Discover Abroad
Global Programs in Sustainability
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Notes: The manuals, itineraries, and syllabi provide a general plan only, deviations as announced by the program staff may be necessary. All faculty, and staff on DA programs are responsible for, and must be familiar with, the material contained herein. Contact the DA office for the most recent versions. This Manual also serves as a written orientation for the programs and is provided in electronic format only. If you prefer a hard copy of the Manual please print one out. Any information contained in this Manual that conflicts with other UGA units (e.g., OIE, Legal Affairs, etc.) is governed by the respective UGA unit policies. You are required to bring a laptop with Adobe Acrobat (Reader or Professional) and Microsoft Word on the program.

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Getting Money While Away

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Welcome and Introduction

Welcome to the programs offered by the University of Georgia (UGA) Discover Abroad (DA). This Program Manual (referred to hereon as Manual) contains information that you will need to plan your travels and studies. Please note that while DA attempts to provide students with the most up-to-date information about local conditions, we do not take responsibility for any information that may have changed since production of the Manual. Consult the websites cited for the most recent updates on information such as entry visas and travel information. All programs begin and end in the overseas destination where the program takes place. Students are responsible for their own travel arrangements from their home country to the program destination as well as for obtaining the necessary travel documents (e.g., visas, if applicable).

Please read this Manual and complete the steps below according to the schedule. We hope this information will help you prepare for your study abroad program and address many of your questions. Share this Manual with others but you must bring one copy (electronic or hard copy) with you on the program and it must be readily accessible by you. Also, we will be pleased to accept any comments that you have about the Manual via email, telephone, or mail using the contact details enclosed. Again, welcome to the DA community, and we wish you all the very best as you embark on your study abroad experience.

Pre-Departure Checklist: The First Thing You Should Read!

Failure to complete any of these steps will delay your application and may prevent program participation.

Step 1: Immediately on Acceptance into the Program

- Apply for, or renew passport, if necessary.
- Transient students: Once you are accepted into a DA program, you must then apply for admission as a UGA transient student. Submit the on-line application at the UGA Admissions website: https://apply.uga.edu/apply/. Please note that you will have to create an account (which is free) and that there is a transient application fee when you are ready to submit the application. Please refer to the section titled “Transient Student Process” below for more detailed instructions.
- Begin flight arrangements (DA office will contact you regarding flight plans when they are available).
- Complete any other available forms available on your application (for those applying through http://goabroad.uga.edu).

Step 2: Well before Departure (more than one month)

- Make sure that your passport is valid for travel to the country (or countries) that you will be visiting and apply for any required visas if not provided through the travel agent who arranged your flights (consult the Consular Information websites linked to below in the visa information section and in the Appendix for details).
- Pay program fees by deadlines (to the Bursar’s Office).
- Pay all tuition and UGA fees (to the Bursar’s Office).
- Medical and dental check-up (including a visit to the UGA Travel Clinic for any immunizations, preparations for travel, etc.) and purchase sufficient prescription medications to last for the duration of your trip.
- Submit disability documentation if you require special accommodations, and contact the DA Office.

Step 3: Before Departure
• Order the electronic course-book through the link provided via the online publisher DA has chosen (see “Electronic Materials and Coursebook” section below).

• Pack!

How to Contact DA

Contact details for medical centers (hospitals and physicians) are provided in this Manual in the section titled “Health and Safety while Abroad”. The location, date, and time of the start of the program (day one) will be provided during the program orientation. For emergency purposes, a program staff member will have an in-country cell phone (the number will be provided to students at the beginning of the program in-country), but note that some programs will visit remote areas without cell phone coverage. On day one of the program you will also be provided with an emergency contact card which we ask that you keep on your person at all times and which contains the emergency cell phone number for your particular group during the program. Detailed contact information is below:

By Email

Our program email is: discoverabroad@uga.edu
Our program website address is: http://www.discoverabroad.uga.edu

Campus Office

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Fax: +1-706-542-9686

The Student Affairs Coordinator handles most enquiries related to applications, orientation, payment, registration, and acceptance into programs.

While Away: For Family and Friends

Before departure you will be given a list of accommodation numbers for friends and family to contact you while you are away. You will be able to check email sometimes and be able to call sometimes, but not always. Generally, it will be easier for you to contact them than the other way around (refer to the section titled “Planning for Telecommunications and Internet While Away” below). Remember that a part of the whole travel experience is being out of touch! Please also note that, under the Family Educational Rights and Privacy Act (FERPA) of 1974, we cannot discuss any student’s academic standing or records with anyone else, including family or friends – so please don’t have your parents, etc., call on your behalf with regard to any academic issues.

While Away: For Emergencies

In an emergency, family members should contact the program in the following order:
• The In-country Faculty and/or Teaching Assistant group cell-phone: The cell numbers are provided to students on day one of the program and students are requested that they share this number with you. Please note, however, that we do not always have cell phone coverage when we are in more isolated places.

• The listed accommodation contact numbers (on the final itinerary) and ask for any of the program staff, identifying that you are attempting to contact the UGA (Discover Abroad) group.

• The Discover Abroad Office (using the contact details above).

• UGA Office of International Education during office hours at: 706-542-2900 or 706-542-5544, Fax 706-583-0148; email: http://international.uga.edu/about/directory. The OIE Education Abroad Director, Yana Cornish, can be contacted as follows: office, 706-542-2900; home and cell, 706-247-6022; E-mail, yanac@uga.edu.

• Public Safety at the following numbers: Emergency, 706-542-2200; Non-Emergency, 706-542-5813.

Overview

UGA Discover Abroad is an administrative umbrella for a set of unique and challenging study abroad programs focused on questions of how humans interact with the natural environment and how that relates to conservation, sustainable development, and human populations. At a time when employers are increasingly seeking people that are globally connected and with international experiences, our dynamic learning environment provides opportunities for students to live and participate in a diverse global community.

As global citizens, Americans are recognizing the need to balance economic, social, and environmental demands. Issues such as global warming, resource depletion, biodiversity preservation, or environmental pollution transcend national boundaries and our responses will accordingly need to be not only international but also global in perspective. Furthermore, such problems and their solutions not only have complex ecological and biophysical bases, but also are dependent on understanding the social, cultural, historical, and political contexts. Sustaining Human Societies and Natural Environments has an integrated, multidisciplinary approach that is relevant for students of all majors. Accordingly, our courses and programs are all interdisciplinary in design, our field activities reflect this, and program faculty all have academic histories that speak to this commitment.

The overall aim of our programs is to facilitate students’ development of an integrated, holistic understanding of the human and ecological context of sustainable natural resources conservation, using the cases of Australia (Queensland and Sydney), Botswana and South Africa, Fiji, Hawaii, New Zealand, and the United Kingdom. We coordinate multi-disciplinary instruction by UGA faculty with that of local experts who understand the region, and we integrate field-based, experiential learning with more standard forms of classroom instruction. No prior knowledge of the subject areas or environmental issues is assumed, and the courses and programs are very suitable for first year as well as more senior undergraduate, honors, and graduate students. The programs are designed to blend classroom studies with experiential learning and travel. Typically, you will spend ~75% of the time in the field and traveling around the country (more often than not, we are only in one place for a couple of nights before moving on). This schedule requires that students discipline themselves so they get plenty of sleep at night and have the energy to take advantage of each and every day. We build in relevant outdoor activities into our schedule to get students into many of the best parts of the country. If students have any concerns about participating in any of the activities, such as hiking, kayaking, and snorkeling, they should speak with a staff member in advance of any participation in the activity and an alternate activity or assignment will be arranged. Unless the student is taking the program for Physical Education course credit, the recreation activities are voluntary.

Mission and Objectives
DA provides academically rigorous and personally rewarding educational travel programs that foster critical analysis of issues in sustainable development and lead to a globally minded and effective citizenry. As such, DA seeks to create a learning environment that:

• Is accessible to a diverse body of students, providing affordable programs for a range of majors;
• Emphasizes global knowledge and connectivity (from multiple disciplines and geo-cultural perspectives);
• Promotes service-learning opportunities and student peer-learning;
• Encourages faculty-student interactions;
• Supports faculty collaboration and networking;
• Is at the forefront of redefining study abroad as not only a valid academic enterprise, but an extraordinary one that far surpasses the impact of traditional campus-based instruction;
• Provides intellectually and personally challenging academic experiences for students and faculty that foster a body of future scholars and leaders equipped to work in a global society.

At present, we are addressing this last objective by testing new ways to deliver core curriculum, increasingly integrating service learning and students into real research activities, and using international education programs as a platform for developing large scale, ambitious international environmental research projects. We are also increasingly engaged in development of study abroad as a solution in and of itself to ecological issues, as a mechanism for sustainable, low impact forms of tourism. Past students often use their study abroad experience with us to explore options for international internships, employment opportunities, and independent travel.

We run programs in Australia, Botswana and South Africa, Fiji, New Zealand, the United Kingdom, and in the United States (Hawaii and Smokies) because they are ideal places to study conservation and management of natural environments and resources: There are unique flora and fauna, stunning ecological diversity, and complex environmental issues. These places have much more to offer as well: Unbelievable natural beauty, an unparalleled outdoors and adventure experience, extremely friendly and generous people, and the unique indigenous and other cultural traditions.

**Program Administration and Structure**

Programs typically have groups of ~15-32 students from a broad range of majors. Each group will have 1-3 staff members (depending on the group size) comprised of 1-2 UGA faculty members/representatives and sometimes a local field guide. The UGA personnel are responsible for overall coordination of the academic program, risk management, and course assessment and grades. The field guide provides local expertise and interpretation in the field, and acts as a first resource for students as they work on their field modules. A variety of guest lecturers, mainly professors at local universities, also contribute to the course regularly. Our programs also are supported by several subcontractors (ranging from in-country university institutions to small professional private businesses), which provide critical support services in the field including accommodations, transportation, meals, activities/excursions, and field and/or classroom instruction.

**Director**

The Director is responsible for:

• Strategic planning of the DA office.
• Overall quality and coordination of the academic programs, including program design, development, evaluation, and improvement.
• Overseeing duties of the office personnel.
• Facilitating academic progress of students in the program and professional development of staff.
• Ensuring equity, equal access, and fair treatment for all students and personnel.
• Solving day-to-day problems.
• Instruction on programs when necessary.

The Director is based in the South Pacific for most of the calendar year (providing central access to the majority of programs and students while in-country) and at the UGA campus for the remainder of the year. The Director is not generally in the field with the group during the program; rather, the In-country Faculty/Instructors, In-country Field Experts, and/or Teaching Assistants manage day-to-day health and safety, academic, and equity issues as they arise, staying in close contact with the Director.

Assistant Director

The Assistant Director is responsible for:
• Managing material contained within the scope of the Logistics Information System.
• Managing material contained within the scope of Faculty and Staff Manual.
• Managing material contained within the scope of the Program Manual.
• Managing Discover Abroad budgets and financial relations with the Warnell Fiscal Office, the Office of International Education, and the UGA Business Office.
• Serving as liaison between program faculty and the DA Office.
• Coordinating and administering in-country program logistics in coordination with the Logistics Coordinator.
• Assisting with management of day-to-day matters related to general inquiries, applications, orientation, payment, registration, and acceptances into the program in coordination with the Student Affairs Coordinator.
• Solving day-to-day problems.
• Instruction on programs when necessary.

Logistics and Marketing Coordinator

The Logistics and Marketing Coordinator is responsible for:
• Assisting with management of material contained within the scope of the Logistics Information System.
• Coordinating and administering in-country program logistics in coordination with the Assistant Director.
• Solving day-to-day problems.
• Serving as TA on programs when required.
• Managing material contained in the Marketing Information Systems, including student recruitment and promotional activities and developing and implementing a strategic marketing plan for DA.

Student Affairs Coordinator

The Student Affairs Coordinator is responsible for:
• Assisting with management of material contained within the scope of Program Manual.
• Managing material contained within the scope of the Administrative Information Systems.
• Managing day-to-day matters related to general enquiries, applications, orientation, payment, registration, and acceptances into the program.
• Solving day-to-day problems.
• Serving as TA on programs when necessary.

Post-Doctoral Research Associate

The Post-Doctoral Research Associate is responsible for:
• Managing the DA research program.
• Leading and assisting with publications (to tell/share the DA story).
• Instruction on programs when necessary.
• Assisting DA office with administration of programs.

**In-country Faculty or Instructor**

Each group of students in the program is the responsibility of an in-country faculty or instructor who typically travels with one of the groups. This individual is responsible for:

- Assisting the DA office in the overall design and quality of the program.
- Making final decisions regarding management of assessment and grades.
- Overseeing welfare of students while in the field and ensuring that the procedures and policies as specified in the *Program Manual* and *Faculty and Staff Manual* are correctly and efficiently administered and implemented in the field. This includes, but is not limited to, making decisions about activities in inclement weather conditions, ensuring appropriate group behaviors and setting standards, and applying sanctions (including dismissal of students) for inappropriate behaviors that threaten the well-being of the group and/or individuals in the group.
- Making all decisions regarding student responsibilities and conduct in relation to their course and its lectures and coursework (including grading and assessment).
- Contacting DA and OIE in the event of an emergency. In-country Faculty are the first point of contact for students and staff on the program in the event of an emergency and assume leadership of the emergency situation until other resources (e.g., local police, etc.) are available.

**In-country Teaching Assistants**

In-country Teaching Assistants are responsible for much of the coordination of day-to-day in-country program activities. They are with the students in the field and classroom and:

- Assist the DA office with logistics, such as accommodation and activities, while in the field.
- Act as a liaison between the students and faculty.
- Assist the DA office with program marketing and student recruitment activities during the semester prior to the program in-country.
- Participate in grading assignments (this includes assignments due before, during, and after the field portion of the program).
- Coordinate classroom activities, and as such generally attend all lectures.
- Provide general day-to-day problem solving.
- Act as the University of Georgia representative in the absence of the In-country Faculty/Instructor; i.e., in the event that the In-country Faculty/Instructor is not available and/or with the group, to provide overall leadership and welfare of students while in the field and ensuring that the procedures and policies as specified in the *Program Manual* and *Faculty and Staff Manual* are correctly and efficiently administered and implemented in the field.

**In-country Field Experts (may be UGA or non-UGA)**

The Field Experts are an indispensable part of our field experience; they join us when we travel about and help us better appreciate and understand what we are seeing and experiencing. Their responsibility is to:

- Provide expertise and interpretation in the field related to the course(s) and program theme, both formally (such as in scheduled discussion) and informally as we travel.
- Orient and facilitate students’ cultural understanding as we travel around.
- Act as a first resource for students as they work on their field modules.
• In the event that the In-country Faculty/Instructor and/or Teaching Assistant is not available and/or with the group, to provide overall leadership and welfare of students while in the field and ensuring that the procedures and policies as specified in the Program Manual and Faculty and Staff Manual are correctly and efficiently administered and implemented in the field.

In-country Classroom Experts (non-UGA)

We bring learned experts, mainly professors from local universities, into our classrooms to provide students with regional expertise and provide local content ancillary to core concepts taught in each individual course. These people are often the very best in their fields, and we are very fortunate that many have an ongoing relationship with our program and meet our students year after year.

What to Expect on the Program

Our programs are adventurous, culturally and environmentally oriented, active, and academically rigorous. They demand a high degree of commitment and involvement from students, and operate on a team effort. We spend at least half our time in the field. In Australia, out of the large, sophisticated, sunny cities of Brisbane or Sydney; in Fiji we are nomadic on islands and in cities/towns; in New Zealand, we are based out of the pretty and walkable cities of Queenstown and/or Wellington; and in the UK we are based out of the university town of Cambridge. We build in relevant outdoor activities into our schedule to get students into many of the best parts of the region.

Previous students say it was the best experience of their lives, but they want you to know before you go…

• You should expect to be very busy! We try to pack as much into the academic and travel aspects of study abroad as we can in the time that is available – to learn as much, see as much, and experience as much of the country as possible. You will be involved in program-related activities full-time, all day, and every day. You will have little free time. We do build in free days or half-days to travel, catch-up on laundry and rest-up. But otherwise – it’s a full-on 24/7 travel and academic experience.

• Second, you need to be ready to travel a lot. We can’t see the country unless we get moving. To fit in the best travel and field experience possible this sometimes means moving every day or two. Staying in many different places is a totally different logistical issue than having the group stay in one place: things do change and the best laid plans may need to be adjusted – it’s just part of how it has to be to have the group travel about so much. You will, therefore, be called on to be flexible with logistics on a day-to-day basis, work with the staff to help everything move smoothly, and be accommodating of others. Also, because we are traveling so much and everyone is taking the same classes, we get to spend most of our time together as a group. While this means we have less opportunity for cultural immersion (although we build what opportunities we can into the program through coursework and exercises), on the other hand you will come away knowing the staff and other students very well and will make some very close friendships. Note that in Fiji in particular, everything moves in “tropical time”, meaning just because we make arrangements doesn’t mean things will happen exactly as and when we think they will: some flexibility is needed and is all part of the adventure.

• You should expect things to be different than they are back home; this includes supermarkets (open hours, food types, prices) and modern conveniences such as ATM machines, hair dryers, cell phone reception, and restaurants may or may not be similar to what you had expected. This is part of the experience of being away and in a different country and culture.

• One of the biggest adjustments will be jet lag. Generally speaking, it takes one day for every one hour of time difference between your home and the destination. This means that for countries throughout the South Pacific, it may take over a week until you get fully adjusted. During this time get plenty of rest, drink plenty of water, and avoid alcohol and caffeine drinks.
• Due to our high mobility and group classes, we get to spend most of our time together so you get to
know other participants very well.
• In the first section of the program we also need to build background knowledge so we get the most out
of our travels, and this means you should expect to be spending quite a bit of time in classroom
lectures early on and intermittently through the program. It may seem painful at the time, but students
do come to see the benefits and understand why we do it during their subsequent time in the field.
• You should expect to have to study hard. Our grading standards are the same we apply on campus. If
you are expecting a good grade without effort, we urge you to reconsider joining us!

The above may sound demanding (and it is), but our former students also wanted you to know that…
• You will learn and experience more than you ever thought possible.
• You will make some of the best friends of your life.
• You will grow intellectually and personally as well as academically.
• You will probably remember this as one of the best times of your life, including experiencing some of
the most beautiful environments in the world first-hand.

