Agriculture Study Abroad
Orientation

The Art of Packing
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You are permitted:

- Two “checked” bags
  - Maximum weight is 50 pounds
  - Maximum L+W+H is 62 inches

- One “carry-on”
  - Maximum L+W+H is 42 inches
  - Must be able to fit under seat in front of you
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General Information...

- **One** purse, briefcase, laptop, OR camera bag
- Pack one change of clothes in your carry-on bag—You’ll be sorry if you don’t!
- Pack film/camera for hand-inspection
- Voltage issues/special plugs?
- Do not lock your suitcase; use cable ties
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Money Matters
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- Consider carrying a combination of U.S. dollars and traveler’s checks
  - For traveler’s checks—get a name brand
  - Keep receipt separate from checks
  - Do not change U.S. dollars to local currency until you arrive overseas

- Carry an ATM card and a credit card/debit card
  - Tell company you’ll be using card overseas
  - Arrange for someone to make deposits
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- Do **not** change U.S. dollars to local currency until you arrive overseas

- Take twice the money/half the clothes!
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At the Airport
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- Arrive no later than 2.5 hours ahead of scheduled departure time
- Present your passport and airline ticket at the airline check-in counter
- Be sure all bags/carry-on are marked with you name/address/phone, inside and out
**Agriculture Study Abroad Orientation**

- **Items prohibited in carry-on:**
  - Knives/cutting instruments of any size/type
  - Corkscrews, nail files, scissors
  - Matches, cigarette lighters (also checked!)

- **Items permitted in carry-on:**
  - Safety razors; umbrellas
  - Nail clippers, tweezers, eye-lash curlers
  - Syringes (with Rx from doctor)
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- You may be:
  - randomly selected for hand-inspection of your checked or carry-on bags
  - Frisked... females should insist on a female security agent

- Be patient and polite!
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Upon Arrival in Host Country

- Go through immigration/customs
- Don’t make promises that you’ll phone home!
- Consider changing some money in the airport.
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Staying Healthy
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Don’t Take Unnecessary Risks

- Limit unsafe activities
- Avoid driving while overseas
- Limit alcohol intake; no drugs!
- Travel and explore with others
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- Take Care When Walking/Riding
  - Be alert
  - Look to the right first in some countries!
  - Avoid “unofficial” taxis/buses
  - Insist on safe driving when in taxis
  - Negotiate the fare ahead of time
  - Don’t hitchhike!
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Get Off to a Healthy Start

- Inform program staff of pre-existing medical conditions
- Get a medical/dental check-up
- Get the recommended inoculations, etc
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Protect Your Health While Overseas

- Wash your hands!
- Pack over-the-counter medications
- Practice safe sex
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- Be Aware of Food/Water Safety
  - In developing countries:
    - Drink only bottled beverages
    - Be sure caps are sealed
    - Avoid ice in drinks!
    - Eat only peeled and/or cooked fruits/vegetables
    - Avoid “street food”
    - Boil it, cook it, peel it, or forget it!
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Plan Ahead!

- Take more than enough prescription med’s
  - Carry medications in original, marked containers
  - Know the generic name of any prescriptions
- Pack an extra set of eyeglasses
- Take contact lens solutions, etc. with you
Safety and Security
Agriculture Study Abroad

PUBLIC ANNOUNCEMENT

U.S. DEPARTMENT OF STATE
Office of the Spokesman

Worldwide Caution

March 17, 2002

The U.S. Government continues to receive credible reports that extremist individuals are planning additional terrorist actions against U.S. interests. Such actions may be imminent and include suicide operations. We have no further information on specific targets, timing or method of attack. We remind American citizens to remain vigilant with regard to their personal security and to exercise caution.

Terrorist groups do not distinguish between official and civilian targets. The March 17 attack on worshippers at the Protestant International Church in Islamabad underlines the growing possibility that as security is increased at official U.S. facilities, terrorists and their sympathizers will seek softer targets. These may include facilities where Americans are generally known to congregate or visit, such as clubs, restaurants, places of worship, schools or outdoor recreation events. Americans should increase their security awareness when they are at such locations, avoid them, or switch to other locations where Americans in large numbers generally do not congregate.
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- Maintain Contact with Program Staff
  - Keep passport copy; hide the original
  - Let others know your plans
  - Carry wallet contact card

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Avoid Setting Yourself Up for Crime

- Know where you’re going/how to get there
- Leave jewelry and valuables at home
- Avoid flashing money, credit cards, etc.
- Don’t change money on the black market
- Carry money multiple places
- Use the buddy system
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Don’t Be an Obvious Foreigner

- Avoid American hang-outs
- Avoid crowds and protests
- Be attentive to how you are perceived by locals and behave accordingly
- Don’t act so “American”
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- Protect Your Belongings
  - Do not leave bags, etc. unattended
  - Secure your book bag/back pack
  - Secure wallets/purses
  - Never accept packages from strangers
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**Follow the Five-Feet Rule**

- Pay attention to what’s happening around you at all times
- Be aware of who’s behind/beside you
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- **Take Caution in Relationships**
  - Beware of unexpectedly amorous ♂/♀’s
  - Know who you’re hanging out with
  - Avoid excess alcohol; no drugs!
  - Use caution at bars/pubs/parties
  - Avoid divulging unnecessary information about yourself, your program, and others
  - Report harassment immediately
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- **Use Caution in Hotels/Dormitories**
  - Know location of fire exits; walk your escape route
  - Avoid entertaining strangers in your room
  - Know who’s at the door
  - Meet visitors in the lobby
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Follow Your Sixth-Sense
- If it doesn’t feel right, it probably isn’t!
- Be cool; stop and think
- Observe and assess options
- Focus on de-escalation & escape
- Make a decision and act
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Culture Shock
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Orientation

Initial euphoria: All is wonderful & exciting

Irritation & hostility: Focus changes from similarities to differences

Gradual adjustment: Crisis is over; culture seems more manageable

Adaptation & biculturalism: You are able to function in two cultures with confidence

Reverse Culture Shock!
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You can minimize culture shock by:

- Learning about host country beforehand
- Looking for reasons why things might be different
- Resisting negativism and those who are caught up in deriding the host culture
- Identifying a host national with whom you can share feelings and who will help you understand the culture
- Expecting the best from yourself, your host country, and your program
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What doesn’t work:
- Staying in your room; sleeping a lot
- Calling home
- Excessive emailing
- Hanging out with whiners/complainers

Instead:
- Get busy; explore a new place
- Hang out with people who are excited about the host country and culture
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General Information...

- Consider telephone options (phone card? – buy it in the host country)
- Obtain a frequent flyer number
- Summer programs—enter as a tourist!
U.S. Customs/Immigration

- May enter with up to $800 in goods
  - “Goods” include purchases and gifts
  - Does not include items consumed/expended abroad
  - Flat 10% duty on the next $1,000 in goods
- No fresh fruits/vegetables; canned are okay
- Chocolate, cheese, gum, etc. are acceptable
- Absolutely no meat—fresh, canned, or otherwise
- Up to two bottles of alcohol (≥ 21 yrs/age)