Faculty-Led Program
Pre-Departure Orientation
BEFORE YOU GO...
Check the State Department website for students: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)

Be aware of any travel alerts for your destination.
Travel Alerts & Travel Warnings

- **Travel Alert**
  - Incidents the State Department thinks you should be aware of (ex: protests, elections)

- **Travel Warning**
  - More serious in nature
  - Chronic & sustained threat to U.S. citizens
  - Not advised to travel to areas/countries with travel warnings (no FLP goes to country with travel warning)

If you plan to travel before or after your FLP, please check your destination countries on the State Department website to see if there are any alerts or warnings; use the information provided to make smart/safe travel choices.
• **Passport**
  – Make sure it’s signed!

• **Visa**
  – If a visa is needed for your FLP country, your Program Leader will tell you during their site-specific PreDeparture Orientation
  – It is your responsibility to see if a visa is needed for any travel you plan to do before or after your program

**Remember!**

• Have all travel documents ready to show at the airport (don’t pack them in your checked baggage!!)
• Make copies to leave at home with your emergency contact
• If you have not yet done so, upload a copy of the photo page of your passport to your FLP application (login to your profile [here](#))
• Review the Traveler’s Checklist: [http://travel.state.gov/content/passports/english/go/checklist.html](http://travel.state.gov/content/passports/english/go/checklist.html)

• Read about the country you are going to – customs, etiquette, dress, etc.
  – *Example:* When visiting a temple in Thailand, shorts and tank tops are not proper clothing options. Learn about local etiquette so you don’t offend.

• Women, LGBTQ, disabilities
  – *People who identify with any of these categories may need to do additional research into some of the health and safety issues they may face abroad.*

• Know and report any physical and mental health information that may be of importance to GEI, program leader, etc.
  – *This is for your safety. Any information provided will be kept strictly confidential and will only be used if a medical issue arises, in order to keep you healthy and safe.*
Develop a realistic contact plan before you leave.

• Tell your loved ones when you plan on arriving at your destination, and when you will realistically be able to contact them. It may be several hours after you get off the plane before you’ll have the time/capability to contact someone at home. And don’t forget the time difference!

• By making a plan prior to departure, you’ll help avoid unnecessary worry.

• Let them know that you’ll be very busy during your program, and may not be able to contact them every day.
MEDICAL STUFF
MEDICATION/PRESCRIPTION

• Contact the embassy/consulate of your destination to check if you are able to bring your prescribed medication into the country.
  • Some prescription medications are banned in other countries.

• Bring a copy of your prescription!

• Keep all prescription drugs in your carry-on luggage
  • If your checked bags were to get lost, you don’t want your medication to be in those bags!

• Remember to get a description of the prescription drugs from the pharmacy in case you need to show this information.
  • You may be requested to show this description at customs, to verify that the medications you have are actually what is listed on your prescription.

• Make sure to bring enough that will last during your trip.
  • Now is not the time to try going off medications that you normally take. You don’t want to run out halfway through your travels!
HEALTH INSURANCE

• Coverage will be provided for the program dates you are abroad
  o When traveling before/after program dates, it is your responsibility to purchase additional coverage.

• Information about your insurance policy and insurance card was sent to you by Wells Fargo.
  1. Make sure to look over the insurance policy right away, not when you are sick or injured
  2. Know how and where you can access medical attention approved by your insurance
  3. Abide by any conditions the insurance company may impose on study abroad students
  4. Have the customer service telephone number accessible in case you need it.
  5. Keep a copy of the insurance card provided.
• Go to the Center for Disease Control website for advice on which immunizations are appropriate:  
http://www.cdc.gov/

• If you are going to get immunizations, ensure you meet with your health care provider early on for guidance.

• Bring along a copy of your immunization records -- some countries may request a copy of your immunization record before you can enter.
• Current baggage allowances:
  o SPARSE

• Pack light! Leave room for souvenirs.

• Bring one nice outfit for a more formal event.

• You’re responsible for carrying your own luggage. Think about what you want to lug around.
• Contact your bank and your credit card company to let them know you are going out of the country.
  – *If you don’t, they may view an international transaction as your card having been stolen and freeze your account!*

• Check how much it costs to use an ATM in another country.
• Money – keep it safe!

Think this is out of fashion? This is far worse!
ELECTRONICS

• Laptop computers
  o Back up files before you go
  o Check AC adapter for 100-240v
  o Bring plug adapter if necessary

• Phones
  o Will it work in the country I’m going to?