Our most popular programs, New Zealand and Australia, differ in terms of climate, environments, and field
activities. Australia is much warmer than New Zealand and you will spend slightly more time in city
environments (though you also spend a great deal of time walking in the rainforest, swimming in the Great
Barrier Reef, and traveling in the Outback). In contrast, New Zealand is cool for most of the year and you will
spend most of your time outside in more rugged environments (e.g., hiking mountains and glaciers, ocean
kayaking, and swimming with dolphins). Please take note of these differences when packing (see relevant
pages in this Manual) and when setting your expectations of the program.

You can also expect all the staff to be doing everything they can to make sure this is an outstanding academic
experience for you. Final words of advice: We promise an amazing trip, but this is not a vacation! We suggest if
you want a vacation that you plan for independent travel time before or after the program.

Disabilities, Diversity, and Special Accommodations

All DA programs attempt to be inclusive and respectful of the needs, backgrounds and experiences of all its
participants. Any participant with a disability who needs an accommodation or other assistance in a course
must contact DA, in writing, at least 4 weeks before the program begins. After that time, DA cannot guarantee
that such needs can be accommodated. If a student arrives in country and claims a learning disability, the
student may be asked to submit copies of any written requests, but DA is under no obligation to modify existing
curricula, criteria, syllabi or itineraries. Participants should be aware that some programs involve activities that
require moderate exercise, such as hiking and snorkeling, and unless you are taking the program for Physical
Education course credit, participation in these activities is voluntary. If any program participant feels that s/he is
being treated unfairly in any way, s/he should notify the supervising faculty member or DA office immediately.
Please also contact the faculty pre-departure to double-check that they are aware that special accommodations
should be provided. The earlier the request and follow-up is made, the more measures UGA can take to
arrange accommodations while we are away.

Out of fairness to all students, we cannot make any arrangements for special accommodations without
documentation and notification from either UGA or your home school office that you already are or should be
provided with accommodations. This information is due to the DA Office no later than the date of the pre-departure
orientation. After that time, DA cannot guarantee that such needs can be accommodated. To request
special accommodations, UGA students need to have been approved by the UGA Disabilities
Services/Learning Disabilities Center at 706-542-8719. You will need to complete an intake form, and provide
documentation of the disability. See also http://drc.uga.edu for contact and general information and intake
forms. Non-UGA students need to attach documentation to your health record form confirming the disability and information about accommodations currently provided to you (e.g., a letter from Disability Services at your home institution).

The University of Georgia also allows students to report their disabilities (whether they have officially done so in the past) to the Office of Emergency Preparedness who will, if you so desire, make emergency plans for you as needed. Please use the following link to fill out a form and request such a plan: http://www.prepare.uga.edu/resources/emergency-procedures-for-students-faculty-staff-and-visitors-with-disabilities.

DA does not tolerate disrespectful actions that demean or discriminate against someone on the basis of gender, race, national origin, ethnicity, religion, sexual orientation or gender and encourages diversity on all its programs. DA also endeavors to abide by the policies and principles set out in Section 504 of the Rehabilitation Act (1973), the Americans with Disabilities Act (1990), and the Individuals with Disabilities Education Act (1997) and will make all reasonable attempts to comply if notified in a timely manner that special accommodations are required. DA also ascribes to the principles, policies and codes of ethics set out by both the Association on Higher Education and Disability (AHEAD) and Mobility International USA. Further information on these organizations and affiliated issues can be found at http://www.ahead.org and http://www.miusa.org.

**Electronic Materials and Coursebook**

You are required to bring a laptop or notebook with Adobe Acrobat (Reader or Professional) and Microsoft Word software (iPads, kindles, or other similar electronic reading devices are not acceptable for course assignments). An electronic thumb drive will be required to turn in assignments and coursework. The program accepts no responsibility for lost or stolen items and we recommend that you consider purchasing insurance for any expensive personal items before bringing them on the course.

For Australia and/or New ealand programs, a coursebook will be provided electronically via Sentia Publishing located online at http://www.sentiapublishing.com. For other programs, materials will be provided electronically via UGA online services (refer to the syllabus).

**Financial Aid and Scholarships**

If you are enrolled in a UGA program, you can use all of the same financial aid that you would qualify for on campus. Examples include federal financial aid, state financial aid, UGA scholarships and most outside scholarships, including the HOPE Scholarship if you are a Georgia resident. If you need to seek increased financial aid due to the costs of studying abroad, please seek out the financial aid office at your home school to request a form to apply for such an increase. Generally, the following types of federal aid can be used for study abroad: Guaranteed Student Loans (GSL/Stafford), Pell Grants, and Parent/PLUS Loans. In most study abroad situations work-study grants are not available. However, we do sometimes employ work-study students on our programs, either pre-departure or while we are abroad when special programs make that possible. We will let students know when opportunities exist.

There are some scholarships available for study abroad. Information about these scholarships can be found in the Office of International Education (http://international.uga.edu). The Franklin College of Arts and Sciences offers some study abroad scholarships and the deadlines are often very early (see http://www.franklin.uga.edu) and typically much earlier than study abroad program deadlines. As such, it is likely that the deadlines have passed by the time you are reading this Manual. Check the DA website for more information. Here are some other sources of information on financial aid for study abroad that you might want to consider:
Student Loans
International Student Loan provides access to loans for:
• US Citizens studying through a school sanctioned study abroad program
• International Citizens studying in the USA at approved schools
Apply online at http://www.internationalstudentloan.com or call 617-535-7001 outside the US, 866-229-8900 inside the US.

Benjamin A. Gilman International Scholarship
Provided by: Institute of International Education
Deadline: Varies
Award Amount: maximum of $5000.
Website: http://www.iie.org/gilman
The Benjamin A. Gilman International Scholarship is available to undergraduate students at an institution of higher education in the United States. You must be applying to or be accepted for a program of study abroad that is eligible for credit by your home institution and be receiving federal Pell Grant funding during the academic term of your application. You must also be a U.S. citizen to be eligible for this award.

Jimmy Rane Foundation Scholarship
Provided by: Jimmy Rane Foundation
Deadline: Check website
Award Amount: varies
Website: http://jimmyranefoundation.org/index.php/scholarships
The Jimmy Rane Foundation Scholarship is available to graduating high school seniors and current college students who are permanent residents of: Alabama, Florida, Georgia, South Carolina, Tennessee, Louisiana, Texas, North Carolina, Kentucky, Oklahoma, Arkansas, Iowa, Nebraska, Kansas or Missouri. You must be a high school senior who will be enrolling in college no later than the fall following graduation or be a full-time college freshman or sophomore (there are age restrictions).

Hispanic College Fund, Inc. Scholarship
Provided by: Hispanic College Fund, Inc.
Deadline: Check website
Award Amount: varies $500 - $5000
Website: http://www.hispanicfund.org/scholarships/
The Hispanic College Fund, Inc. Scholarship is open to students of Hispanic heritage who are pursuing careers in business, science or engineering. You must be a U.S. citizen or permanent resident, be studying full time in the United States or Puerto Rico, have a minimum 3-0 GPA, and demonstrate financial need to be eligible for this award. Students pursuing Masters Degree in business administration are also eligible.

Study in Australia Scholarships
Directories of Financial Aid and Scholarships for Study Abroad
- Fastweb (http://www.fastweb.com)
- FinAid (http://www.finaid.org)
- GoAbroad.com Scholarship Search (http://scholarships.goabroad.com/index.cfm)
- International Scholarships Online (http://www.internationalscholarships.com/)
- Institute of International Education (http://www.iie.org/)
- International Education Financial Aid (http://www.iefa.org/)

General Financial Aid Information
- Free Application for Federal Student Aid (FAFSA) (http://www.fafsa.ed.gov/)

Preparing for Departure

Flight Arrangements

All programs begin and end at the accommodations in the overseas destination where the program takes place. Students are responsible for making airline arrangements from their home country to the program destination. DA typically arranges an optional international group flights that will be announced as soon as they are available. Please note that the flights arranged by DA are not part of the program, and UGA assumes no responsibility for such (or any other) flight arrangements. There are typically a limited number of seats blocked out, so booking early is advised. Other options include travel agencies and websites. In addition to booking your international airline travel, we strongly recommend that you purchase private travel insurance in the event of a canceled program, canceled flight or lost/misplaced luggage.

You will cross the international dateline traveling from the U.S. to the South Pacific, arriving two days later than when you departed. There will be one airport pick-up on arrival at the destination airport to take you to your accommodations – if you are unable to meet this pick-up, you will need to make your own arrangements to the accommodations.

While on the programs, students stay in a range of accommodations (single and shared rooms) including business-style hotels, lodges, hostels, and permanent tent sites (usually with electricity). Generally, hostels are a much higher standard of accommodation than in the U.S., and accommodations in the main cities tend to be more comfortable than those in rural areas. However, you need to be prepared for communal bathrooms, bunk-bed style sleeping, and limited facilities in some locations on all programs. Most accommodations will have some cooking and laundry facilities and public phones, and some (but not all) have Internet access.

Travel Documents and Arrangements

For any overseas travel, you will require a passport. A passport is an official government document that certifies your identity and citizenship. U.S. citizens need passports to enter most countries. You will need to apply early for a new passport if you have never had one before, if your passport was issued before your 16th birthday and will expire within the year, or if your passport is more than 15 years old. Information about passport applications is available on-line at http://travel.state.gov/content/passports/en/passports.html. Allow at least 4-6 weeks for processing (check the website for details). UGA offers a passport service at the Tate Student Center; passport applications and information are available on-line at: http://tate.uga.edu/passport_content_page/general-information or they may be picked up from the Post Office on Olympic Drive in Athens, GA. All travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from their passport.
Entry Requirements and Vital Travel Documentation (Passports and Visas)

The following visa requirements apply to U.S. citizens only. This information may be dated, so refer to the “entry/exit requirements” in the respective Consular Information links under each country’s heading (also in Appendix C).

Australia

http://travel.state.gov/content/passports/en/country/australia.html

To travel to Australia, U.S. citizens must have a valid passport and Short Stay Visitor ETA (Electronic Travel Authority) is required to enter Australia for tourism, to visit friends or relatives, or for short-term study. An ETA entitles the holder to make multiple entries to Australia and remain in Australia for up to three months on any one entry. Your travel agent can issue an ETA for a minimal charge, or you can arrange one yourself (for a ~$25 fee) online at https://www.eta.immi.gov.au/ETAS3/etas through the Australian Embassy.

Botswana

http://travel.state.gov/content/passports/en/country/botswana.html

US citizens must have a passport that is valid for at least 6 months after the date you intend to leave the country. A visa is not required for stays under 90 days. All students should indicate “Tourist” as purpose of travel.

Fiji

http://travel.state.gov/content/passports/en/country/fiji.html

To travel to Fiji, U.S. citizens must have a passport that is valid for at least 3 months after the date you intend to leave the country, and a ticket for return or onward travel.

Hawaii

If you are only participating in the DA Spring Break in Hawaii program, you will need appropriate identification (typically drivers license) to fly within the U.S. If you are also participating in one of the other DA programs (e.g., Spring Semester in Hawaii, Australia, Fiji, New Zealand) you will need a passport and potentially other materials. Please refer to the other countries listed in this section for more information.

New Zealand

http://travel.state.gov/content/passports/en/country/new-zealand.html

To travel to New Zealand, U.S. citizens must have a passport that is valid for at least 3 months after the date you intend to leave the country. Passport and arrival card (to be completed upon arrival) are required. A visa is not required for tourist or business meeting or consultations stay up to 3 months, but U.S. citizens must have an onward/return ticket, visa for next destination and proof of sufficient funds. See http://www.newzealand.com/us/visas-and-immigration/ for more information. New Zealand has very strict biosecurity regulations and at customs in Auckland airport you will be asked to declare any food or hiking or outdoors equipment that you are bringing in. We recommend that you clean any outdoor equipment and
clothing that you intend to bring New Zealand otherwise you may be delayed at Auckland airport possibly causing you to miss a connecting flight.

South Africa

http://travel.state.gov/content/passports/en/country/south-africa.html

A passport that is valid for at least 30 days after the date of departure from South Africa is required. Passports must have at least two fully blank, unused, visa pages upon entry. Travelers without the requisite two blank visa pages will be refused entry into South Africa, fined, and returned to their point of origin at their own expense. A tourist visa is not required if visiting 90 days or less. If under age 18, please visit: http://travel.state.gov/content/passports/en/country/south-africa.html for more detailed information

United Kingdom

http://travel.state.gov/content/passports/en/country/united-kingdom.html

A passport is required. Tourists are not obliged to obtain a visa for stays of up to six months in the United Kingdom or to enter Gibraltar. Also it is VERY important that when you fill immigration documentation to enter the United Kingdom that you enter as “tourists” and NOT as “students”. For further information contact the British Embassy in Washington, DC at https://www.gov.uk/browse/abroad.

Non-US citizens

Non-US citizens will need to investigate the visa requirements for entering all countries as well as for return to the U.S. Talk with the immigration advisor at OIE regarding maintaining visa status in the U.S.

ISIC cards

Although you will not need one for the program, some students may wish to purchase the International Student Identity Card (ISIC) for independent travel before or after the program. ISIC’s entitles you to some insurance coverage while traveling, reduced airfares, and entrance tickets to cultural events and museums, as well as numerous travel benefits. The ISIC is good until December 31st of the year of your application. For more information on the ISIC, go to http://www.isic.org or http://www.myisic.com.

How Foreign Laws Apply to You

Laws in countries outside of the U.S. may be very different to what you are used to. You must obey all the laws of your destination country and that of any other countries to which you travel/visit and this requires that you familiarize yourself with those laws before traveling. The US Consular Information links (above or in Appendix C) are a good starting point for information on the legal systems of the countries. Remember, most students who break laws do so unintentionally and often this is associated with alcohol misuse and related misbehavior (so remain sober throughout the program).

Transient Student Process

In order for non-UGA students to participate in our programs, you will need to be accepted as a transient student for the semester in which your program is to take place. For this process, there is a $60 application fee
(as of 2016). UGA admissions deadlines must be adhered to, and these vary from program admissions deadlines. Apply early to avoid any issues.

Please complete the following steps in order and do not hesitate to contact out office if you have questions.

1. Please be sure that you have first been accepted and have committed to a study abroad program at UGA prior to applying to UGA as a transient student. We do not wish for you to waste money on an application fee and transcript if you do not end up being able to participate in a program.

2. Request a Study Abroad Transient Admissions form from Discover Abroad at discoverabroad@uga.edu. This form is a required portion of your UGA application, to be uploaded online.

3. Apply to UGA as a transient student
   a. How credits are transferred back to your home institution, applied to your degree programs, etc. are matters entirely at the discretion of your home institution. Students should work closely with their own academic advisor and study abroad office well before departure.
   b. Complete and submit the on-line UGA Transient Student Application Form (https://apply.uga.edu/apply/). For questions about this form and the particulars of this process, please contact the Admission Office at 706-542-8776.
   c. You will have to create a free account at the website above. You should select the “Study abroad/Griffin/Tifton” application. Be sure to upload the Study Abroad Transient Admissions form to your application. When you are prepared to submit the application, you will be charged the application fee.
   d. Submit a letter of good standing or an official transcript sent directly from your home institution to UGA Admissions, 210 South Jackson St., Athens, GA 30602.
   e. Verification of Lawful Presence: Per the recently enacted Board of Regents policy 4-3.4, all students admitted to UGA (including transients for study abroad purposes) must be shown to have lawful presence in the US, effective fall term 2011. Please see the link below for more information: https://www.admissions.uga.edu/article/vlp-faq.html
   f. Transient applications must be received by the deadlines established by the Office of Undergraduate Admissions (see below), which supersedes our program application deadlines. Please plan accordingly and submit your UGA transient application in a timely manner. See the link below for more information: https://www.admissions.uga.edu/prospective-students/other-applicants/exchange-study-abroad
      i. Summer, including Maymester: Application opens on January 15, deadline to submit is May 20.
      ii. Spring, including Winter Break (Australia): Application opens on July 15, deadline to submit is November 20.

4. Once you have been admitted to the University of Georgia, you must establish a UGA MyID account. You will receive an email from UGA with your automatically generated MyID and information on how to set up your password. Your MyID will be used to access ALL information on official UGA services. Your MyID is equivalent to your UGA Email (http://www.ugamail.uga.edu), used for all official correspondence with UGA. Please check your UGA email regularly.

5. Clear your holds
   a. Submit the immunization documentation forms (https://www.uhs.uga.edu/info/immunizations) to the Health Center, University of Georgia, Athens, GA, 30602 at least six weeks before departure. This can be done via Fax also to 706-542-4959
      i. Mandatory Immunizations Form
      ii. TB Risk Assessment
      iii. TB Screening Questionnaire
   b. Other holds will be visible within Athena, the student registration system, at http://athena.uga.edu under “Student” and “View Holds.”
6. Course registration
   b. The DA office will contact you with information for on how to register for you study abroad courses. The details about which courses you will be taking is drawn from information you provided to DA on forms within your application.
   c. Please note: you will not be able to register until you have cleared your holds, as per #5.

7. Pay Tuition and Program Fees
   a. You will assessed tuition and applicable fees for the courses you register for at the in-state rate. The fees applicable to study abroad are the study abroad program fee, institutional fee, technology fee and green fee. Students who are neither Georgia residents, nor currently enrolled in a University System of Georgia institution nor a member school of the SEC, will be assessed an additional fee of $250. Once you enroll in courses, tuition and fees will be assessed to your UGA student account, which can be accessed via the student account link within the Athena course registration system.
   b. A special note to student residents of Georgia who have HOPE or Zell Miller scholarship access at your home institution: Students must first communicate with your home institution to complete a “consortium agreement” form. This form says that UGA will not process HOPE scholarships on your behalf and states how much money you are going to be charged to attend UGA. Your home institution will then process your scholarships as they normally would and transfer those funds to UGA. Please contact the financial aid office at your home institution as soon as you decide to apply to a UGA study abroad program, as they can provide the best guidance on their specific procedures. Federal aid such as Pell and loans will still be distributed directly by your home institution, subject to their policies.
   c. Study abroad program fees are due at the same time as tuition and institutional fees. Tuition and other fee schedules may be found at: http://www.bursar.uga.edu/tuition_fees.html. Student Account Payment Deadlines may be found within the “Information For Students” drop-down menu on http://www.bursar.uga.edu/; however, for programs that depart prior to such deadlines, all balances must be paid in-full at least two weeks prior to departure. Deadlines for all programs have been set and are available on cost estimate sheets that you will have been provided as part of the application process.
   d. You can make payment online with a credit card, or you can send a check to Student Accounts, Business Services Building, University of Georgia, Athens, GA 30602.
   e. The Bursar’s and Registrar’s Offices at UGA will NOT send official notices to any other e-mail address than your official UGA MyID email (even if your UGA study abroad program or instructor does correspond with you at this address). You are responsible for checking this account for all notices of due and late payments.

