay in cash.

- Make sure your bank and credit card company know that you will be abroad, in which countries and for how long, or they might deny the charge. Have the phone number of your bank available!
- Check on international fees for debit and credit cards and shop around for the best deal (e.g., no interest fees, no or low transaction fees or user fees). Students should be able to negotiate reduced fees.
- For added security, try to get a credit card and ATM card that display your photo.
- For both cards, determine before you leave home how you can replace the cards overseas if lost or stolen.
- Consider ordering \$200-\$300 (in the local currency) from your bank at home before you leave so that you have some money to get you started. Get mixed bills (large and small).
- Write down the INTERNATIONAL emergency contact numbers for the cards and the actual card numbers on a separate sheet of paper and keep in a safe place. Keep a copy with you when traveling (separate from cards themselves). You can also email this information to yourself.
- Take some American dollars or host country currency with you in case you have trouble getting money out of the ATM at the airport. Be aware of what time you arrive. Exchange offices will not stay open all night.

### Summer Mailing:

**IMPORTANT DOCUMENTATION!** This summer, you will receive a mailing with the following important documentation (**If you have an alternate summer address where you want this mailing to go, please advise Jacqui Schartner ([jschartn@holycross.edu](mailto:jschartn@holycross.edu)) BEFORE you leave campus in May!**):

- **Two Affidavit Letters of Enrollment** is a *legal* letter stating you are enrolled in your specific program abroad. **Make sure that your full name appears on the letter, just as it does on your passport. If not, contact our office immediately.** Make copies and keep them in a safe place at home in the U.S and tell your parents where they are. Take the original with you when you go to the airport and through customs upon arrival in your host country. Take copies in your luggage. **Do not lose.** These are legal documents necessary for immigrations processes.
- **The International Student Identification Card (ISIC)** is recognized in many countries. The benefits depend on your site. It provides: discounts for museums, trains, etc.; various types of insurance, including emergency medical transportation (jet ambulance); \$100 to buy items if your baggage is delayed more than 24 hours (save receipts); hospital and accidental medical insurance. Read the ISIC brochure carefully.
- In addition, we will be emailing the Study Abroad Manual to your Holy Cross GMAIL account. If you have provided email addresses for your parents, they will be receiving the manual electronically as well.
- Your passport and visa documentation, if the Study Abroad Office has processed it.

### Academics:

- If you need a course to count for your **major, minor, or concentration credit**, consult with the department chair or concentration director and try to get written pre-approval. If you need a course to count for a **common area requirement**, you can get pre-approval from the Registrar.
- Remember, HOLY CROSS gives credit for “liberal arts” courses, not for pre-professional courses such as “business,” “marketing,” or “Case Law.” If in doubt, contact the Study Abroad Office or the Registrar’s Office (Kathy Trice @ [ktrice@holycross.edu](mailto:ktrice@holycross.edu)) before registering.

## II. ARRIVAL AND GETTING SETTLED

**Don't expect to feel at home right away. You might even feel a bit overwhelmed at first: that's ok! Study abroad is a process. Again, you cannot expect all the same amenities that you have at Holy Cross or that any two Holy Cross Study Abroad programs offer the exact same features. Each program is unique. It is also important to focus on your own experience and not be too concerned with what students in other programs are doing; every person's experience is completely different.**

### Communication:

- Call home as soon as you can and let your family know that you arrived safely. Note the time difference and ask your parents if they want you to call when you arrive regardless of the time, or if you should wait until they awaken.
- E-mail or call the Office of Study Abroad to let us know that you have arrived.
- As soon as you arrive and have your phone, fill out and send the **Contact Information Form**, on the Study Abroad website:  
[http://academics.holycross.edu/studyabroad/accepted\\_students/students\\_abroad/forms/contactinformation](http://academics.holycross.edu/studyabroad/accepted_students/students_abroad/forms/contactinformation)
- Alternatively, you can send an e-mail to the Office of Study Abroad containing *your cell phone number, host university e-mail account, your mailing address. Don't forget!*
- Contact the on-site Director at your host institution AND the Office of Study Abroad whenever an issue or a problem arises. Do not wait for an issue to snowball!
- Send us an occasional e-mail and tell us about your courses, experiences and impressions of the world beyond the U.S.