• Other Electronics
  o Do I really need them?
Are You Prepared for an Emergency?

Make sure you have the contact information for the nearest U.S. Embassy or Consulate where you are going. Consular duty personnel are available for emergency assistance 24 hours a day, 7 days a week, at U.S. embassies, consulates, and consular agencies overseas and in Washington, D.C. Contact information for U.S. embassies, consulates, and consular agencies overseas may be found in the Country Specific Information pages: http://travel.state.gov/content/passports/english/country.html
Are You Prepared for an Emergency? (cont.)

If your family needs to reach you because of an emergency at home or if they are worried about your well-being, they should call the Office of Overseas Citizens Services in Washington, D.C. at 1-888-407-4747 (during business hours) or 202-647-5225 (after hours). The State Department will relay the message to the consular officers in the country where you are. The consular officers will then try to locate you, pass on any urgent messages, and, if you wish, report back to your family in accordance with the Privacy Act.
EN ROUTE...
DEPARTURE

• Arrive early-- double check flight status
  – Going through security for international flights can sometimes take a while; make sure you have plenty of time to check in and go through security.

• Remember passport and all important documents

• Make your bag stands out – everyone has a black bag

• Stay healthy – hydrate!
Terrorism

• Schedule direct flights if possible and avoid stops in high-risk airports or areas.
• Be aware of what you discuss with strangers or what may be overheard by others.
• Try to minimize the time spent in the public area of an airport, which is a less protected area. Move quickly from the check-in counter to the secured areas.
• As much as possible, avoid luggage tags, dress and behavior that may identify you as an American.
• Keep an eye out for suspicious abandoned packages or briefcases. Report them to airport security or other authorities and leave the area promptly.
• Avoid obvious terrorist targets such as places where Americans and Westerners are known to congregate.
Arrival

• Be polite to immigration officers

• Exchange small amount of cash at airport
  – *Exchange rates at airports are often higher. Exchange enough to get you to your location, and then find a bank that has a better rate.*

• Contact family with quick message (if possible)

• Do you know how to get from the airport to your destination
  – *Don’t wait until you arrive at your destination airport to try and figure out how to get to the group meeting point!*

• Jet lag -- get plenty of rest!
WHILE YOU’RE THERE...
Please watch this fun video to see how some other cultures view Americans.

How to distinguish Americans
While abroad, you are still:

1. An SJSU student
2. A representative of California and CSUs
3. A study abroad student

Conduct yourself appropriately and respectfully. Laws/rules broken abroad will have consequences while you are there and back home. “I didn’t know” is not a valid excuse! Remember to review the SJSU Student Conduct Code (you will still be held to the Student Conduct Code even while abroad).
• Study hard – your GPA will count (FLPs are fun, but still an academic course!)
• Photos (take lots! We love to post photos of you abroad in your SJSU gear on our website!)
• Blogs, journals and other reminders of your experience
• Meet people / network (jobs abroad, friends for life)
Please watch this short video to learn more about how to stay safe while studying abroad.

Culture of Safety
Staying Safe On-site

• Use your best judgment
• Don’t advertise your hotel/hostel location
• Learn a few key phrases
• Don’t accept food or drink from strangers (!)
• Keep an eye on your drink at all times
• If it sounds like a scam, it probably is……
• Pickpockets
  – U.S. students are an easy target for pickpockets; always keep an eye on your belongings.
• When to give it up....
  – If confronted by someone who wants to rob you, don’t put up a fight. It’s better to lose some money or your phone, then end up injured or worse!
Staying Healthy On-site

• **YOU** are responsible for keeping yourself safe and healthy
• Personal health and safety is a lifestyle choice
• Homesickness
  – *There’s no shame in feeling homesick.*
  – *Talk to your program leaders, fellow students, or us. We are all available to support you during your FLP experience!*
• Pay attention
  – *To traffic*
  – *To people around you*
  – *To your whereabouts*
• Tell people where you are going
• Take care of your feet!
  – *FLPs usually involve a lot of walking. Now is not the time to try a new pair of shoes!*
• Rest – you need it!
About Food...