8. Pre-departure Requirements
   a. Be sure to complete all pre-departure requirements for your study abroad program, including all forms, pre-departure lectures, and participation in orientation sessions. Your program director will provide you with information about the forms you need to complete and any other procedures that must be completed before you depart.

9. After the completion of your program, you will need to have the credit transcripted to the appropriate office at your home university. Students must wait until the end of the term at UGA for grades to be officially input for grades to become transferable. You should work closely with your academic advisor and study abroad administrator well before departure to ensure that the courses will transfer as expected. Transcripts are not automatically generated for study abroad participants at the conclusion of the program, so please request a UGA transcript at: http://www.reg.uga.edu/transcripts. There is a charge (currently $8.00) for each transcript issued.
Registering for Courses (for Both Transients and UGA Students)

Non-UGA students need to apply to and be accepted by the University of Georgia as a transient student before they can register for classes (see process above).

All students must comply with the following:

1. All students will have indicated their course preferences as part of the application process or in the forms required immediately after acceptance into one of DA’s programs (via GoAbroad). The minimum number of credits varies for each program as follows:
   a. Winter Break Australia (Spring registration), 6 credits
   b. Spring Australia, Hawaii, Fiji, and New Zealand, 13 – 17 credits
   c. Spring Break Hawaii, 3 credits
   d. Maymester Australia and New Zealand, 6 credits (each cohort)
   e. Fiji Ecotourism and Sustainability, 3 credits
   f. Summer Australia: Global Health, 6 credits
   g. Summer Botswana and South Africa, 6 credits
   h. Summer England and Scotland, 6 credits
   i. Summer Great Smoky Mountains National Park, 3 credits

2. Based on your course selections on the Course Registration Form, our office will provide you with the appropriate CRN required to register yourself for your study abroad classes. There is no drop/add for DA Study Abroad courses once you have registered. Transient students should contact the DA office for assistance in navigating Athena, the UGA registration system.

3. We make honors or graduate credit options available in some circumstances. If you are an undergraduate honors student, please see the Honors program in Moore College for information on how to option these courses.

4. Students are welcome to arrange extra hours of credit as independent studies through arrangement with faculty at their home institution. This would be completely independent of the program.

5. Students are not eligible to participate in any aspects of the program unless they are currently enrolled in all the required courses at the required minimum number of credit hours.

Program Fees and Tuition

There are three main costs for each Discover Abroad program: (1) program fees, (2) UGA tuition and fees, and (3) airfare. Students receiving financial aid who are unable to pay program fees by the respective deadline must provide documentation of the loan disbursement and date to retain their place on the program. Regularly scheduled scholarships will appear as credits in the fee system, so you will only be contacted if there is a positive balance, taking these into consideration.

Program Fees

Current program fees and deadlines are given on the application forms and are available on our website. Program fees are paid through the student account page available within Athena (http://athena.uga.edu), with the exception of the commitment deposit, which is paid online or directly to the DA office and is considered a portion of the program fee. The program fee covers:

- All program activities and excursions.
- All in-country program ground transportation (by bus, boat, and train as appropriate) unless otherwise specified.
- Many (typically 70-80%) meals during the program (except the UK program, which covers significantly fewer meals).
• All accommodations (except during Spring break on the Spring Semester program).
• International Health Insurance.

Tuition/Fees

Tuition is in addition to and separate from the program fee. Tuition is paid to the University (Bursars Office) NOT the program. Tuition is billed at in-state rates for hours taken as study abroad for all students regardless of residency or transient status. Refer to http://www.bursar.uga.edu/tuition_fees.html for the current tuition and fee estimates for each Academic term, by credit hours, and relevant due dates. Payment instructions will be given when you register online through Athena (see section above on registration). Out-of-state students pay in-state tuition on UGA study abroad programs. Non-UGA, non-SEC students will be assessed an additional fee of $250.

Airfare

An optional group airfare is made available for most programs and the program itinerary will be based on the airfare arranged via this group option. You will be contacted regarding group flight availability or

Program Cancellation and Refund Policy

Once a student commits to a UGA study abroad program he/she is required to pay a Program Deposit and a Program Fee. Payment of this Program Deposit will be acknowledged in writing. The Study Abroad Program Withdrawal Policy will be in effect for any withdrawals after the Program Deposit has been paid.

Upon the receipt of the Program Deposit, the Program will begin incurring costs on behalf of the student with the understanding that he/she has now committed to paying the full Program Fee and has voluntarily assumed financial responsibility for said program costs. The Program Fee includes direct expenditures made on his or her behalf and indirect expenditures made to support the study abroad Program.

Program Deposits are non-refundable unless a student is not accepted to the Study Abroad Program or the Program is canceled by the University. In these cases the full Program Deposit will be refunded. A committed student who withdraws from a Study Abroad Program must notify the Study Abroad Program Director in writing via UGA email. The date of the withdrawal e-mail will serve as the official date for the purposes of this policy. Based on this policy, the student will receive a refund or will be billed the applicable Program Fee according to the schedule shown in the table below. This includes any required withdrawal due to academic or disciplinary misconduct/performance issue while in Athens or abroad.

<table>
<thead>
<tr>
<th>Timeline of Student Withdrawal*</th>
<th>Program Fee Student is Financially Responsible to Pay**</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 to 90 days prior to the program departure date</td>
<td>25%</td>
</tr>
<tr>
<td>89 to 60 days prior to the program departure date</td>
<td>50%</td>
</tr>
<tr>
<td>59 to 15 days prior to program departure date</td>
<td>75%</td>
</tr>
<tr>
<td>14 days to program departure date and at any time during the program</td>
<td>100%</td>
</tr>
</tbody>
</table>

*A student will be notified in writing via UGA email as each deadline approaches.

UGA will not provide refunds of any monies paid by students to outside institutions, organizations, or entities (e.g., tuition for direct enroll programs, host institution housing, third-party program providers, such as API, ISA, etc.). Students should contact the outside institution, organization, or entity with questions regarding refund policies.
If the program is cancelled by the University due to an act of war, terrorism or another unforeseen crisis (e.g., a natural disaster) and a US State Department travel warning has been issued, all Program Fees paid to UGA will be refunded - all Program-related charges will be removed from the UGA student account and the deposit refunded.

If the Program is cancelled by the University due to insufficient student enrollment, then all Program Fees paid to UGA will be refunded - all Program-related charges will be removed from the UGA student account and the deposit refunded.

If a student is to withdraw from a UGA study abroad Program due to individual course cancelations, and being unable to take other available courses in the Program, all Program Fees paid to UGA will be refunded - all Program-related charges will be removed from the UGA student account and the deposit refunded.

Refunds of tuition are subject to the UGA Tuition and Fee Refund Policy.

Students may appeal applied charges only after the charge has been posted to the student account and no later than the last day of the study abroad Program the student has withdrawn from. The appeal should consist of a detailed letter explaining the basis of the appeal along with any pertinent supporting documentation. The appeal must be submitted in writing to the Office of International Education Appeals Committee via email at goabroad@uga.edu. Student will be notified in writing via UGA email of receipt of the appeal. All appeals will be reviewed. Appeal decisions will be made within 30 days of receipt. Additional documentation may be required to complete the appeal.

Medical withdrawals within 30 days of the Program start date may be covered by the benefits provided under the UGA International Health & Travel Insurance. Students are responsible for the submission of appropriate paperwork to the insurance provider.

**The Program Fee assessed under the Study Abroad Program Withdrawal Policy may not be posted to the student account at the time of withdrawal. However, the student is still financially obligated to pay the Program Fee based on the percentages listed above when the Program Fee is posted to the student account by the University. Failure to pay may result in schedule cancelation.**

**UGA and DA Program Policies, Regulations, and Procedures**

Professional, Academic, and Ethical Code of Conduct

Any student misconduct on a study abroad program is considered to directly or indirectly negatively impact the academic learning environment of the program and will not be tolerated. In addition to the UGA Code of Conduct (https://conduct.uga.edu/), the following Professional, Academic, and Ethical Code of Conduct will apply to all students on Discover Abroad programs.

Students will be expected to:

- Adhere to standards of professional behavior and ethics appropriate to their academic discipline.
- Conduct themselves in a manner consistent with Discover Abroad's academic mission — to nurture a global citizenry, by providing the highest quality, most intellectually and personally challenging and satisfying study abroad experience possible for both students and staff (refer to http://www.discoverabroad.uga.edu for additional details).
- Behave in a manner consistent with all relevant UGA policies, codes, standards and rules.
• Comply with the UGA policy on alcohol and other drugs (http://safeandsecure.uga.edu/policy_drugs-alcohol.html) as well as the following Discover Abroad requirements:
  • No alcohol or drugs are permitted on any program group/common transportation carriers (e.g., coaches/buses, boats, trains, ferry, airplanes, etc.) either in the seating area or in the luggage compartment during a program.
  • No alcohol or drugs are permitted, nor may they be consumed, in any program accommodation, including (but not limited to) lodges/cottages/cabins, hostels, dormitories, hotels/motels and campgrounds/campsites of any kind, other than that sold by, and consumed in, restaurants or bars of the premises. This policy applies to any accommodation paid for by course or program fees (including accommodations on nights before or after the program has officially started or ended), or funded or subsidized by UGA and includes containers of alcohol (wine bottles, beer cans, etc.) empty or otherwise.
  • No alcohol may be consumed until after the last program activity of the day, this includes lunch or dinner breaks.
  • Use, possession, or distribution of narcotic or other controlled substances (except as permitted by law) or providing or facilitating the use, possession, or distribution of narcotic or other controlled substances (except as permitted by law) will result in immediate dismissal from the program.
  • Meet the standard provided by the Office of International Education in their Interpretation and Clarification of UGA Alcohol Policy as it Applies to Study Abroad Programs - Information for Students, as follows:
    • If students choose to consume alcoholic beverages while participating in a study abroad program, UGA expects responsible behavior and moderation. Students are responsible for their behavior and any misconduct that is related to the consumption of alcohol.
    • Students must be aware that alcohol will impair judgment and make one more vulnerable to crime and accidents while in unfamiliar surroundings.
    • Public drunkenness is less common among university age young people in most other countries. Such displays can reinforce negative stereotypes of U.S. citizens and make one look foolish in the eyes of citizens of the host country.

Student Misconduct

Misconduct includes any behavior that directly or indirectly
• Jeopardizes the safety or wellbeing of the offender, other students, or members of the academic community (faculty, instructors, host lecturers/field guides);
• Prevents and/or limits a faculty member/instructor from devoting time to the academic needs of the program and/or attending to the needs of other students on the program;
• Results in the destruction of natural and/or environmental resources and/or harms or jeopardizes cultural relations with hosts;
• Is inconsistent or incompatible with Discover Abroad’s academic mission and/or desired learning outcomes of study abroad (including the goals of group cohesion, student engagement, and interdependence);
• Otherwise disrupts or negatively impacts the study abroad program or program activities.

Examples of student misconduct include, but are not limited to, the following
• Repeatedly falling asleep during class/field lecture (single cases will receive a verbal or written warning);
• Repeatedly late for class/field lecture (single cases, less than 30 minutes, will receive a verbal or written warning);
• Failing to show (by more than 30 minutes) for a scheduled departure from an accommodation;
• Disruption or obstruction of the academic (teaching, research, or administration) learning environment;
• Evidence of alcohol in program accommodations - observed directly during the program (e.g., empty bottles found in/about accommodations/person) or after the program has ended (e.g., Facebook photos revealing alcohol use in accommodations) (note: alcohol possession or consumption in Fiji homestays is grounds for instant dismissal);
• Substance intoxication (e.g., drunken behavior in accommodations, alcohol poisoning, or placing oneself in an unsafe condition/environment as a result of substance abuse);
• Violating in-country laws (this will result in immediate dismissal from the program);
• Damage to environmental or cultural resources (e.g., defacing cultural artifacts, wilful damage to wildlife);
• Physical abuse, verbal abuse, threats, intimidation, harassment, coercion, and/or other conduct that threatens or endangers the health or safety of another person;
• Failure to comply with the directions of program staff (e.g., adhering to program curfews, accommodation quiet time, keeping a minimum distance from wildlife);
• Failure to law enforcement officers acting in performance of their duties and/or failure to identify oneself to these persons when requested to do so;
• Deliberating taking, attempting to take, damaging or destroying program property or property of subcontractors used on the program or items belonging to other participants (note: All participants are responsible for any loss or damage to property of others that they cause while on the program, including any damage to accommodations or modes of transport).

Sanctions

In addition to sanctions administered through the UGA Conduct processes, students found in violation of the UGA Code of Conduct and/or Discover Abroad Professional, Academic and Ethical Code of Conduct will face one or more of the following sanctions:
• A 5 – 10% deduction in the final course grade for one course, issued at the discretion of the program faculty, for each case of misconduct. All alcohol-related misconduct cases will receive an automatic minimum 10% grade reduction.
• For egregious cases of misconduct (including, but not limited to, illegal activities and/or repeated misconduct – i.e., two or more violations of the policy), and following discussions with the Office of International Education, a student may be dismissed from the program.

All violations will be reported to the Office of Student Conduct and to the Dean of the Warnell School of Forestry and Natural Resources.

Appeals

Students have the right to contact the Office of Student Conduct and/or the Dean of the Warnell School of Forestry and Natural Resources to appeal in writing any sanction(s) imposed by the program.

Academic Honesty Policy

All academic work must meet the standards contained in the University’s academic honesty policy (see "A Culture of Honesty" https://ovpi.uga.edu/academic-honesty). All students are responsible for informing themselves about those standards before performing any academic work. The penalties for academic dishonesty include (but are not limited to): award of a failing grade for the course, suspension, notification placed on the student’s transcript of their having been found guilty of cheating, and expulsion from the university and ignorance is not an acceptable defense. Any cases of academic dishonesty will be reported to the University Academic Policy Panel.

Academic dishonesty includes, but is not limited to, the following behaviors:
• Copying the work of others (plagiarizing);
• Tolerating the academic dishonesty of others;
• Giving false reasons for failure to complete and assignment or take a test;
• Using information that is not appropriately attributed to the source;
• Obtaining or giving unauthorized aid on an examination;
• Doing work for another program participant;
• Having another participant do work for you;
• Furnishing false information to any program staff member;
• Forgery, alteration or misuse of any document, record, or assessment.

Broadly defined, plagiarism is the presentation of another’s work, writings or ideas as one’s own. All published information and materials that are not the student’s own work, whether textual or visual, must be cited with a proper source citation. Any information that is not their own and is not cited for its source may be considered a form of plagiarism. Some examples of plagiarism include: copying verbatim, in whole or part, the work of others without properly citing the source; using non-text materials created by others (e.g. charts, maps, photos, illustrations, figures) without proper source citation, using other materials from published websites without proper source citation; and paraphrasing another’s work, research, conclusions, ideas with proper source citation. Failure to use proper source citation for information that is not general knowledge or that was not gathered personally is considered a form of plagiarism.

Non-Discrimination and Anti-Harassment Policy

DA believes in creating a fair and respectful environment for all participants on all of its programs. Students and program staff have the right to be free from discrimination, harassment, and sexual misconduct while on a DA program. UGA prohibits discrimination, including harassment, on the basis of race, color, religion, national or ethnic origin, sex, sexual preference or orientation, age, disability, or veteran’s status in all its educational programs and activities, and with regard to employment. Incidents of harassment and discrimination will be met with appropriate disciplinary action, up to and including dismissal from a DA program.

Every member of the DA community is expected to uphold this policy as a matter of mutual respect and fundamental fairness in human relations. Every DA participant has a responsibility to conduct herself/himself in accordance with this policy as a condition of participation. Furthermore, all program staff must meet certain standards of academic excellence in study abroad, as upheld by their affiliated institutions, and have no prior record of sexual discrimination or sexual harassment. All program staff are individually responsible to inform the DA office if they have any prior record that has been investigated and/or acted upon by current or previous affiliated institutions and to disclose what action, if any, has been taken in this regard.

Unwelcome verbal or physical conduct by a student towards another member of the DA community may constitute prohibited harassment, depending on the circumstances of each case. Unwelcome verbal or physical conduct by one participant towards another may constitute prohibited harassment, depending on the circumstances of each case. Prohibited harassment may be defined as (1) if the conduct has the purpose or effect of unreasonably interfering with an individual’s work or academic performance, or of creating an intimidating, hostile or offensive work or academic environment; (2) if submission to such conduct is an implicit or explicit condition of employment or academic success; or (3) if submission to or rejection of such conduct is used as the basis for an employment or academic decision.

In addition, unwelcome sexual advances, requests for sexual favors, or other unwanted verbal or physical conduct of a sexual nature or on the basis of gender may constitute sexual misconduct, depending upon the circumstances of each case. Forms of sexual misconduct include, but are not limited to, sexual harassment (as prohibited harassment is described above), physical assault with sexual intent, sexual contact or intercourse without consent—by means of force, threat, intimidation or victim incapacity. Students on UGA study abroad
programs, whether they are regularly enrolled, degree-seeking students or transient or transfer students for a
semester or summer are under the UGA Sexual Harassment Policy as established by the UGA Office of Legal
Affairs. The UGA Sexual Harassment Policy can be found at http://eoo.uga.edu/policies/NDAH-Policy.html.

Any member of the DA community who is concerned about discrimination or harassment while involved with a
DA program should contact the DA office, DA Director, and/or OIE, who will investigate the matter fully. DA will
treat inquiries and complaints about prohibited discrimination, harassment, or sexual misconduct confidentially
and in accordance with UGA guidelines.

Parental Notification Policy

The Family Educational Rights and Privacy Act (FERPA) has given colleges/universities the option to notify
parents or guardians about specific types of information from a student’s judicial record. The Office of Judicial
Programs will notify parents or guardians the first time and every subsequent time a student is found to have
violated Code of Conduct policies on the use or possession of alcohol or other drugs when he/she is under the
age of 21 years.