### E-mail:

- Check your host institution AND Holy Cross e-mail accounts on a regular basis. ***You will get crucial information sent to both accounts throughout the year.*** Add us to your Skype contacts:  
holy.cross.study.abroad
- Watch your email for Summer Internship Program emails from Ms. Pamela Ahearn; and for Scholarships, Grants and Grad School from Dr. Tony Cashman (see the Study Abroad Manual). They are also available by Skype, email and phone.
- **Do not ignore e-mails** from our office or from your advisors overseas. It is considered especially rude overseas not to reply to your advisors. If they ask a specific question, answer it. If they're just checking in, thank them for their concern. If they are inviting you to an event or meeting, respond whether or not you can make the meeting.

### Internet Access:

- Internet access may be more limited than you are used to at home or at Holy Cross. Your housing might not include unlimited access.



- In general, although you need to stay informed, it is good to “unplug” significantly from your regular contacts and from most, if not all, on-line entertainment. Make time to seek out new friends and experiences. Do not use the internet as a crutch to avoid immersion in your host country. Parents also need to give their young adults abroad the space they need to immerse themselves in the host culture.

### **Academics While Abroad:**

- Expect that teaching and learning styles will be different.
- Students abroad are expected to engage in independent learning. As a result, you receive far less guidance on your studies and many fewer assessments. This might feel overwhelming at first, but you will learn to work on your own – it is gaining experience in learning independently that is one of the main benefits of study abroad.
- Study Abroad is a lot more unstructured – you have to create structure for yourself. Ask a lot of questions to clarify things – even “stupid” questions can help you understand things better. With academics, you get out what you put in – you definitely need to be self-motivated.
- Local students’ attitudes toward coursework and their study habits may differ from those of Holy Cross students. They may pretend not to work when, in fact, they really are working hard.
- Class attendance abroad is MANDATORY, just as at Holy Cross.
- Consequences of poor performance are worse for Holy Cross students than for local students. (Holy Cross students cannot, in many instances, retake a final exam or retake a course).
- You should exhibit the same work ethic abroad as you do at Holy Cross.
- You must take your exams at the regularly scheduled time; you may not change the date, even if the professor is willing, even for an internship. You should immerse yourself in the host country, not be the “ugly American” who expects special favors.
- If tutorials have been arranged for you by the program director, be sure to attend regularly.

### **Course Approval Form:**

- You must submit course descriptions for each course you are enrolled in while abroad with the Course Approval Form on STAR. Directions are on Page 8 of the Study Abroad Manual. Contact the Registrar’s Office (Kathy Trice @ [ktrice@holycross.edu](mailto:ktrice@holycross.edu)) with any questions.
- Provide as much information as possible: detailed course description, syllabus, types of assignments, etc. If you got pre-approval attach the email or paste the text of the email in the form.

### **Independent Cultural Immersion Project (ICIP):**

- For detailed information on the ICIP, check your Study Abroad Manual, our website and/or check with your ICIP advisor.
- Get started early by meeting with the ICIP advisor. In most sites, you should be fully engaged in your ICIP within a month of your arrival.
- Choose an activity that will immerse you in your host community: an internship, community-based learning or by following your passion—a sport, a hobby, a musical instrument, etc.
- Your ICIP will be evaluated and graded by the advisor. Each year, the Study Abroad Committee presents an award to the graduating senior with the best ICIP and all students are encouraged to present at the Holy Cross Academic Conference the spring after they return (for more information and criteria, see the Study Abroad Manual).

### Travel:

- Travel is an important and exciting aspect of study abroad, and you will have many opportunities to travel, but remember that your priority is *study* abroad, not *travel* abroad. When you make travel plans, check in with your learning plan and decide what serves your academic and cultural competence goals best.
- Check with locals for sites and other tips.
- A good guidebook is invaluable.

### Get to know your host city and host country first:

- If you rush to other destinations (Paris, Rome, Oktoberfest), you won't meet people in your new "home" or get to know your surroundings. It's very important to know your host city and people.
- Plan your first outings within your host country: getting to know your host country better will help you avoid being seen as the ignorant "ugly American."
- Plan to travel to more distant destinations during vacation periods.
- Rather than return home over the holiday break, consider having a family member or friend spend the holidays with you abroad.
- Take this advice from a fellow student: "Too many people focus on seeing as many countries as then can; I think it is extremely important to travel to various parts of your host country because it will deepen your understanding of the culture and give you perspective on your institution and location abroad."