• Follow locals!
• Street food is delicious but be cautious
• Check tap water – if you can’t drink it you shouldn’t brush your teeth with it
• Learn allergy /dietary preference in local language
• Consider pre-translated card and learn a few key phrases
Watch Your Money…

• Avoid carrying large amounts of cash
• Do not change money on the black market
• Don’t flash large amounts when paying bills – get it out discreetly
  – *Flashing a large wad of money makes you a great target for pickpockets/thieves!*
• Make sure your credit card is returned to you after each transaction – ATMs are different – take the receipt
• Check for fake currency before leaving
Booze and Drugs

Alcohol

• As many as 360,000 of the nation’s 12 million undergraduates will ultimately die from alcohol-related causes while in school. This is more than the number who will get MAs and PhDs combined. Nearly half of all college students binge drink (defined as five or more drinks in one sitting for men, four or more drinks for women).

• Participants in SJSU faculty-led programs are expected to understand and abide by the Student Code of Conduct.

  o (9) Use, possession, manufacture, or distribution of illegal drugs or drug-related paraphernalia, (except as expressly permitted by law and University regulations) or the misuse of legal pharmaceutical drugs.

  o (10) Use, possession, manufacture, or distribution of alcoholic beverages (except as expressly permitted by law and University regulations), or public intoxication while on campus or at a University related activity.
Booze and Drugs (cont.)

• Don’t perpetuate the stereotype
  – Don’t be the “drunken American”

• TOO MUCH ALCOHOL = IMPAIRED DECISIONS

• Bad decisions in a foreign country = big trouble

• If you must drink, do it with friends and in moderation. Remember, you are expected to attend all classes and participate in all course-related activities.
  – Being too hungover to participate is not a valid reason to sit something out.
Booze and Drugs (cont.)

Drugs

• Don’t do them. Period.
• Once you leave the United States, you are not covered by U.S. laws and constitutional rights.
  – If you are arrested, your program leader, our office, SJSU, and/or the U.S. embassy cannot get you out of jail.
• Each year 2,500 Americans are arrested overseas and one third of the arrests are on drug related charges.
• It is your responsibility to know the local law.
• Do not add a prison sentence to your “highlights” of being abroad.
• US Consulate cannot help you.
• Penalties in some countries can include death.
If there is some free time...

• Provide all travel plans to program leaders in advance.
  — *This is for your safety, so they know where you are in the event of an emergency*

• Always avoid demonstrations and protests; even peaceful ones can sometimes turn violent.

• Don’t pack clothing with patriotic U.S. slogans or symbols.
  — *Clothing that clearly marks you as an American (ex: big U.S. flag on your t-shirt) can make you a target for harassment*
Free Time (cont.)

• Consider traveling in smaller groups of 3 or 4 people rather than large groups during free time.
  – Large groups = obvious targets

• Do not travel further than 3-5 hours distance from the program site within the host country.
  – This is to ensure that we can have participants gather on short notice if an attack were to occur in the region.
Free Time (cont.)

• You cannot travel outside of your host country during your FLP.
  o *When an attack occurs, transportation and borders are likely to be closed for an indefinite period of time.*
Independent Travel

• Students will be able to travel independently before or after the FLP program.
  o Discuss any independent travel plans with your family and others that you rely upon before making any concrete plans.

• Register with the STEP (Safe Traveler Enrollment Program) so the Department of State can better assist you in an emergency. [https://step.state.gov/step/](https://step.state.gov/step/)
RETURNING HOME...
• Complete GEI’s FLP Feedback Survey
  – The information you provide is anonymous
  – Your feedback lets us know what is and is not working on our FLPs! We rely heavily on the information you provide in these surveys, so please be honest about your experiences!

• Update your resume
  – Highlight your study abroad experience; it really sets you apart from other students!

• Organize your photos
  – We usually hold a photo competition during the year.
  – We love to use your photos on our website!

• Share experiences!
  – FLP information meetings
  – Website (program leaders like to use your testimonials on their program pages)
  – Write a blog so other students can learn about your FLP experiences!
STAY INVOLVED!

• Become a Global Ambassador
  – *Global Ambassadors help us spread the word about how amazing FLPs are.*
  – *Potential FLP students like to hear your first-hand experiences!*
  – Contact [facultyledprograms@sjsu.edu](mailto:facultyledprograms@sjsu.edu) to learn more!

• Volunteer to talk about your experience in future information sessions

• Follow us on:

  ![Facebook Icon](https://example.com/facebook_icon.png)  SJSU Faculty-Led Programs
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  ![Instagram Icon](https://example.com/instagram_icon.png)  SJSU FLP #sjsuflp (make sure to tag us in all your FLP photos!!!!)
Be safe and have fun!!!