Program-Specific Conduct Policies

The role of the program staff is to spend their time and energy making the program as great as possible for all
students and guests to our program (such as the field staff). When they have to deal with conduct problems
(late night noise, students failing to be ready on time, etc.) it seriously distracts from their mission. Also,
absences can mean disasters and emergencies, and we need to know where students are and that they are
safe. Therefore, we take the following program conduct expectations very seriously. These include:

Curfews for Botswana and South Africa and Fiji

Unless approved otherwise by your faculty, students on the Botswana and South Africa and Fiji programs must
be on the accommodations premises by dusk (unless as part of a scheduled program activity) and are not
allowed to leave the accommodations at night. Students who leave the program or accommodations during the
day (e.g., during free time) are to be with at least one other person from the group at all times. Additional
curfews may also be in place for these programs as announced by your faculty.

Conduct In the Field

Students must follow the instructions of staff exactly and promptly when in the field. This is a serious safety
issue when we are doing outdoor activities in particular. Do not decide, for example, you know more than staff
or guides do about where or when it is safe to hike or snorkel! Failure to follow instructions that incur actual or
likely physical harm to self or others, or result in time wasted by the staff or other students may, at the
discretion of DA be grounds for dismissal from the program. DA operates environmentally conscientious
programs and we expect all students to:

• Stay on trails and practice good trail etiquette
• Avoid interaction with wildlife – it disrupts and stresses animals. Do not hold, touch, or feed any
  animals!
• Reduce waste and recycle.

Housing Policies

Students will remain in program-sponsored accommodations throughout the program and are not permitted to
switch rooms without prior approval of faculty or to upgrade/purchase other rooms either in the same
accommodations or at a different accommodation. Occasionally the program may use mixed-gender

accommodations such as dorms. Accommodations will range from business-style hotels to rustic camping, depending on the country and specific location. Refer to program-specific itineraries for accommodation details or contact DA directly for more information.

Travel Policies

Students will travel throughout the program as a group and in program arranged transport modes only. They are not permitted to travel on their own (without the group) or invite non-program participants to travel with the group, hitchhike, and upgrade/purchase tickets in other modes of transport without the prior approval of faculty. Occasionally, the program may use travel in public transport such as airlines for domestic travel in-country but mostly travel arrangements will be exclusive to the program. Refer to program-specific itineraries for travel details or contact DA directly for more information. The majority of study abroad related accidents are travel related (road accidents) and students are advised to be very careful and exercise caution while crossing roads and traveling in general.

Prescription Drugs

Students must note that once the participant has disclosed their medical history and medications (on the health form – and we encourage all participants to do that for their own health and safety) their program participation is contingent upon them taking all of their prescribed medications during the time on the program. Beginning or discontinuing prescription medication without the advice of a medical practitioner will result in jeopardizing the health and safety of the participant and others and can be grounds for dismissal from the program. Please note that some prescriptions that are legal in the United States may not be legal in other countries – if you bring prescription drugs with you ensure that they are legal in the destination country.

It is preferable that you obtain and carry on the program a signed letter from your physician indicating all the medications you are currently prescribed. All prescribed medications should be kept in their original dispensing container with your name listed on the label.

Academic Procedures and Accommodations

Assignment of Grades

Please refer to the respective course syllabus for assignment of final grades. Individual instructors of each course have the right to develop and use their own grading system and standards.

Extra Credit

There is no extra credit for any courses. Please do not ask your instructors to allow you any extra credit as it will not be applied to your final grades.

Academic Appeals

Students have the right to appeal academic decisions. Usually, at UGA, the appeal goes first to the faculty members who assigned the grades. All grade appeals must be initiated within one calendar year from the end of the term in which the grade was recorded. See https://ovpi.uga.edu/student-opportunities-resources/student-resources/student-academic-appeals/appeal-process.

Evaluation of Instructional and Program Effectiveness and Quality
Regular evaluation is important to help us develop a quality program that addresses everyone’s objectives and needs, ours and yours. Both informal and formal evaluations will be done, and we ask for everyone’s cooperation in these activities.

**Lecture Notes/Powerpoint Outlines**

One of the goals of our program is to increase and reinforce student note-taking skills. Good note taking in class, on field trips, and in all discussions will be crucial to answering module questions well and will enhance your overall academic experience. As our goal is to help students develop these skills, we therefore do not provide lecture notes or power-point outlines for students on this program. Instead, read and apply the tips on active listening and note taking in the Appendix.

**Accommodations, Luggage, and Packing**

All students are accommodated in shared rooms, and you can sometimes nominate (on the application form) one person you would like to share with (they must nominate you, too!). We typically stay in a range of accommodations, including hotels, backpackers, and hostels. Some places we stay are very comfortable, others are better described as simple or rustic – such as safari-style tents (with electricity) and, on very occasional nights, we may be camping. You also need to be prepared variously for communal bathrooms, bunk-bed style sleeping, and limited facilities as we stay in different places. Most accommodations will have some cooking and laundry facilities and public phones, and some (but not all) have Internet.

**Packing and Luggage Recommendations**

You must be able to carry your luggage between destinations (i.e., airports, coaches, accommodations). Former students recommend a duffle-type bag with wheels and good straps; alternatively a large backpack or suitcase will also be suitable. You are limited to one large bag/case and one daypack (for class and day hikes). Airlines in the South Pacific typically limit luggage to one bag of 20kg (about 44lbs), anything more and they will charge at the check-in counter! Take time to pack the correct items (see below); generally, you will only need half of what you think you’ll need. Commercial airlines now have regulations about what you can and cannot pack in your checked and carry-on luggage – please review these with your airline before traveling. (Make sure that you include your passport, any visas, tickets, prescription medicine, glasses, money, and any other official documentation, including the Course-book (if you print a copy), in your carry-on luggage.) There will be opportunities for you to wash clothes along the way, so keep this in mind when packing.

Check your departure and arrival airports for safety and security information about what you need to do upon arrival/departure and for information pertaining to duties and customs declarations. Know what you can and cannot bring into the country – smuggling can be a serious offense leading to imprisonment. Under no circumstances should you ever take anything from, or hold anything for, anyone who asks you to do so. Keep a close eye on your bags at all times, keep them in your possession and know where they have been at all times.

**Climate and Weather Conditions**

DA programs include time spent in cities and/or in formal events and you may want to bring nice clothes for such activities; otherwise, for all other travel and field destinations, comfort and function are more important than style. Be prepared for both sun and rain, cold and hot, and city and rural environments. Check the weather forecast for the country that you will be visiting and the typical temperatures for the time of year that you will be there (see [http://www.worldweather.org](http://www.worldweather.org)). Remember that temperatures can change very quickly depending on how exposed you are to the environment – for example, if you have just got out of the water, the wind will feel much cooler than before you went in. Some of the main packing recommendations of former students are:
Australia

- Darwin has a tropical climate with high humidity and two seasons, wet and dry. May to October is the dry season. The days are fairly sunny and warm (80s), with afternoon humidity averaging 30%. There is very little rainfall during the dry season, and it can get quite cool at night (50s – 60s). The rainy season is associated with topical cyclones and the coastal areas may receive as much as 825” of rain. Alice Springs, on the other hand, is part of the desert region, and as such is semi-arid, receiving on average less than 10” of rain per year. May – June are the coolest months (60s-70s daytime), while October – March will often see temperatures in the 90s and above. Be prepared to be comfortable or even warm during the days, but quite cool at night.
- Queensland: Brisbane is generally warm/hot all year around, and casual tropical clothing is appropriate. However, the Outback can be cold at nights, though hot during the days. Therefore, bring a reasonably warm sleeping bag (i.e. 2 or 3-season) and a warm polar fleece/sweater for the Outback. Average highs in May range in the upper 70s to low 80s, average lows range from 50s to 60s with an average of ~3 inches of precipitation.
- NE Queensland: Cairns is generally warm/hot with highs in the mid- to high-80s/90s and lows in the 60s. Summer clothing is appropriate in Far NE Queensland.
- Sydney: In June (Fall in the Southern hemisphere), Sydney is typically in the 60s during the days and around 50F at night; while in December, the city is in the low 80s (day) and low 60s (night). Most of the time, city clothes will be fine, though some outdoors clothing will be appropriate for the field activities.
- For all programs in Australia, you will spend some time in cities, so bring some city-wear clothes.

Botswana

- Virtually no rainfall and overall low humidity characterize Botswana, especially during its dry season from May-October. The country has a subtropical desert climate with great differences in day and night temperatures. The average morning temperature from May-July is about 45F. Winter clothing is recommended because open drives will be cold. Afternoons will be pleasant with temperatures around 75-80F.

Fiji

- It can rain a lot in Fiji, especially on the Eastern side. Bring a light rainproof jacket and favor waterproof, closed-toe shoes. Otherwise, casual light clothing is recommended. (You will need a sulu for the homestay – which can be purchased in country for about $5-10.) Average highs in Nadi during May – July range from 83 to 86F, average lows range from 65 to 68F with an average of ~3 inches of precipitation.

Hawaii

- The Eastern side of the big island (Hawaii) can be wet, especially around Hilo; in contrast, Kona is typically dry. Temperatures range from high 70s to mid 80s in the winter, but rarely fall below 65F.
- It will be cold at Volcanoes and Mauna Kea national parks in the evenings, so bring a jacket, hat, and gloves.

New Zealand

- It can rain a lot and be windy in New Zealand. If you spend money on one good travel item, make it a good rainproof and wind-resistant jacket, such as made of Gore-Tex and with taped seams. A layering
system is highly recommended to stay comfortable in very changeable conditions (ranging from cold to hot).

- Weather in New Zealand can be cold periodically all year around but expect it to be cold in May (which is late fall/early winter in New Zealand). However, summer is not guaranteed to be hot in New Zealand either, and remember we are visiting glaciers. Take a set or two of polypropylene or Capilene-style long underwear (i.e., thermals). (These can be purchased at a reasonable cost in Christchurch or at outdoor stores in the U.S.). Average highs in Christchurch during May - June range from 52 to 57°F, average lows range from 34 to 39°F with an average of ~2 inches of precipitation.
- You will spend some time in cities, so bring some city-wear clothes.

**South Africa**

- Winter in South Africa (May-July) will most likely have dry, crisp, sunny days and cold nights. Temperatures will range from approximately 50°F at night and in the mornings to about 80°F in the afternoons.

**United Kingdom (England and Scotland)**

- It can rain a lot in the UK at any time of year. If you spend money on one good travel item, make it a good rainproof and wind-resistant jacket, such as made of Gore-Tex and with taped seams. A layering system is highly recommended to stay comfortable in very changeable conditions (ranging from cold to hot).
- Weather is unpredictable at any time of year, but in the Summer it is generally pleasant and mild (usually varying between 60 – 75 but it can be cooler and may be warmer).
- You will spend some time in cities, so bring some city-wear clothes.

**What Not to Bring (All Programs)**

- Valuable jewelry or other precious items.
- Electronic appliances. In the U.S., we use 110-volt alternating current; however, other countries use a different system. If you try to use an American shaver, iron, or hair dryer, the high voltage will overheat and destroy the appliance and could shock you or start a fire. We recommend you do not bring any such appliances. See [http://www.rei.com/learn/expert-advice/world-electricity-guide.html](http://www.rei.com/learn/expert-advice/world-electricity-guide.html) for information on adapters and converters.

**Mandatory Packing List for All Programs**

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

**Mandatory Packing List (All Programs)**

- One large bag (duffel-bag with wheels, backpack or suitcase; two bags will not be permitted).
- Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike)
- 2 to 3-season sleeping bag required for Australia (Queensland), New Zealand, and Botswana and South Africa (sleeping bag should keep you warm down to 32 F) programs preferably in a compression stuff sack (to reduce size) (sleeping bag not required for Australia (winter or summer programs), Fiji, or UK)
• Flashlight or headlight with extra set of batteries (you may only use this a few times and it is optional for all programs in the Southern hemisphere in December to April and for summer in UK, where sunlight hours extend through the evening)
• Notebook and/or clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking
• Accommodations contact list (available in the Course-book) and printed flight itinerary also have this available with you when traveling (e.g., customs at airports)
• Digital camera and charger
• Water bottle, one liter size (Nalgene or similarly tough-type recommended)
• Personal first aid kit (see “staying healthy” section), including Dramamine or similar fix for motion sickness (each program will have group first aid kits)
• Sun protection (sunscreen, sunglasses, brimmed hat, chap stick, etc.)
• Insect repellent (with Deet)
• Travel alarm clock or watch/phone with alarm
• Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).
• Rain jacket (must be water and wind-proof, e.g., Gore-Tex)
• 1-2 pairs hiking shorts or pants (depending on climate), suitable for rainy weather (zip-off travel pants come highly recommended by former students)
• 1-2 pairs of nice pants/jeans/khakis for city wear (and/or skirts for females)
• 1 pair of sweatpants (or leggings for females)
• 2-3 nice shirts for city wear
• 1 pair of nice shoes for city wear (closed-toed or back-strapped sandals for girls – need to be smart for nightlife in Australia, New Zealand, and UK)
• Hiking sandals, preferably nylon/waterproof (e.g., Chacos, Tevas, Keen) (not necessary for New Zealand Maymester or for UK
• Swimwear
• Underwear and socks (7 pairs, enough for 1 week between washes)
• 3-4 shirts (or t-shirts) for field (think layering for colder days) (polypro for cool climates and silk t-shirts for warm climates are recommended)
• Nightwear (you are sharing a room!)
• 1 large travel towel (microfiber travel towels are recommended)
• Toiletries
• Hand sanitizer
• Plastic zip lock bags (for snacks, etc.)
• Plastic trash bag or pillow-case or laundry bag (for dirty laundry, hiking shoes, etc.)
• Full supply of all medications and copy of prescriptions, in prescribed containers
• Extra set of eye-glasses/contacts (solution is available in-country)
• Travel adapter(s) for multiple countries (if applicable)
• ATM/Check cards, a credit card is mandatory, insurance cards, student ID card, drivers license, passport
• Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, drivers license, passport, airplane ticket, emergency contact information). Leave one electronic copy of this with your emergency contact person and bring one physical hardcopy in your carry-on
• Inventory list of items packed in checked luggage (keep in carry-on luggage), useful if your baggage is lost and you need to file an insurance claim
• Identification tags with your contact details (on checked and carry-on luggage)
• Laptop computer (with required software – Adobe Acrobat and Microsoft Word – and electronic copy of Course Packet) and protective cover/case (for varying weather conditions), power cords, adapter, flash-drive.
• Reusable grocery bag or tote
• Travel pillow

Optional Packing List

• Printed copy of Electronic Course Packet (only if you have difficulty reading electronic material)
• Lonely Planet, Footprint, Moon, or Let’s Go guidebooks
• Pocket-knife (do not pack in your carry-on!) Not to be carried in Australia (illegal in NSW and QLD)
• Small sewing kit
• Earplugs (for sleeping)
• Combination locks for your luggage (airport TSA compliant for checked luggage)
• Phone card (students highly recommend purchasing phone cards in the country, not in the U.S.; certain U.S. international travel cards don’t work)
• Binoculars
• Collapsible walking stick/trekking pole for negotiating uneven ground
• Waterproof socks (for rainy weather and hikes)
• Flip-flops (for showers and inside wear) – alternatively, use your hiking sandals
• Snorkel and mask (for Australia and Fiji). Snorkel equipment is available free of charge where needed
• Pillow case (doubles as a laundry bag)
• Disposable underwater camera (less expensive in the U.S.) or consider a waterproof digital camera case (e.g., http://usstore.aquapac.net/) (for Australia and Fiji only)
• Small purse or bag (for females) for city
• Extra memory cards for camera (and USB key drive)
• Movies (specific to the country(ies) that you are visiting, only); e.g., Finding Nemo (for Australia), Whale Rider (for New Zealand), etc.; the more eclectic the better (in order to share with others)
• Set of playing cards
• Laundry detergent in small zip-lock bag (sufficient for 1-2 loads per week)
• ISIC (International Student ID) card
• Clothesline (or long piece of string)
• Rash guard (for Australia and Fiji reef swims)

Mandatory for Australia (Maymester and Summer)

• Warm clothing (including hat and gloves) for evenings in Outback
• Summer clothing may be worn in Far NE Queensland (Cairns)
• Some city clothes (for Sydney and Noosa) – evenings may be cool in their late autumn
• Plastic cup, bowl, plate, fork, spoon, and knife (for Summer Australia only)
• One folding cooler to store perishable food items (for Summer Australia only – must be able to store in luggage until needed)

Mandatory for Botswana and South Africa

• Earth-toned, dull colored clothing – no bright colors (e.g., red, orange, neon, white) are permitted. Think safari clothing!
• Hat or cap, baseball and/or knit
• Heavy/warm jacket for cold weather
• Gloves
• Sleeping bag—recommended type: down to 32 degrees
• Binoculars
• Pocket knife and/or Leatherman—must place in checked luggage
• Flashlight and headlamp with extra batteries
• Journal or notebook
• Small notebook for field notes
• 6” ruler
• Small bottle of laundry detergent for hand-washing clothes
• Do not bring items requiring electricity. Electronics are easily ruined by brush conditions. You will be able to charge camera batteries.

Mandatory for Fiji

• Skirt below the knee (for women) for village visits (men may wear long pants but it is recommended that males purchase a local sulu-wrap to wear over shorts on village visits – costs from ~$5).
• Tank tops and spaghetti straps are unacceptable in local villages, ensure you have shirts with shoulder cover (t-shirts are fine)
• Inexpensive gifts for homestay families (refer to Fiji etiquette and guidelines in the Course-book for examples)

Mandatory for Hawaii

• Warm jacket (such as a fleece to go under your rain jacket) for evenings/ nights in the upper elevations

Mandatory for New Zealand

• 2 pairs of polypropylene or Capilene-type long underwear (1 pair only for Spring program)
• Warm jacket (such as a fleece to go under your rain jacket, which needs to be extra warm in May/June)
• Gloves, wool hat and wool hiking socks

Mandatory for United Kingdom

• Warm jacket (such as a fleece to go under your rain jacket)

Personal Budgeting

Managing your finances is one of the most important and challenging aspects of a successful and enjoyable experience abroad. Dealing with a new currency and cost of living are just the beginning of the challenge. Before you leave on the study abroad trip, pay attention to the exchange rate between the U.S. dollar and local currency. Learn to think in that currency, and don’t forget the value of a good pocket calculator to help with the conversion.

