



UD Study Abroad
**Know Before
You Go**
Part I



Pre-Departure Orientation

Travel abroad can be complicated and challenging – there will be obstacles you wouldn't expect.

The Institute for Global Studies (IGS) provides this information to help you prepare for the unexpected & make your experience positive and educational.

Step 1: Read the Travel Study Handbook.

Step 2: Review these slides – if you have questions, ask your faculty director or program coordinator.

Overview

Topics Covered:

1. Behavior
2. Culture
3. Health
4. Insurance

Behavior – Code of Conduct

Before departure, read the entire UD Code of Conduct accessible on-line in the Student Guide to University Policies

The Code of Conduct applies to ALL travel study programs. All students abroad must comply with the **ENTIRE** Code of Conduct.

Behavior – Code of Conduct

Statement of Policy – Alcohol: All students must comply with applicable law and these alcohol regulations. The University does not condone the use of alcoholic beverages and prohibits their abuse or illegal consumption.

Prohibited Activities: The University prohibits alcohol intoxication (regardless of age); the unauthorized possession, use, consumption, manufacture, sale, or distribution of alcohol; and driving while impaired due to alcohol consumption.

Drunken behavior is prohibited and may result in:

- Dismissal from your program
- Immediate return to the U.S.
- UD judicial consequences
- Loss of tuition & program fee

Behavior – Drugs

Statement of Policy – Drug Use: The University prohibits the illegal possession, use, consumption, manufacture, sale, or distribution of drugs and drug paraphernalia. Any violations of this drug policy may be subject to sanctions by the undergraduate or graduate Student Conduct System and may be reported to all appropriate law enforcement authorities. The claim that the use of marijuana was for medicinal purposes will not automatically be sufficient for dismissal of any pending charges nor for a determination that the student is not responsible for violating this policy.

If students are found guilty of violating any local, state or federal laws concerning alcohol and drugs, they will receive **significant sanctions**. These penalties may include fines and mandatory prison terms.

Behavior – Respect

1. Be on-time. Start time and arrival time are two DIFFERENT things.
2. Attendance at all classes and official program activities is mandatory.
3. Ask questions, actively engage in your classes.
4. Listen to speakers and peers, and be tolerant of different opinions.
5. Listening includes not sleeping (e.g. on a bus), wearing ear buds, or talking when program staff are talking.

Culture

You should know the answers to these questions:

- Typical dress? What clothing should I pack to be culturally appropriate?
- Cultural taboos in my program location?
- How do I address men and women?
- How can I learn more about the history or culture of our program's site?

If you have **dietary restrictions**, ask about the availability of certain foods.

Adjustment & Culture Shock

New cultural elements may be so different that they seem “shocking”. Give yourself time to adjust, and expect culture shock to wax and wane through your program (even when you return home).

Symptoms of culture shock include:

- Feeling out of sorts, vulnerable
- Homesickness, sadness, regret
- Anger, frustration
- Depression or panic
- Physical symptoms – sleep, appetite, energy level

Adjustment & Culture Shock

It is important to remember not to fear another country's culture; no culture is wrong or bad – it's just different from your own. If you let your culture shock turn into *culture fear*, you will not be able to fully adapt or integrate into the culture of the country in which you are studying.

Also important: know that most students go through some level of homesickness, but won't admit it. It's perfectly normal! And it WILL pass.

Health

See your doctor to discuss:

- Vaccines
- Allergies
- Medications
- Copies of prescriptions (for eyeglasses too!)

Good tips:

- Wash all fresh fruit in what you know to be safe water
- Avoid uncooked foods
- If your food hasn't been cooked thoroughly, send it back

It's easy to get caught up in doing too much when there's so much to see and do, so make sure you are eating properly, drinking plenty of fluids, sleeping enough and **not exhausting yourself.**

Health

Make sure you know the answers to these questions:

- Health concerns for the location?
- Is the water safe to drink?
- Emergency numbers for the site?
- Quality of health facilities?
- What does the Center for Disease Control recommend? wwwnc.cdc.gov/travel/

Health Insurance

- Students on UD programs outside of the U.S. are covered by [GeoBlue](#):

When your insurance has been issued:

1. Follow email instructions to register on GeoBlue's website.
2. Your insurance card will be mailed to your permanent address. Make a copy of it and keep it at home.
3. Watch the informative health videos on line.

A silhouette of a person standing on a large rock on a beach at sunset. The sun is low on the horizon, creating a bright glow in the sky. The ocean waves are visible in the background, and another large rock formation is visible on the right side of the beach.

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