### Travel Safety:

- Never travel alone, and be aware of your surroundings.
- Do not leave bags or backpacks on the ground without having them strapped to your leg or to some non-moveable object.
- You are **REQUIRED** to register all of your travels with the **U.S. Dept. of State** ([www.travel.state.gov](http://www.travel.state.gov)). This only takes a moment of your time, but ensures that your local US Embassy knows where you are in case of emergencies. **This is also a requirement in the "To Complete" section of your Holy Cross online application.**
- Check out the **U.S. Dept. of State's website for student travelers** at [www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)
- Always inform your host family, parents and on-site advisor of your travel plans **before** you leave.
- Use the **Overseas Travel Itinerary Form** available on the HOLY CROSS Study Abroad homepage. Go to the "Accepted Students" section to find the form. Fill out all the contact information.
- Eat street food with discretion (particularly in developing countries).
- Be aware that what you have learned about health and safety in your host country does not necessarily apply to other countries you visit. Talk to local friends and/or read guidebooks and the State Department travel information for that country.

### Your Health and Safety Responsibilities:

- Think before you act; don't take unnecessary risks.

- Follow the guidelines from the State Department country information and the Mandatory Pre-Departure Country-Specific Meeting.
- Follow the advice of the on-site staff.
- If you become sick, notify your host program director AND our office immediately.
- If you know that another Holy Cross student in your group is sick or missing, notify your on-site program director as well as our office immediately via e-mail, or phone. We would rather receive 10 emails or calls than none!
- Know how to access health services, both for routine care and emergencies. This information should be provided to you during your on-site orientation.
- Develop strategies for staying safe. (See your Study Abroad Manual for more guidance on this.)
- **Alcohol.** In most foreign countries you can purchase and consume alcohol legally. Be a responsible consumer. You represent not just yourself, but your family and Holy Cross, as well as every Holy Cross student who will attend your host institution in the future and lastly, your country. You have a vital role to play in helping us to maintain good relations with our partner schools abroad and even international good will.

### **Gender, Sexuality and Relationships:**

- **Relationships Abroad and Sexual Assault:** *(Adapted from Rutgers University's Study Abroad website)* What is considered acceptable varies from country to country. Do not take this as an excuse for sexual assault, but do keep this in mind. It is best to follow cues from host peers you trust, on-site advisors and err on the side of caution. If you feel threatened or need help, immediately contact your program director. If at any point you become a victim of Sexual Assault or other crime, feel uncomfortable, need support or would like more information on how to prevent yourself from becoming a victim please contact your on-site advisor first and/or the Office of Study Abroad so we can find you the resources you need. In addition, Holy Cross' Counseling Services is available during normal business hours to help you set up care abroad if necessary. You can call our office at +508-793-3082, M-F 8:30am - 4:30pm EST and Mrs. Schartner can transfer you to your advisor, the Chaplain's office, etc. Their website is also full of useful resources including emergency steps:  
[http://www.holycross.edu/counseling\\_center/help/sexual\\_assault/](http://www.holycross.edu/counseling_center/help/sexual_assault/).
- **Sexual Orientation:** *(Adapted from Northwestern University's Study Abroad website).* You may already identify as a lesbian, gay, bisexual, transgender or queer student (LGBT or Q), or you may still be exploring these issues. In either case, you will find that the social climate, laws, and personal interactions of other cultures will often differ from the U.S. While preparing for departure, it is important to reflect on the culturally based ideas and definitions of gender identity and sexual orientation. Consider carefully how your identity as a LGBTQ person may affect your relationships with host nationals, your cultural adjustment, and your overall education abroad experience. For more information, please consult the Northwestern website:  
<http://www.northwestern.edu/studyabroad/guide/identity-and-diversity/index.html>

### **Ethnicity and Race:** *From:*

<http://www.diversityabroad.com/guides/diversity-inclusion/global-diversity-inclusion>

- No one can guarantee that you will not experience some kind of racism abroad. It depends on what country you go to, your attitude, and a host of other variables, but you should not let these things deter you from going abroad.
- It is important that you not apply your homegrown concept of racism to your host country; it may not be applicable to your new environment. Try to see things the way the people in your host country see things so that you can better navigate through any incidents or misunderstandings that may occur.
- Talk to the ambassadors who were abroad last year to gauge their experience and learn from them. The Office of Study Abroad can help you identify other students of color who went abroad.
- Refer to the resources at <http://www.diversityabroad.com/guides/diversity-inclusion/global-diversity-inclusion> which has helpful information for all students of color.

**Disability Services Abroad:**

- As always, know before you go. Preparing yourself before going abroad will allow you to better adjust to physical and mental challenges as well as differing attitudes and perceptions.
- Please tell us about your disability so we can help your host university and on-site advisors make the necessary arrangements.
- Mobility International is an organization dedicated to empowering students with disabilities to study abroad. Their website has helpful resources: <http://www.miusa.org/>

***Bon voyage!***  
***The Office of Study Abroad***