How much money will I need while abroad?

The program fees cover most of the costs of being in country but you will need to provide additional funds for:
• Some meals
• Typically, the program will provide at least 70% of the meals (and in some cases such as Fiji, almost 100%), except for the UK program (which provides only ~50% of meals, most of which are breakfasts) and you are responsible for the remaining meals (grocery shops will be available to help you live cheaply if you choose).
• To compare food prices, we recommend that you view local supermarket prices online such as Coles and Woolworths in Australia; Countdown, Pak n’ Save, and Safeway in New Zealand; and Sainsbury’s, Tesco, and Morrisons in the UK.
• Accommodation and meal costs during the week of Spring Break (Australia and New Zealand Spring Semester program only)
  • Incidentals: laundry, Internet, phone calls, stationery, etc.
  • Independent evenings out/free day outings
  • Gifts and souvenirs

It is very difficult to estimate exactly how much money this will cost – it depends on the exchange rate at that time and your personal spending habits, and you will spend as much as you take! Perhaps more! Some of the program staff find they can normally survive just fine on ~US$25 a day (less in Fiji) and depends on the number of meals that are covered in each program – but we also tend to be very thrifty and buy groceries instead of eating out, don’t buy souvenirs, and often do not stay out late in the evenings. If you eat the group meals, buy groceries for other meals, eat at restaurants rarely, and do not consume alcohol, US$25 per day is fine. If you want to eat out a lot (and many people do) and stay out late doing things that cost money, you will need to budget much more than that (especially when in the cities). However, it is certainly possible to eat well and stay clean and entertained on very little money in all of the countries that we visit if you are prepared to live simply. The budget worksheet (on the next page) will help you decide how much money you may need. It is generally recommended that you plan to have 20% more than you think you’ll need – just in case and that you take a cache of funds for emergency use only. These funds should not be spent unless needed for emergency purposes. Minimally, you should plan for ~US$100 per week. The Botswana and South Africa program recommends US$250 for souvenirs, extra drinks at camp and a tip for camp workers.

Exchange Rates

Exchange rates vary and can markedly affect how much money you will need while you are away: for up-to-date estimates visit the following URLs: http://www.xe.com/ucc/ or http://www.oanda.com/converter/classic
### Personal Budget Worksheet

#### Program Costs
- **Program fee**: 
- **Tuition**: 
- **Non-waivable tuition fees**: 
- **Out of State, non-Georgia System add:**
  - UGA Application fee: 
  - Out of state student fee: 

#### Sub-Total

#### Pre-departure
- **Gear, luggage, equipment**: 
- **Passport (~$110)**: 
- **ETA (~$25 and can issued by travel agent)**: [Australia only]

#### Course-book/books/guide books

#### Transportation
- **International airfare (i.e., to destination from U.S.)**: 
- **Domestic airfare (within U.S.)**: 

#### Sub-Total

#### Personal Expenses

#### Food
- **Laundry/toiletries**: 
- **Calling cards/telephone (local and international)**: 

#### Internet cafes

#### Entertainment and evenings out
- **Shipping/postage**: 
- **Gifts/souvenirs**: 
- **Film/batteries/developing**: 
- **Emergency funds**: 

#### Sub-Total

#### Independent Travel (i.e., free days/Spring Break travel)
- **Transportation (bus, train, etc.)**: 
- **Accommodations if you leave town**: 
- **Additional activities (bungee, etc.)**: 

#### Sub-Total

#### Other Expenses:

#### Sub-Total

**TOTAL ESTIMATED COSTS**
Getting Money While Away

Inform your bank and credit card companies prior to departure from the United States you will be traveling abroad and using the ATM/Credit Card abroad. Give them the dates of your visit to each country so that they have it on record. At times credit cards and ATM cards have been blocked after transactions abroad because the company assumed it is a fraud transaction.

ATM cards are probably the best way to get cash overseas – ATM machines are widely available in major cities and many towns and there is often no commission and a favorable exchange rate. (Note that in Fiji, ATM machines are less abundant and you should plan to exchange some money into local currency before your arrival, though there are also ATMs at those airports upon arrival in country.) An ATM, debit or checking card is excellent for international travel because it allows you to withdraw money from your bank account in the United States in the currency of the host country at that day's exchange rate. Debit cards with Visa, MasterCard, Cirrus or Plus signs are the most widely accepted. There is likely to be a transaction fee for using ATMs abroad, so be sure to call your bank and check on the fees charged per transaction. Note that some ATMs abroad may not work with the system (i.e. Honor, Cirrus, etc.) of your ATM card. Check the back of your debit card to know which system your card belongs to. Be sure that you (and someone back home) know your PIN numbers for ATM or credit cards.

Credit cards are valuable for big purchases, emergencies and cash advances, although there are usually high interest charges for cash advances. Most major credit cards are honored abroad (i.e., American Express, MasterCard or Visa), but there are exceptions! Credit cards are particularly useful for hotels, restaurants, shops, airline tickets and car rental agencies. When you use a credit card, the company makes the exchange rate calculation for you, reflecting the exchange rate on the day your credit card transaction is processed. This amount may be more or less than what you thought you were paying at the time of your purchase. You will be billed in U.S. dollars on your statement, and sometimes you will see the foreign exchange conversion listed as well. A word of caution: It is easy to buy something with a credit card even if you do not have money available to pay. However, the interest charged on an outstanding balance adds up quickly and it is very easy to get into debt. You also need to make arrangements to pay your monthly credit card bill since most credit card companies will not send bills to non-U.S. addresses. Furthermore, keep a photocopy of your actual credit card in a safe place when abroad including the numbers to call in case it is lost or stolen.

Traveler’s checks are rarely if ever used by students and faculty today; they remain a convenient and safe way to carry money, but tend to carry more fees than credit cards or ATM transactions. In addition to being easy to cash, they are accepted for payment of goods and services at many (but not all) establishments and are usually treated as cash. You should use a major brand of traveler’s check like Visa or American Express. Furthermore, if the checks are lost or stolen, the company that issued them will replace their full value, as long as you have a record of the serial numbers. Keep the receipt of the check numbers separate from your checks. Traveler's checks can be purchased at just about any bank in the United States, usually at the rate of one percent over the value of the checks you are buying. The American Express service is quite complete, and they also have offices in major cities around the world. If you are a member of AAA, you can get American Express traveler's checks for free. Traveler’s checks in dollars can be exchanged at banks and money-changing houses overseas but remember to bring your passport as identification. Sometimes there is a charge per transaction or amount. Try not to lose all your money in fees.

Planning For Telecommunications and Internet While Away

Part of the “away” experience is being out of touch with people at home, at least some of the time! Because we travel to some isolated places, sometimes it will be difficult to contact people at home. However, generally you
will have the chance to phone or email your parents, family, and friends at regular intervals and there will be communication systems in case of emergency.

Post/Mail

The Australia, New Zealand, and UK postal services are very reliable, and post offices are located conveniently in many towns. Stamps can also be bought at many bookstores, supermarkets, and “dairies” (corner stores). Airmail to the U.S. usually takes 7-10 business days. Beware of accumulating too much stuff, because packages can be very expensive to ship home. In Fiji, Botswana, and South Africa assume no access to reliable or timely postal services.

Internet

We have found through past experience that when we are in major cities, Internet cafes are so common and much faster and more accessible than anything the program can provide through the University, so we let students make their own Internet arrangements. Rates are around ~$2 – 6 per hour. Internet cafes are sometimes, but not always, available at other locations and while in the field; thus you may not have access to email while we are at some of our more remote locations. Your UGA email account is accessible from most locations overseas. You might prefer, though, to open another account. To do this, go to [http://www.hotmail.com](http://www.hotmail.com), [http://www.aol.com](http://www.aol.com), [http://www.gmail.com](http://www.gmail.com), or another e-mail provider. In Fiji, email access is much more restricted, so expect minimal (if any) Internet access. Do not expect Internet accessibility while in the bush of Botswana and South Africa.

Telephone

Typically, it will be easier for you to call home than for people to call you. In many of the places we stay there are public pay phones and in some places there are phones in our rooms. Telephone access is much less widely available in Fiji, Botswana, and South Africa. Having a calling card is the best way to call – you can buy one in the U.S (usually more expensive) or purchase them in-country (usually widely available and much cheaper). We highly recommend that you buy a pre-paid calling card overseas (i.e., in-country), as the rates are very cheap and the cards are easy to use from local phones. The cards come in various denominations starting at ~$5. Calls to the U.S. may cost 5-10 cents per minute or less. Calling collect is always an option, but usually quite expensive. If you prefer to use a U.S. calling card, almost all of the U.S. long-distance telephone companies (AT&T, MCI and Sprint) have an access code depending on which country you are calling from. It is highly recommended that you obtain the access code of a long distance company before going abroad as it is very difficult to get this information from abroad. These numbers will connect you directly to an AT&T, Sprint or MCI system and the call will be charged to your calling card. In some cases, the charge can also go on a credit card. Sam’s and Price Club calling cards purchased in the U.S. are generally the best deals. Vodafone offers cell-phones for hire in all countries (check online for fees and charges). If you have an unlocked world phone, you can buy a SIM card to allow you to use your phone in-country. Some of the places we visit will probably not have cell-phone service because they are remote, so this would mainly only be useful while we are in/around developed areas. Setting this up before departure may be the only successful way to use your mobile device.

To call the U.S.

Dial the international access number below then the area code followed by the 7-digit number

<table>
<thead>
<tr>
<th>Location</th>
<th>Area Code</th>
<th>Phone Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>00111</td>
<td>001</td>
</tr>
<tr>
<td>Botswana</td>
<td>1</td>
<td>001</td>
</tr>
<tr>
<td>Fiji</td>
<td>1</td>
<td>001</td>
</tr>
<tr>
<td>Fiji</td>
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<td>001</td>
</tr>
<tr>
<td>New Zealand</td>
<td>1</td>
<td>001</td>
</tr>
<tr>
<td>South Africa</td>
<td>1</td>
<td>001</td>
</tr>
</tbody>
</table>
From UK

To call from the U.S

Dial 011 (international access) plus the country code and then the number (without the first zero)

Country codes:
- Australia (67)
- Botswana (267)
- Fiji (679)
- New Zealand (64)
- South Africa (27)
- UK (44)

Be sure that you check the time difference before you start calling overseas! The time difference from the U.S. varies depending on whether each country is on or off daylight savings. New Zealand is 16-18 hours ahead of U.S. Eastern Standard Time, depending on daylight savings, Botswana and South Africa are 5 hours ahead, Fiji is 16-17 hours ahead (the same time zone as New Zealand, but it does not observe daylight savings), Queensland Australia is 14-15 hours ahead, and UK is 5 hours ahead. Practically speaking this means that, for example, if you are in New Zealand at 9am on January 3, it will be 3pm on January 2 in Athens, GA. Based on U.S. Eastern Daylight Time (EDT), Botswana and South Africa is 6 hours ahead of Athens. Check the World Clock if you are uncertain about the exact time difference at the time of your visit:

http://www.timeanddate.com/worldclock/

Planning for a Healthy Trip

Before you travel abroad, it is worthwhile to take a close look at the many factors that contribute to your physical and emotional wellbeing. A trip abroad will almost certainly affect your health, because so many factors of your daily health are related to your lifestyle and environment. Conversely, the state of your health will have a significant impact on the success and enjoyment of your trip. In study abroad, as in other settings, participants can have a major impact on their own health and safety abroad through the decisions they make before and during the program and by their day-to-day choices and behaviors. Refer to the Appendix for NAFSA's guide to “Good Practices for Health and Safety.”

It is strongly recommended that you have a medical and dental check-up before departure. A visit to your family physician, gynecologist, and dentist will insure that you are in good health before you leave and might prevent emergencies abroad. Update your health records, including eyeglass prescriptions and regular medications. If you are taking a prescription medication carry a supply with you sufficient to last the whole trip. If you self-inject prescribed medication, you should carry needles and syringes with you. You'll need a physician's prescription for medication and medical supplies you carry with you in order to pass through foreign customs. Take copies of all medical records, prescriptions in generic form, prescriptions of eyeglasses/contact lenses and pertinent information; carry these with you in a safe place. If you expect to need regular medical care abroad, take a letter of introduction from your physician at home, providing details of your medical conditions, care and specific needs. Note that some prescriptions legal in the US may not be legal overseas – always check with your doctor and a reputable travel clinic.

The Travel Medicine Clinic at UGA provides international travel consultations for students and we recommend that students visit the Clinic to get information on vaccinations and health requirements before travel overseas (especially if it includes travel to remote places such as in Fiji). Information is provided on general health risks of travel, risks of contracting diseases related to international travel and methods of prevention including vaccinations. The clinic also provides vaccinations against common diseases on a fee basis. Total charges will
vary based on the number of vaccines needed. Call 706-542-5575 for appointments and fee information. Appointments are necessary and students are asked to schedule at least 6 weeks prior to departure.

We recommend every student pack and carry a personal medical kit. Useful items to pack include: Band-aids, antihistamine, anti-diarrhea medication, antibacterial ointment, disinfectant, tweezers, insect repellent, pain reliever, Dramamine (for motion sickness), safety pin, anti-diarrhea medicine, blister pads and a compression (ACE) bandage. Also be sure to pack regular medications (Epi pens, inhalers), contraceptives if you may need them, and any other routine health and medical products you think you may need or brands that you like. Make sure to take all prescription medicine with you and in prescription packaging as you may encounter trouble with customs if you try to have medicines sent once you are abroad or carry them in non-prescription containers. A group medical kit (with basic/minimal supplies) will also be available on every program.

Students who are currently, or have utilized mental health services in the past, should contact the UGA Counseling and Psychological Services (CAPS) before going abroad. The UGA CAPS office should be advised as to your needs in case a telephone consultation is required while abroad. See the following http://www.uhs.uga.edu/CAPS/

Going abroad is not a magical "geographic cure" for concerns and problems at home. Emotional health issues will follow you wherever you go. If you are concerned about your use of alcohol and other controlled drugs or if you have an emotional health concern, you should address it honestly before making plans to travel. Contrary to many people's expectations, travel does not minimize these problems; in fact, it often exacerbates them to a crisis stage while you are away from home. If you have existing alcohol or drug-use issues, contact the University Health Center for support and referral. Alcohol issues need to be addressed pre-departure as they can severely affect your health, learning, ruin your and other's trip, and place you at risk for dismissal from the program. (Use and abuse of alcohol and drugs abroad increases the risk of accident and injury. Many study abroad accidents and injuries are related to the use and abuse of alcohol and drugs abroad.) The UGA alcohol and drug conduct policies apply to study abroad programs, including this one, and alcohol and drug-related misbehavior can result in dismissal from the program. See http://safeandsecure.uga.edu/policy_drugs-alcohol.html for more information. Look after yourself!

Health and Safety While Abroad

The first thing that students and parents/guardians should do before traveling anywhere is to check with the U.S. Department of State’s international travel information website (http://travel.state.gov/) where you will find the Consular Information Sheets for the program destinations (see also the Appendix) and other travel information (such as important information about your host country). We strongly recommend that you confirm that your travel plans have been correctly registered with the State Department. The “Smart Travel” section of the State Department website also has useful information and tips to help keep you safe and prepared while overseas https://step.state.gov/step/.

The second thing to do is check with the Center for Disease Control (contact details below) for immunizations and health checks for the specific country that you will be visiting. We assume that all students have read and are familiar with the information contained in this Manual. No immunizations are currently required for Australia, Botswana, Fiji, New Zealand, South Africa, or UK (at the time of publication) although the Center for Disease Control has previously recommended Hepatitis A for anyone traveling outside of the U.S. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention’s hotline for international travelers at 1-877.FYI.TRIP (1-877-394-8747); fax 1-888.CDC.FAXX (1-888-232-3299), or via the CDC’s website at http://wwwn.cdc.gov/travel. In addition, the CDC strongly recommends taking steps to prevent contraction of malaria. For information about outbreaks of infectious diseases abroad, consult the World Health
Organization's website at [http://www.who.int/en](http://www.who.int/en). Further health information for travelers is available at [http://www.who.int/ith/en/]. Please note that the programs often involve activities that may be physically challenging for some students, (e.g. kayaking, hiking, and snorkeling). If you have any doubts about your ability to participate, or if you feel uncomfortable about participating in any program activity, please consult your faculty or a DA staff member at the earliest possible convenience. Participants must take responsibility for their own actions and for preparing themselves adequately for all outdoor activities.

**Special Note on Fiji**

The Director of Medical Services at the University of Georgia Health Center provided the following information. Fiji has many infectious diseases, most notable include typhoid fever, dengue fever, and leptospirosis. Typhoid is generally the result of inadequate public health measures, water and food contamination and is always a risk in Fiji. All water sources in the Natewa Bay and Buca Bay area carry Salmonella typhi and paratyphi, which causes disease and is passed by fecal-oral route. Cases of typhoid continue to be reported throughout Fiji. Typhoid vaccination is now, and has been for years, recommended for all travelers to Fiji. Extreme food and water precautions are recommended. Additionally Hepatitis-A, Influenza vaccinations are recommended for all travelers going to Fiji as well as the routine immunizations required of all UGA students at matriculation.

Gastrointestinal distress and dehydration are a risk in Fiji, and it is recommended that you do not drink or brush your teeth with tap water and that you drink bottled water throughout the program and regularly in order to stay hydrated. Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Dengue fever occurs throughout Fiji and daytime insect precautions are recommended. No endemic malaria has been reported. Leptospirosis organism infects a variety of both wild and domestic mammals, especially rodents, cattle, swine, dogs, horses, sheep, and goats. They excrete the spirochete into their urine and contaminate soil and water. Human are incidental hosts and often acquire the disease when swimming in “fresh” water ponds or lakes. This is worse after local flooding which often occurs in Fiji. Students should not swim, bathe or otherwise recreate in fresh water areas on Fiji (or most places). Lepto can be severe, fatal but is usually mild. It may present as fever and diarrhea and is usually treated with simple antibiotics such as doxycycline or amoxil.

Fiji is currently malaria-free but does have some mosquito-borne diseases, especially dengue fever, and it is recommended that you at all times wear a mosquito repellent containing DEET and wear long sleeves especially in the early evening. Ross River fever virus is spread by mosquitoes, especially during daytime. This virus is present in northern and eastern Australia including Cairns and Sydney, Papua New Guinea, Fiji, and the southwest Pacific Islands. Cases have been reported among tourists. Symptoms include arthritis, especially in the knees, ankles, and wrists. Joint pain persists for more than one year in 50% of cases and headache and depression in 25%, especially in the elderly.

Ciguatera poisoning is prevalent and results from eating reef fish such as grouper, snapper, amberjack, and barracuda. The toxin remains even when fish is well cooked and can cause heart problems and death. Because of risk of ciguatera food poisoning it is also recommended you do not eat some species of reef fish, especially snapper, barracuda, and grouper.

On the Fiji program students are not permitted to leave the program accommodations after 6:00pm and during the day they must be in groups of 4 or more at all times. Suva especially can be a dangerous city and robberies and muggings can be common.

Marine hazards include corals, jellyfish, sharks, sea urchins, sea snakes. Heed posted warnings at organized beaches, and do not bathe at unmarked, unpatrolled beaches.
Special note on Botswana and South Africa

Malaria risk for travelers to South Africa is present. The CDC recommends that those traveling to the Northeastern province as well as Kruger National Park receive antimalarial treatment. Chloroquine is the recommended prevention treatment for the strands of malaria present in South Africa. Malaria is not listed by the CDC as present in the eastern district to which the program travels, and it is only presented as very low risk in the Central and North West districts of Botswana. Mosquito netting is not required or provided for bedding as it is winter during the program and the permanent tents have netting capacity built into the zippered door system.

Emergency Numbers

Australia: Fire, Police, Ambulance: Dial 000
Botswana: Fire, Police, Ambulance: Dial 999 (police), 997 (ambulance), and 998 (fire)
Fiji: Fire, Police, Ambulance: Dial 000/917 (police) and 911 (fire and ambulance)
Hawaii: Fire, Police, Ambulance: Dial 911
New Zealand: Fire, Police, Ambulance: Dial 111
South Africa: Fire, Police, Ambulance: Dial 10111 (general), from cell 112 (general), 10177 (ambulance)
UK: Fire, Police, Ambulance: Dial 999

Medical Treatment and Services

Medical Facilities and Services in Australia, New Zealand, and UK are generally of a high standard. Doctors are available in most places, and pharmacists are able to provide medical advice and assistance as is typical in the U.S. For minor problems, we recommend you seek the advice of a pharmacist first. In all programs there are rural aspects and/or outer islands where there is no immediate emergency medical facility available, but some staff at the accommodation may be trained in advanced first aid. In emergency cases, it is possible to arrange medical evacuation (necessary evacuation is normally covered by the medical insurance provided from all students: see the travel insurance section). Health-care facilities in Fiji, Botswana, and South Africa are adequate for routine medical problems.

Australia

Atherton: Atherton District Hospital, Jack Street, Ph (07) 4091 0211
Beaudesert: Beaudesert Hospital, 64 Tina Street, Beaudesert, Ph (07) 5541 9111
Brisbane: The Travel Doctor, 247 Adelaide St (5th floor), Ph (07) 3221 9066
Travellers’ Medical Service (24 hours), 245 Albert St (Level 1), Ph (07) 3211 3611
Royal Brisbane Hospital. Herston Rd, Brisbane, Qld 4001. Ph (07) 3636 1530.
Cairns: Cairns Hospital, 165-171 Esplanade, Ph (07) 4226 0000
Cape Tribulation: Douglas Shire Multi-Purpose Health Service, 9 Hospital St., Mossman QLD, Ph. (07) 4084 1200
Carnarvon: Injune Medical Center, 32 Annandale St., Injune 4454, Qld. Ph (07) 4826-1514
Hervey Bay: Central Square Medical Centre, 163 Boat Harbour Drive, Ph (07) 4124 1355
Noosaville: Noosa Hospital, 111 Goodchap Street, Ph (07) 5455 9200
Noosaville 7 Day Medical Centre, Cnr. Thomas and Mary Sts., Ph. (07) 5442 4922
Port Douglas: Port Douglas Medical Center, 33 Macrossan St, Ph (07) 4099 5276
Sydney: Stanmore Meducak Clinic, 110 Cambridge Street, Ph (02) 9569 2213
Sydney Hospital, 8 Macquarie St, Central City, Ph (02) 9382 7009

Botswana
Serowe: Sekgoma Memorial Hospital, Main Rd, Serowe, Botswana, Phone: 463 0333

Fiji

Suva: Boulevard Medical Centre, 33 Ellery St, Ph. 331-3404.
Ambulance: 330-1439
Suva Private Hospital, 120 Amy St. Ph. 331-3355. Open 24 hours a day. (Western-style care)
Colonial War Memorial Hospital, at the end of Ratu Mara Road at Brown Street, is the public hospital, but go to Suva Private Hospital if at all possible.
Suva City Pharmacy, Victoria Parade in the General Post Office building., ph. 331 7400.

Nadi: Nadi Hospital, Market Rd, Ph. 670-1128
Nadi Ambulance Ph. 670-1128.
Dr. Ram Raju, 2 Lodhia St., Nadi Town, Ph. 670-1769 or 976333 mobile
Lautoka Hospital (much larger), Ph. 666-0399

Yasawas Islands: Limited medical facilities. In the event of a medical emergency, transport by boat or air ambulance to Lautoka or Suva hospitals is the normal arrangement.
Air Ambulance Fiji: +44 (0) 1243 621097

Hawaii

Hilo: Hilo Medical Center, 1190 Waianuenue Avenue, Hilo, HI 96720. 24 hour emergency services. 808-974-4700.
Hilo Urgent Care Center, 45 Mohouli St., Hilo, Hawaii 96720. Open M-F: 8:30 – 21:00, SS: 9:30 – 16:00.

Kona: Kona Community Hospital, 69 Haukapila St., Kealakekua, Hawaii 96750. 808-322-9311.
Hualalai Urgent Care Clinic Kona Location, 77-6447 Kuakini Hwy., Kailua-Kona, Hawaii 96740. M-F: 8:00 – 17:00, Sat: 9:00 – 17:00.

New Zealand

Auckland: City Med, 8 Albert Street, Auckland City, NZ, Ph (09) 377 5525
Ponsonby Accident and Medical Center, 202 Ponsonby Road, Ponsonby, Ph (09) 376 5555

Wellington: Wellington Hospital, Riddeford St., Newton, Ph (04) 385 5999

Christchurch: The 24 Hour Surgery, Cnr Bealey Ave and Colombo St, Ph (03) 365 7777
Christchurch Hospital, Riccarton Ave, Ph (03) 364 0640
Moorhouse Medical, 9 Washington Way, Ph 03-365-7900 (open 7 days, 8am-10pm)
Mental Health Services: Ph (03) 339 1112, Emergency Service 0800 920 092

Te Anau: Te Anau Health Centre, Luxmore Drive, Ph (03) 249 7007
St Arnaud: Wakefield Medical Centre (50 min drive), Ph (03) 541 8121
Queenstown: Queenstown Accident and Medical Centre, 9 Isle St, Ph. (03) 441-0555 or 441-0500
Motueka: Greenwood Medical Centre, 25 Greenwood St, Motueka, Ph (03) 528-8866 or after hours (03) 528 8770

Kaikoura: Kaikoura Medical Centre, Deal St, Ph (03) 319 6614 (appointment required)
Rotorua: Rotorua Hospital, Arawa St., Ph. (07) 348 1199
Rotorua Medical Centre, 1195 Amohia St., Ph. (07) 347 0000

Twizel: High Country Health, 37 Tasman Rd., Twizel, Ph. 03 435 0777
South Africa

Johannesburg: Milpark Hospital, 9 Guid Road, Parktown, Johannesburg, South Africa Ph. +27 11 480 5600
Garden City Hospital, Bartlett Road, Mayfaire West, Johannesburg, South Africa Ph. +27 11 495 5000
Sabie: Sabie Hospital, Hospital Street, Sabie 1260 South Africa, Ph. 13 764 1222

United Kingdom

Cambridge: Addenbrooke’s Hospital, Hills Road, Cambridge CB2 0QQ, Ph. 01223 245 151
Pharmacy: Boots, phone 01223 350 213
Bath: University Medical Centre, Quarry House, North Road, Bath BA2 7AY, Ph. 01225 386655
Bristol: Bristol Royal Infirmary, 2 Marlborough St, Ph. 0117 923 0000
Manchester: Manchester Royal Infirmary, Oxford Rd, Ph. 0161 276 1234
Ambleside: The Health Centre, Rydal Road, Ph. 015394 32693
Edinburgh: Royal Infirmary, Little France, Old Dalkeith Rd, Ph. 0131 536 1000
York: York District Hospital, Wigginton Rd, Ph. 01904 631313
Loch Ness: Raigmore Hospital, Old Perth Road, Inverness, Inverness-shire, Ph: 01463 704000

Medical and Evacuation Insurance

As part of the program fee, each student and faculty/TA will be covered with the supplemental UGA study abroad insurance (effective August 1, 2015) through Cultural Insurance Services International (CISI; 1-800-303-8120, 203-399-5130 for claims submission questions; fax: 203-399-5596). Check with CISI for details of the coverage. This insurance is supplemental to any regular personal medical insurance: do not cancel your regular insurance! This policy provides travel insurance benefits for individuals traveling outside of their home country. This policy does not constitute comprehensive health insurance coverage (often referred to as “major medical coverage”) and does not satisfy a person’s individual obligation to secure the requirement of minimum essential coverage under the Affordable Care Act (ACA). For more information about the ACA, please refer to http://www.healthcare.org. It is suggested that you review the policy at the following URL:


Responsibility for medical treatment of preexisting conditions is the sole responsibility of the program participant. We also strongly discourage participants from engaging in any high-risk, or potentially high-risk, activities – some, or all of which, are not included in your insurance coverage. These include, but are not limited to, bungee jumping, skiing, sky diving, mountain climbing, contact sports, paragliding, parachuting, scuba diving, driving a motorized vehicle, hitchhiking, hang gliding, riding in private airplanes, ice climbing, technical climbing, white-water sports, and swimming where there are strong currents, etc. and we ask that you check with your own insurance provider to determine your level of coverage for such activities. Medical insurance provided through the DA program is a form of secondary insurance and will not cover these and other high-risk activities. Please know that if you decide to participate in such activities, you do so at your own risk.

Be sure to keep your insurance card with you at all times. You will most likely need to pay upfront for any services and file for a refund from your insurance. Thus, you need to be prepared with a means of payment accepted at your destination (credit card, emergency traveler’s checks, ATM card, etc.). Save all receipts and
treatment forms from the doctor, preferably translated into English. Detailed information about the supplementary insurance and how to file a claim can be found at goabroad.uga.edu website:

http://goabroad.uga.edu/?go=insurance

Information regarding the mobile app is available at the following URL:

http://www.culturalinsurance.com/mycisiapp/

**We also strongly recommend that you purchase trip insurance to cover loss of luggage, equipment/laptops, cancelled/missed flights, missed/cancelled program, etc.** In the event that you cannot attend a program (for example, with a medical emergency or U.S. State Department Travel Warning) such insurance can cover any loss of program fees resulting from a canceled program. Some options for insurance include Trip Protector offered by HTH Worldwide Insurance (http://www.hthworldwide.com) and Student Trip insurance offered by the International Medical Group (http://www.betins.com). Once in the country, you may need to pay upfront for any services and file for a refund from the insurer. (Be sure to keep your insurance card with you at all times).

**Tips for Healthy Travel**

Eating healthy foods, drinking purified water, sleeping properly, and wearing sunscreen and insect repellent will be the best course of action to keep you healthy. Generally, because Australia and New Zealand are such healthy places, you will mostly be dealing with similar types of health problems as you would traveling in the U.S. Eating and sleeping properly and wearing sunscreen and an insect repellent will be the best things to do to keep yourself healthy.

The University of Georgia Travel Clinic is the best resource for educating yourself about diseases and general health problems in the country you plan to visit. They will help you by recommending immunizations, precautionary medical information, tips on safe travel practices and how to access emergency medical care over and beyond what is provided in this manual. During your consultation, you will obtain a report about health issues in the area of your travel and resources about your health maintenance while traveling. It is recommended that you take with you your most recent immunization records so that you will obtain the very best care. Appointments should be made 4-6 weeks prior to travel to insure adequate time for immunizations and preparation. Most appointments are for 30 minutes. Please refer to the following URL for further information: https://www.uhs.uga.edu/services/travel-clinic.

Fiji is also generally healthy as they are free of many of the virulent tropical diseases and pests (particularly, there is no malaria), but preventive measures against insect bites and food and water-borne illnesses are necessary (which means, don’t drink water from the faucet!). **Only drink bottled or filtered water in Fiji.**

Always be aware of the dangers and responsibilities of travel. Traveling may give you a new sense of freedom and a false sense of the security of your new environment. It is therefore important to be aware of your environment and take necessary measures to ensure your safety at all times. You will also be using a variety of public modes of transportation and you may not be aware of local rules (e.g. where it is safe to walk, swim, hike, etc.). Risks associated with areas of high crime, night travel, swimming in oceans, rivers and other waterways, driving motorized vehicles, overindulgence in alcohol and drugs, etc. exist everywhere. Consider storing passports and other essential items in hotel/hostel safe boxes (a money belt is often a good idea). Carry some form of ID with you at all times (including contact information at home and in the foreign country). Be aware that the programs travel to some remote locations, where there is no immediate emergency medical facility available.
Exercise the same precautions you would as a tourist in any U.S. city or town but also be aware that the cues you may typically exercise in places that you are familiar with will likely be very different in unfamiliar places. Be aware of local laws; always remember that you are in a foreign country and that the rules and regulations that exist in the US may not apply. Most incidents resulting in injury or death of students while studying abroad are reported to involve:

- Travel/traffic accidents
- Use and abuse of alcohol or drugs (according to State department statistics, one-third of Americans arrested abroad each year are imprisoned on drug charges). Drug penalties abroad may be severe and harsh and often there is very little that the US consulate can do to get you out of jail
- Sexual harassment and assault
- Crime/petty theft
- Mental health issues/stress
- Diseases and illnesses that exist in the host country

Top Ten Health and Safety Tips while Studying Abroad

There are inherent risks in any study abroad or traveling experience, and while staff will make all attempts to ensure you have a healthy and safe trip, you are ultimately responsible for ensuring your own health and safety. Below are a few tips for staying safe while traveling (taken and/or adapted from the State University of New York Study Abroad Handbook):

1. Be informed about safety issues in the country and city. While traveling, keep yourself and your property safe. Do not display money, wallet, or other valuable items and be aware while handling money (this includes getting proper change). Be aware of all necessary valuables (e.g. passport, wallet, traveler’s checks) at all times. Keep them with you (a money belt is often a good idea) or consider storing passports and other essentials in hotel/hostel safe boxes. Never leave any belongings, luggage or bags unattended or with strangers. Buy a lock for your backpack or luggage. Be prepared for field activities; i.e., wear sturdy hiking/walking shoes and bring a raincoat and warm layers for inclement and changeable weather. When going out, lock doors at your accommodation. Ask your local field guides or hostel managers where it is safe to walk and when. Do not walk alone at night anywhere. Take a cab or walk with a friend or two.

2. Avoid high-risk activities. Unless you are taking physical education credit, all physical activities on the program are voluntary and an alternate assignment/activity can be assigned if you inform your faculty or staff member before participating.

3. Be prepared to respond to an emergency or crisis (refer to the section on crisis management in this Manual).

4. Avoid crime and violence, including sexual harassment and assault. Do not put yourself in a situation where you could become a target (e.g., going out late at night, going out alone and/or intoxicated, going out with friends that you have just met while socializing, etc.). Remain with your group of friends when you go out. Pay particular attention when accepting food and drink, upon arrival at the airport, with using nonverbal and verbal communication/body language, and when engaging in political conversations (avoid conversations about contentious political issues with locals). Avoid unwanted attention and confrontation. Don’t scream “I’m a tourist” in how you kit yourself out; no hanging cameras, talking loudly, map waving, or smothering yourself in US flags or symbols. Read the “Top Ten Ways to Not Become a Victim of Crime Around the World” article from the Center for Global Education’s SAFETI on-line newsletter (http://globaled.us/safeti/v2n22002ed_top_ten_list.asp).

5. Make sure your mode of transportation is safe. Know where you are going, the distance you are going, and what time you expect to arrive. Ask about the credentials of the driver and the transportation.

6. Avoid alcohol and drugs and know the effects of alcohol and drugs. Although alcohol may be legal at a younger age abroad, its use and abuse is tied to being a victim of crime, violence, accident, and injury. Drug use (at home or abroad) can result in severe consequences – understand that the rules pertaining to drug use may be very different abroad than they are in the United States.
7. Be able to communicate with your group, faculty, and/or staff members at all times. Use the buddy system. The buddy system is a cooperative practice of two (or more) people working together for mutual assistance and/or safety and is to be used for all outdoor activities ranging from being in the water to hiking as well as returning to the coach before departing from a location. The buddy system is not restricted just to program activities, even on free days, your buddy should always know where you are, how to contact you, and when you are expected back. If you leave the group for any reason, inform a DA staff member of where you are going and when you can be expected to return. Carry your Emergency Information Card, health insurance information, and some form of ID with contact information for home and in-country with you at all times.

8. Take care of your physical, dental, and mental health. Make sure the DA office and program staff are aware of any medical conditions you have, or any medical treatments or medicines you require regularly. While on the programs, staff have a first aid kit (also available on the coach). Let staff know immediately if you are injured or require first aid treatment. Inform a staff member if you are ill as they can help you seek medical advice. A list of medical facilities is enclosed in this Manual. Be aware that medical facilities are not always readily available in remote field locations. If you think you need medical assistance, visit a doctor before you leave the city. All students on prescribed medication are to remain on medication during the duration of the program, unless advised otherwise by a doctor or medical representative. Failure to do so and going off prescribed medication poses a health and safety risk for the individual and may be considered grounds for dismissal.

9. Have adequate health insurance and 24 hour emergency assistance.

10. Lead a healthy lifestyle. Take time to relax and be patient with yourself (allowing yourself time to adapt to the new culture and environment). Be mindful of jetlag: mild exercise and sunlight combined with appropriate water intake and eight hours of sleep a night are effective ways to acclimatize. Maintain good personal hygiene, stay fit and exercise, sleep eight hours a night, eat healthy foods and drink water! Stay sober, and pay attention to what is going on around you at all times.

Some of the Most Common Ailments

Sun-burn

Burn times in the South Pacific especially are far, far shorter than in the U.S. and northern hemisphere (for atmospheric reasons). It is highly recommended you wear sunscreen, reapply it regularly, and wear a hat in the sun at all times. As with all hot climates, remember to keep hydrated.

Stomach trouble

As we travel a lot in this program from place to place, you will be eating new foods, enjoying meals in many different places, and often will be using public bathrooms. The most likely health problem you will thus have is a stomach upset. To reduce this, we recommend the following:

- Wash hands thoroughly and regularly with soap and water
- Use a hand sanitizer as well as (not instead of) washing with soap and water. The most effective over-the-counter hand sanitizer contains 60-62% alcohol.
- The most at-risk foods include raw foods of animal origins and raw fruits and vegetables; but recognize that generally food is as safe in Australia, New Zealand and UK as it is in the U.S.
- In Fiji, you may hear that it is ok to drink the tap water, but don’t! Stomach upsets can wreck a short trip. We recommend you do not drink tap water unless it has been boiled, filtered, or chemically disinfected, or use bottled water. Do not have drinks with ice, and do not brush your teeth with untreated tap water.
- In Fiji, there are additional risks with foods. Do not eat fruits or vegetables unless they have been peeled or cooked. Avoid cooked foods that are no longer still hot. Cooked foods that have been left at room temperature are particularly hazardous. Avoid un-pasteurized milk and any products that might
have been made from un-pasteurized milk, such as ice cream. Be careful with food and beverages obtained from street vendors. Do not eat raw or undercooked meat or fish. Some types of fish may contain poisonous bio-toxins even when cooked. Barracuda in particular should never be eaten. Other fish that may contain toxins include red snapper, grouper, amberjack, sea bass, and a large number of tropical reef fish.

Common symptoms of food-borne illness include nausea, vomiting, abdominal cramps, and diarrhea. Usually the best first response is to limit food intake and focus on oral re-hydration with clear liquids, especially oral re-hydration salts, which is often beneficial to replace lost fluids and electrolytes. Most diarrheas do not require antibiotics, but in all cases re-hydration is necessary. You should consult a doctor if:

- A high fever of 101.5°F is involved
- There is blood in the stools
- There is prolonged vomiting that prevents keeping liquids down
- There are signs of dehydration, including decrease in urination, dry mouth and throat, feeling dizzy when standing up, or diarrheal illness that lasts more than three days.

*Insect bites, especially mosquitoes*

Insect-borne disease is a problem in tropical regions, including Fiji, Botswana, and South Africa (and certain parts of northern Queensland). In Fiji, the main risk is probably Dengue Fever, which is more likely to be contracted in urban areas and from bites during the daytime. To avoid bites, wear long sleeves, long pants, hats and shoes (rather than sandals). Apply *insect repellents* containing 25-35% DEET (N-diethyl-3-methylbenzamide) to clothing and exposed skin (but not to the eyes, mouth, or open wounds). Do not sleep with the window open, unless there is a screen. If sleeping outdoors or in an accommodation that allows entry of mosquitoes, use a bed net, preferably impregnated with insect repellent, with edges tucked in under the mattress. The use of preventive medicine is a decision that needs to be made by each person in consultation with his or her doctor or travel clinic. It is recommended that you check the Appendix for both Botswana and South Africa for recommendations regarding yellow fever and malaria.

*Animal bites*

Australia, Fiji, New Zealand, and UK are all rabies free. However, avoid contact with stray dogs and other animals. If an animal bites or scratches you, clean the wound with large amounts of soap and water. Botswana and South Africa are not free of rabies and may be spread through the saliva of an infected animal, usually through a bite, scratch or lick on broken skin (particularly dogs and related species, but also bats). Risk is higher for individuals going to remote areas. Even if a pre-exposure vaccine has been received, urgent medical advice should be sought after any animal or bat bite. In Botswana and South Africa do not touch the wildlife unless you are required to do so as part of the course and you are being supervised by an expert or guide.

*Snake Bites*

Avoid all snakes. If bitten, elevate, pressure wrap and immobilize the wound. Seek medical treatment as soon as possible. There are no known snakes in New Zealand.

*Jet Lag*

You may experience jet lag or traveler’s stress. Some helpful ways to counteract jet lag include: getting plenty of rest, eating healthy food, drinking plenty of water, avoiding caffeine and alcohol, getting some moderate exercise and wearing loose, comfortable clothing.
Culture Shock

Culture shock is a typical phenomenon that happens to all travelers who venture to a new culture and country for an extended period of time. There are many emotional effects of facing new values, habits and lifestyles. You may experience confusing emotional highs and lows during your time abroad. You may also feel anxious, impatient, bewildered and depressed at times. Be aware that a moderate amount of anxiety and stress is a natural part of intercultural transitions. This stress is nothing to be afraid of and can easily be dealt with by having a positive attitude and taking good care of yourself, both emotionally and physically. Culture shock is normally less of a problem in this program than most, because we spend so much time together as a group and students are rarely isolated. However, please be aware of the signs both in yourself and in others.

Recent studies have shown that there are distinct phases of cultural shock, which virtually everyone who lives abroad goes through. Each phase has a number of characteristic features, one of which is usually predominant. These stages include:

- **Preliminary stage**: This phase includes awareness of the host culture, preparation for the journey, farewell activities.
- **Initial euphoria**: The initial euphoria phase begins with the arrival in the new country and ends when the excitement wears off.
- **Irritability**: During the irritability phase you will be acclimating to your setting. This will produce frustration because of the difficulty in coping with the elementary aspects of everyday life when things still appear so foreign to you. Your focus will likely turn to the differences between the host culture and your home, and these differences can be troubling. Sometimes insignificant difficulties can seem like major problems. One typical reaction against culture shock is to associate mainly with other North Americans, but remember you are going abroad to get to know the host country, its people, culture, and language. If you avoid contact with nationals of the host country, you cheat yourself and lengthen the process of adaptation.
- **Gradual Adjustment**: When you become more used to the new culture, you will slip into the gradual adjustment stage. You may not even be aware that this is happening. You will begin to orient yourself and to be able to interpret subtle culture clues. The culture will become familiar to you.
- **Adaptation and biculturalism**: Eventually you will develop the ability to function in the new culture. Your sense of “foreignness” diminishes significantly. And not only will you be more comfortable with the host culture, but you may also feel a part of it. Once abroad, you can take some steps to minimize emotional and physical ups and downs. Try to establish routines that incorporate both the difficult and enjoyable tasks of the day or week. Treat yourself to an occasional indulgence such as a UGA magazine or newspaper, a favorite meal or beverage, or a long talk with other Americans experiencing the same challenges. Keep yourself healthy through regular exercise and eating habits. Accept invitations to activities that will allow you to see areas of the host culture outside the university and meet new people. Above all try to maintain your sense of humor.
- **Re-entry phase**: The re-entry phase occurs when you return to your homeland. For some, this can be the most painful phase of all. You will be excited about sharing your experiences, and you will realize that you have changed, although you may not be able to explain how. One set of values has long been instilled in you, another you have acquired in the host country. Both may seem equally valid.

Here are some general tips for traveling and interacting with foreign cultures, which, if kept in mind, may help ease cultural adjustment:

- Travel in a spirit of humility and with a genuine desire to meet and talk with local people.
- Do not expect to find things as you have left them at home, for you have left your home to find things different.
- Do not take anything too seriously. An open mind is the beginning of a fine international experience.
- Do not let others get on your nerves. You have come a long way to learn as much as you can, to enjoy the experience, and to be a good ambassador for your country.
• Read carefully the information in your Program Manual.
• Remember your passport so that you know where it is at all times: a person without a passport is a person without a country.
• Do not judge the people of a country by the one person with whom you have had trouble—this is unfair to the people as a whole.
• Remember that you are a guest in every land. One who treats a host with respect will be treated as an honored guest.
• Cultivate the habit of listening and observing, rather than merely seeing or hearing.
• Realize that other people may have thought patterns and concepts of times, which are very different than yours—not inferior, just different.
• Be aware of the feelings of local people to prevent what might be offensive behavior. For example, photography must be particularly respectful of persons.
• Make no promise to local, new friends that you cannot implement or carry through.
• Spend time reflecting on your daily experiences in order to deepen your understanding of your experiences.

Seasickness

Seasickness is a typical phenomenon that happens to many travelers who are on a boat. To deal with seasickness here are a few recommendations:

Non-medicinal options include:
• Stay busy and keep your mind occupied.
• Remain outside and above deck as much as possible.
• Keep the horizon as a true point of reference (do not go inside with no land or horizon to view).
• Try to face forward (with peripheral/wide view).
• Eat and drink lightly (avoid spicy, fatty foods).
• Lying down can help (although you could try to do this outside if possible).
• See what your ears are feeling!

Remedies for seasickness include:
• Herbal (e.g., ginger).
• Non-pharmaceutical (e.g., wrist bands).
• Dramamine (Dramamine II is non-drowsy).
• Prescription patches (worn behind the ear) although we have found that it does increase thirst.

Tips for Safe Travel

Always, especially during periods of free time (i.e., weekends, spring break, etc.), be aware of the dangers and responsibilities of travel. In Fiji students will not be permitted to travel after dark (6:00 PM). (Suva, Fiji, in particular, can be a dangerous city and robberies and muggings are common.)

While you are traveling, keep yourself and your property safe:
• Do not display money, wallet, or other valuable items.
• Avoid bringing any valuables (e.g., jewelry, large amounts of cash, etc.); when necessary, consider storing in hotel/hostel safe boxes.
• Don’t dress as if to say “I’m a tourist.” This means no hanging cameras, talking loudly, waving a map, or smothering yourself in U.S. flags or symbols.
• Use a money belt to carry your passport and money.
• Never leave any luggage or bags unattended.
• Ask at your hostel or locals where it is safe to walk and when.
• Buy a lock for your backpack or luggage.
• Avoid unwanted attention and confrontations.
• Do not walk alone at night. It is better to get a cab or walk with a friend.
• Stay sober.
• Make duplicate copies of your passport, insurance cards, credit card, ATM card, traveler’s checks, etc., and leave one at home in the USA with a responsible individual and bring one copy with you that you store separately from the originals.
• Carry with you a list of emergency numbers, health insurance information, and some form of ID with contact information for home and in-country.
• Pay attention to what is going on around you.

**High crime areas and the risks of overindulgence with alcohol, swimming hazards, night travel, etc. exist in places all over the world. Exercise the same precautions you would as a tourist in any U.S. city or town. Also, remember that you are in a foreign country and the same rules and regulations existing in the USA may not also apply in other countries. Review the State Department Consular information for crime, safety, threat of terrorism, political issues, and any travel warnings.**

**Safety for Women**

A personal safety guide is available through the UGA police department (706-542-2200) and female students are encouraged to review this. The UGA Police Department teaches a four-pronged approach to prevent sexual assault:

• Alertness (be aware of the facts about rape and other sexual assaults)
• Prevention (making your surroundings more secure against an attack)
• Precaution (avoiding an attack by placing yourself in a less vulnerable circumstance)
• Preparation (how to defend yourself against an attack and what to do if you are attacked)

Useful telephone numbers include: UGA Women's Clinic: 706-542-8691 and Rape Crisis Hotline: 706-542.SAFE. In instances of sexual assault, police and legal processes in Australia, New Zealand and UK are particularly victim-supportive. Do not hesitate to seek police and ambulance assistance immediately.

UGA also offers the following resources to assist and help prepare females for study abroad: From the University Health Center (http://www.uhs.uga.edu/sexualhealth/index.html and http://www.uhs.uga.edu/rsvp/index.html), from the Office of Security and Emergency Preparedness (http://www.prepare.uga.edu/resources/) and from the Center for Global Education SAFETI consortium (http://www.globaled.us/safeti/index.asp). We strongly encourage you to review these materials.

**Safety in the Outdoors**

Our program provides opportunities for land and water-based activities such as hiking, kayaking, glacier hiking, and open-ocean snorkeling. Water and the bush can both be very dangerous. In several places, the main dangers in the water are cold causing hypothermia and drowning and/or dangerous creatures. If you are not a competent swimmer, we highly recommend you do not swim in the ocean. There can be strong currents in all places we visit. Some beaches are patrolled, meaning they have flagged areas safer for swimming and lifeguards on duty. Always swim at a beach patrolled by lifeguards, if available. It is particularly important that no direct interaction with wildlife while in the bush of Botswana and South Africa take place. Safety precautions are of utmost importance.

**At the beach and in the ocean**

• Do not swim or stand on shore around dusk or after sundown.
• Swim between the red and yellow flags on patrolled beaches.
• Swim with a friend/buddy.
• Read and obey safety signs. If you are unsure of conditions, ask a lifesaver or someone in charge of beach activities.
• Don’t swim under the influence of alcohol or other drugs.
• Don’t run and dive in the water.
• Check before you enter the water, conditions change regularly.
• If you get into trouble in the water, stay calm and signal for help by raising your arm, float and wait for assistance.
• Float with a rip. Don’t swim against it.
• Never swim against a current, swim diagonally across it.
• Swim along the coast, not away from it.
• At the beach use a high protective factor sunscreen, wear a long-sleeve shirt and broad brimmed hat.
• Do not touch anything washed up in a beach unless you know it is safe! New Zealand water and beaches, by contrast, have few poisonous creatures.

At inland waterholes, springs, or rivers
• Don’t run and dive into water. The water may be shallow or there may be submerged objects to snag you.
• In hot springs, do not put your head underwater.

When snorkeling
• Do not touch or stand or walk or rest on any coral or sea animals. It harms them, but in Australia and Fiji many will also harm you – some seriously.
• Always snorkel using the buddy system – this means always be in sight and sound of your buddy. You help them and he/she helps you. Stick together.
• Never turn your back on the ocean where there are waves.
• Always observe surf, current, wave sets, and surge on reefs/rocks.
• Enter and exit from a sandy beach area or boat (when provided).
• Always wear a wetsuit when the water is cold.

When reef walking
• Wear protective footwear at all times.
• Do not touch anything, or rest on coral at any time. Many toxic animals live on the reef flat or intertidal area, including cone shells, stinging hydroids and corals, and stone fish.
• Wear high protection sunscreen, a wide-brimmed hat, and a long sleeved shirt.

When on boats
• Know the location of survival rafts, life vests, and life preservers.
• Wear appropriate footwear.
• Alcohol and boats do not mix.
• Pay close attention to all safety instruction.
• If you go for an unexpected swim, remember
  o Don’t panic.
  o Conserve energy.
  o If possible, use a current to your advantage: angle yourself toward safety and let the water do the work.
When hiking
- Always be with a buddy, and leave information about where you are going and expected return. Where requested, complete visitor intention forms at trailheads.
- Stay on trails.
- Take a hat, map, whistle, compass, and water.
- Do not wear jeans (once they get wet, they stay wet).
- Carry a first aid kit or know where one is.
- Be prepared for dramatic and sudden weather changes. Hypothermia is the main killer in the NZ bush—plan accordingly with warm layers and waterproof clothing. Heat is the main killer in the Australian outback. Make sure you have plenty of water and sun protection.
- If stranded in the outback in Australia do not leave your vehicle.

When on safari
- Your guide will give a safety talk whether your wildlife observations are on foot or by vehicle.
- Adhere to what your guide tells you when viewing wildlife.
- Wildlife may be more familiar with people and, likely, less intimated by your presence at the campsite.
- NEVER tease or corner wild animals as this may illicit an unpredictable response and a potentially dangerous reaction.
- Never feed the wildlife.

Mental Health

Study abroad is not a vacation for mental (or physical) issues. Indeed, studying abroad can add more stress and exacerbate issues resulting from feelings of loneliness (separation from friends and family), culture shock, travel, long distance relationships, new relationships, and adjusting to a new culture/environment. It is important that you continue taking your regular medications consistently while abroad and that you have sufficient supply for your time away (and know how to get more in case of an emergency). Contact your institution directly for assistance with mental health questions and help in preparing for your study abroad program. Be extremely careful when carrying prescription drugs overseas; what may be legal in the States may be illegal in other countries (and vice-versa). Carry all written prescriptions with you while traveling.

Some Foreseen Hazards and Risks and Ways to Manage Risks

Be aware of some of the potential and foreseen hazards and risks of traveling abroad. These include traveling alone, remaining in contact with the group at all times, and being comfortable with using equipment and/or participating in outdoor activities. If you are uncomfortable with any activity or use of equipment inform your faculty member. While in the water and/or in boats, you must wear a life jacket or have access to a life jacket at all times. When hiking, be sure to know where you are going and the time and place to meet up afterward.

Recommended Reading

Some recommended reading before going abroad include:

During periods of free time (i.e., free days and time before or after the program at the beginning or end of the day) be aware of the dangers and responsibilities of independent travel. The Let's Go and Lonely Planet series can help you prepare such travel, which can be a fun and wonderful opportunity to experience the host nation.
Non-program Related Activities

On free days and during Spring Break (for the Spring Semester Program), we strongly discourage you from participating in any activities that could pose a threat to your wellbeing. This includes but is not limited to bungee jumping, SCUBA diving, car rental, etc., and we ask that you check with your insurance provider to determine your level of coverage for such activities. Health insurance provided through the study abroad program is a form of secondary insurance and will not cover these high-risk activities. Please know that if you decide to participate in such activities, you do so at your own risk.

OIE Incident Report

Faculty are required, and students, and families are strongly encouraged, to submit an Incident Report for all known incidents during the program. Incidents can range from minor cuts (such as coral cuts), sickness and flu symptoms to thefts and loss of personal items, to major events such as terrorist activities and natural disasters. If in doubt, submit the form.

The online OIE Incident Report Form asks for the following information, so please make every effort to record these details during/immediately after the incident: student name(s), student id(s), date/time/location of incident, name(s) and contact details of others involved, detailed description of the incident. Please submit the form online to OIE and email a .pdf (copy or screen print) of the incident report to the Discover Abroad office. Online OIE Incident Report Form available here: http://oie.uga.edu/incidentreport.

OIE Emergency Response Protocol

The OIE Emergency Response Protocol provides a system for coordinating the management of emergency services for all participants on our study abroad programs. Although no single plan can address all contingencies, UGA recognizes the importance of establishing, in advance, policies and procedures designed to safeguard the safety and welfare of participants. Refer to the Appendix for the Protocol, including steps and procedures to follow in the event of an emergency.

Traveling as an American

Meeting peoples of the world is exciting. You are likely eager for the experience to energize you. It is this feeling of anticipation and excitement that makes it a shock when you are met with confrontation because you are an American. It will be difficult to be confronted with seemingly unexpected and challenging questions. It may feel as though you are being attacked personally and criticized as an American. Furthermore, as you spend more and more time in your host country, you will begin to recognize several different cultural patterns that are quite different from your own. These cultural patterns include differences in style, assumptions, values, cultural norms, perception, motivation, forms of achievement, methods of confrontation, personalization, and the list goes on and on. Although these differences are just the tip of the iceberg, it is still important to recognize your own "American" patterns and what they mean to you. Dr. L Robert Kohls, Director of International Programs at San Francisco State University, is a renowned literary contributor to the research on cultural patterns. He has developed a list of 13 commonly held values that help explain to first-time visitors to the United States why Americans act the way they do. He is careful, and warns against labeling these values as positive or negative.

Kohls' Commonly Held Values
1. Personal Control over the Environment: Americans do not believe in the power of fate, and they look at people who do as being backward, primitive or naive. In the American context, to be "fatalistic" is to be superstitious, lazy or unwilling to take initiative. Everyone should have control over whatever in the environment might potentially affect him or her. The problems of one's life are not seen as having resulted from bad luck as much as having come from one's laziness and unwillingness to take responsibility in pursuing a better life.

2. Change Seen as Natural and Positive: In the American mind, change is seen as indisputably good, leading to development, improvement, and progress. Many older, more traditional cultures consider change to be disruptive and destructive; they value stability, continuity, tradition and a rich and ancient heritage - none of which are considered very important in the United States.

3. Time and its Control: Time is of utmost importance to most Americans. It is something to be on, kept, filled, saved, used, spent, wasted, lost, gained, planned, given, and even killed. Americans are more concerned with getting things accomplished on time than they are with developing interpersonal relations. Their lives seem controlled by the little machines they wear on their wrists, cutting their discussions off abruptly to make their next appointment on time. This philosophy has enabled Americans to be extremely productive, and productivity is highly valued in their country.

4. Equality/Fairness: Equality is so cherished in the U.S. that it is seen as having religious roots. Americans believe that all people are "created equal" and that all should have an equal opportunity to succeed. This concept of equality is strange to seven-eighths of the world, which views status and authority as desirable, even if they happen to be near the bottom of the social order.

5. Individualism/Independence: Americans view themselves as highly individualistic in their thoughts and actions. They resist being thought of as representatives of any homogeneous group. When they do join groups, they believe they are special, just a little different from other members of the same group. In the U.S., you will find people freely expressing a variety of opinions anywhere and anytime. Yet, in spite of this "independence," almost all Americans end up voting for one of their two major political parties. Individualism leads to privacy, which Americans see as desirable. The word "privacy" does not exist in many non-Western languages. If it does, it is likely to have a negative connotation, suggesting loneliness or forced isolation. It is not uncommon for Americans to say and almost to believe: "If I don't have half an hour a day to myself, I go stark-raving mad!"

6. Self-Help/Initiative: Americans take credit only for what they accomplish as individuals. They get no credit for having been born into a rich family but pride themselves in having climbed the ladder of success, to whatever level, all by themselves. The equivalent of these words cannot be found in most other languages. It's an indicator of how highly Americans regard the "self-made" man or woman.

7. Competition: Americans believe that competition brings out the best in any individual in any system. Value is reflected in the economic system of "free enterprise" and it is applied in the U.S. in all areas - medicine, the arts, education and sports.

8. Future Orientation: Americans value the future and the improvements the future will surely bring. They devalue the past and are, to a large extent, unaware of the present. Even a happy present goes largely unnoticed because Americans are hopeful that the future will bring even greater happiness. Since Americans believe that humans, not fate, can and should control the environment, they are good at planning short-term projects.

9. Action/Work Orientation: "Don't just stand there," says a typical bit of American advice, "do something!" This expression, though normally used in a crisis situation, in a sense describes most Americans' waking life, where action - any action - is seen as better than inaction. Most Americans routinely schedule an extremely active day. Any relaxation must be limited in time and aimed at "recreating" so that they can work harder once their "recreation" is over. Such a "no-nonsense" attitude toward life has created a class of people known as "workaholics" - people addicted to, and often wholly identified with, their profession. The first question people often ask when they meet each other in the U.S. is related to work: "What do you do?" "Where do you work?" or "Who (what company) are you with?" The United States may be one of the few countries in the world where people speak about the "dignity of human
labor," meaning hard physical labor. Even corporation presidents will engage in physical labor from time to time and, in doing so, gain rather than lose respect from others.

10. Informality: Americans are even more informal and casual than their close relatives - the Western Europeans. For example, American bosses often urge their employees to call them by their first names and feel uncomfortable with the title "Mr." or "Mrs." Smith. Clothing is another area where American informality is most noticeable, perhaps even shocking. For example, one can go to a symphony performance in any large American city and find people dressed in blue jeans.

11. Directness/Openness/Honesty: Many other countries have developed subtle, sometimes highly ritualistic ways of interacting with each other, such as ways of informing others of unpleasant information. Americans prefer the direct approach. They are likely to be completely honest in delivering their negative evaluations, and consider anything other than the most direct and open approach to be "dishonest" and "insincere." Anyone in the U.S. who uses an intermediary to deliver the message will also be considered "manipulative" and "untrustworthy". In other cultural settings this can come across as rude, disrespectful, or nasty.

12. Practicality/Efficiency: Americans have a reputation for being realistic, practical and efficient. The practical consideration is likely to be given highest priority in making any important decision. Americans pride themselves in not being very philosophically or theoretically oriented. If Americans would even admit to having a philosophy, it would probably be that of pragmatism. Will it make money? What is the "bottom line?" What can I gain from this activity? These are the kinds of questions Americans are likely to ask, rather than: Is it aesthetically pleasing? Will it be enjoyable? Will it advance the cause of knowledge? This pragmatic orientation has caused Americans to contribute more inventions to the world than any other country in human history. The love of "practicality" has also caused Americans to view some professions as more favorable than others. Management and economics are much more popular in the United States than philosophy or anthropology, and law and medicine more valued than the arts. Americans belittle "emotional" and "subjective" evaluations in favor of "rational" and "objective" assessments. Americans try to avoid being "too sentimental" in making their decisions. They judge every situation "on its own merits."

13. Materialism/Acquisitiveness: Foreigners generally consider Americans as highly materialistic, which by any standards is true. Americans would like to think that their material objects are just the "natural benefits" that result from hard work and serious intent - a reward, which all people could enjoy were they as industrious and hard working as Americans. They may give a higher priority to obtaining, maintaining and protecting material objects than they do in developing and enjoying relationships with other people. Since Americans value newness and innovation, they sell or throw away possessions frequently and replace them with newer ones. A car may be kept for only two or three years, a house for five or six before buying a new one. This value of things over people is considered quite abhorrent in many other cultural settings.

Dealing Positively with Anti-American Criticism

You probably consider yourself to be a good person, or at least someone with good intentions. But as you meet people outside of the United States, you will begin to discover that others don't always think that way. In fact, you must be prepared for confrontation based on what and who you are, to be judged not for yourself at times, but rather as a collective body of people who live south of Canada and north of Mexico. The forms of confrontation may vary; sometimes you will be expected to answer questions about American politics, geography, values and other issues as if you were the #1 expert on the subject. Here is a list of commonly asked questions, which include: Why are Americans so materialistic? Why are Americans so racist? How can you justify forcing the Native Americans onto reservations when the whole country belongs to them? Why are Americans so ignorant of other countries? Why does America give so much foreign aid to countries that abuse human rights? Why are there so many homeless people in "the richest country in the world?" Why teachers are so poorly paid in a country that claims to have one of the best educational systems? Why does the U.S. try to
behave as the police of the world? And most relevant to our program: Why are they so wasteful of natural resources?

There is no one right or wrong way to respond to attacks made against the United States or yourself for being American. You will have your own method for dealing with confrontation based on your own experiences, your way of dealing with conflict, and your opinions. You may choose to take an active role, and respond to the questions or accusations, or you may choose to take a passive role and not say anything in response. As you begin to respond to any criticism keep the following strategies in mind.

• Draw upon personal experiences and observations. When someone asks you a question like, "Why are Americans so wasteful of natural resources?" your first response might be to say: "Oh, not me." Whether or not the question is based on fact, one way to respond might be to draw on your own experiences and observations. In this case, you can say that while you cannot speak for the rest of the American population, you have your own personal practices, such as recycling, water conservation or use of public transportation.

• Avoid becoming defensive. You don’t need to single-handedly explain and defend your country – you are traveling to find out how other people see the world! If you understand the critic’s motive(s) and rationale for their opinion, you can perhaps find some common ground and a more tolerant way to respond. Keep an open mind, and remember to try and understand your critic’s motives and beliefs.

• Become more familiar with common U.S. facts and policies. "Americans are uneducated." That is a common belief overseas. How can you dispel that stereotype? "Why don't you know who the Secretary of State is?" People in other countries will probably ask you a lot of questions about the United States on such varied topics as geography, politics, pop culture, etc. There may be questions from, "Who decides whether a person is guilty of a crime?" to, "Does every American wear cowboy boots and ride a horse?" However, it is not uncommon to find that people overseas know a great deal about U.S. politics and policies. You should re-familiarize yourself with basic U.S. facts and policies because you do not want to be uneducated or ignorant of basic facts. Some suggested areas to brush up on are: U.S. geography (e.g., differences in regions), U.S. political system (e.g., how does Congress differ from the Senate), U.S. judicial system (e.g., how does the jury system work "in theory"), and U.S.)
Appendix A: Active Listening Skills and Note-taking

Good note-taking is crucial, but few students do it well. There is no magic except effort and practice. First, an essential skill for good note-taking is good listening. Most people believe that they are good listeners, but research has shown that most of us do not listen well. So first of all, you should try to sharpen your listening skills. Here are some tips:

- Maintain eye contact with the speaker. Of course you will need to look at your notebook to write your notes, but eye contact keeps you focused on the job at hand and keeps you involved in the lecture.

- Focus on content, not delivery. Have you ever counted the number of times a teacher clears his/her throat in a fifteen-minute period, or flicks his/her hair? If so, you weren't focusing on content. Avoid emotional involvement. Also, when you are too emotionally involved in listening, you tend to hear what you want to hear—not what is actually being said. Try to remain objective and open-minded.

- Avoid distractions. Don't let your mind wander or be distracted by the person shuffling papers near you. If the room is too hot or too cold try to remedy that situation if you can.

- Treat listening as a challenging mental task. Listening to an academic lecture is not a passive act—at least it shouldn't be. You need to concentrate on what is said so that you can process the information into your notes. Stay active by asking mental questions. Active listening keeps you on your toes. Here are some questions you can ask yourself as you listen. What key point is the person making? How does this fit with what I know already? How is this lecture organized? Use the gap between the rate of speech and your rate of thought. You can think faster than the lecturer can talk. That's one reason your mind may tend to wander.

Taking notes during a lecture can be a frustrating, almost overwhelming, job. Getting organized is the best way to deal with the rush of incoming information. Here are some tips:

- Use a standard size notebook. A loose-leaf three-ring binder is the best because it allows you to insert handouts and rearrange your own notes.

- Sit near the front and center of the class. You will have the most direct communication with your professor, and you will less likely be distracted. Research shows that students at the front of the class or group get better grades.

- Put a heading and a date on your notes for each day, and be listening carefully from the outset. Isn't it easier to understand what someone is saying when you know what they are talking about? The same thing is true in a lecture. When the professor tells you what the day's lecture is about, write it down as the title. And those first comments? They may sound casual, but usually they outline the key point(s) that the entire lecture develops!

- Try to prepare for lectures by pre-reading the materials. You will find that you will understand the lecture better if you have some basic background. This preparation is one that very few students take seriously.

- Learn to identify main points and not get bogged down in detail. Professors often give cues to what's important by repeating information, changing their voices or rate of delivery, listing items in order of importance, and, of course, by writing on the chalkboard. So, after you have the title and intro, listen for: main points, specific details, transitions - the links that make it clear how ideas relate, new topics/subtopics.

- Review your notes as soon as possible. Memory loss of 50% occurs within 24 hours, 80% within 2 weeks. Many students take notes and never look at them again until just before an exam. By that time, some of the information may look very unfamiliar and confusing. To make the best use of notes, edit and review them as soon as possible after class. Compare your notes with those of other people for content. (Adopt their best note-taking ideas while you are at it.) Edit first for accuracy: Don't rewrite. Read them. Do they make sense? Fill, fix up, and correct your notes. This is a new idea for most people. It's very effective and highly recommended.
• After you edit your notes, you are ready to study the ideas in them. Just looking over the notes is too passive. You need to be active: Select key ideas in the lecture. What was important? Write a possible exam question for each key idea. Review by covering the notes and asking yourself the questions.

• Get accurate notes. Develop your own shorthand for words common to a class. For example, use "g" instead of "ing", "&" instead of "and", "w/" for "with", use only consonants, etc. You only need to prompt your memory for the words. Listen for cues of emphasis by the Professor and underline or star those items. Cues might be in voice changes, examples, repetition, or saying it is important. Set the ideas into an outline form, not essay or paragraph. If there is a list, use a separate line for each item.
Appendix B: NAFSA Good Practices for Health and Safety

The following health and safety guidelines are adapted from the NAFSA Association of International Educators’ 2003 “Good Practices for Health and Safety”. We expect that all participants will:

- Read and carefully consider all materials issued by DA that relate to safety, health, legal, environmental, political, cultural, and religious conditions in host countries.
- Consider their health and other personal circumstances when accepting a place in a program.
- Make available to DA accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.
- Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations and activity briefings.
- Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
- Inform parents/guardians/families, and any others who may need to know, about their participation in the study abroad program, provide them with emergency contact information, and keep them informed on an ongoing basis.
- Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program, and obey host-country laws.
- Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals.
- Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.
- Accept responsibility for their own decisions and actions.
- Become familiar with the procedures for obtaining emergency health and law enforcement services in the host country.
- Follow the program policies for keeping program staff informed of their whereabouts and well-being.
- Discuss with their parents/guardians/families when and where DA’s responsibility ends, and the range of aspects of participants’ overseas experiences that are beyond DA’s control. In particular, DA generally:
  - Cannot guarantee or assure the safety of participants or eliminate all risks from the study abroad environments.
  - Cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
  - Cannot prevent participants from engaging in illegal, dangerous or unwise activities.
  - Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
  - Cannot assume responsibility for the actions of persons not employed or otherwise engaged by the program sponsor, for events that are not part of the program, or that are beyond the control of the sponsor and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
  - Cannot assure that home-country cultural values and norms will apply in the host country.
## Appendix C: Consular Information Sheets

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Appendix D: Homestay Information for Students (All Programs)

In General

The special opportunity you are preparing for – staying as a guest in the home of a resident family – is something you will always treasure, and all the more so as time goes by. You may be a little nervous about what to expect, and what will happen, and what is expected of you. These notes will give you some pointers and answer some of your questions ahead of time, so you can relax and get the most out of this truly unique experience.

First of all, you are wanted! Although your expenses are being covered, your host family asked for the chance to have a homestay guest, and they are looking forward to getting to know you, sharing time with you, and having you join their family. Furthermore, the homestay families have been vetted for safety and reliability, and most families have hosted students before. Your hosts will want to know more about you-so bring along a picture or two of your family, your friends, your pets, postcards or photos from your hometown, and so on.

Your most important guideline is this: As the homestay guest, it is your responsibility to adapt. If your host family does things one way and you are accustomed to doing them another way, try within reason to conform. Remember that you are, at least for a while, a member of the family! You should try to follow the family’s pattern of daily life with regard to mealtimes, activity schedules, when you get up and when you go to sleep, what you eat, and where you go. Sometimes this will be inconvenient or impossible – but you will learn the most about the culture by living it yourself! During your homestay, you may not have as much personal privacy as you are used to. Depending upon the family, the size of their house, and the number of people living at home, you may share space with others, and may or may not have an area that is exclusively yours alone. Your homestay family will not negotiate with you regarding money or payment for the homestay. They will not offer to sell you any additional service or product, or get involved with any financial transactions with you.

If you have any reservations or concerns about your homestay assignment, or feel uncomfortable for any reason with your homestay family, you should let the program director at once. S/he will discuss the specifics of situation with you and will make any changes or alterations that seem called for.

Most of all - relax, enjoy the adventure, be a good guest, and learn all you can!

What Your Homestay Family Can Expect from You

They expect to receive a respectful, clean, neat, and gracious guest, willing to learn about his/her host family and their culture. This means:

- Understand that as the homestay guest, it is your responsibility to adapt
  - Be attentive to the meal times and other routines within the family
  - Respect the family’s preference of TV shows, where available, and kinds of music
  - Treat any pets appropriately
  - Receive visitors with respect and discretion
  - Be attentive to what the family likes and does not like to talk about

- Wash your clothes (if arrangements have not been made for the family to do the laundry) and take showers according to family schedules

- Be willing to interact with your host family, both in the home and in family and/or community events, without meddling in their private affairs

- Be aware that the family may not be able to provide voluntary dietary choices

- Be aware that the family may not be able to provide as much privacy or comfort as you may be accustomed to
• Realize that household phones are usually for emergencies, not for convenience, and certainly not for un-reimbursed long distance calls
• Keep your possessions in a neat and tidy manner, to make your bed each morning, and look after your own basic housekeeping
• Help out, when possible, with routine household chores, as do other members of your household
• Communicate your plans clearly; what meals you will be away for, when you expect to be home (make sure your return time is acceptable to your family) and stick to that plan as far as possible
• Understand that homestay families are
  o Not sources of pocket money, loans or financial responsibility of any kind
  o Not there for counseling or therapeutic attention
  o Not there to provide unusual services or treatment such as special diets that have not been pre-arranged by the provider, telephone time, maid service, clothing, recreation facilities, excursions, etc.
• Consume resources (electricity, hot water) sparingly—they are not cheap or abundant in most countries. Do not shower at hours that will disturb the household
• Be financially responsible for any damage to the homestay property
• Behave as a respectful and responsible adult member of the household. Be sensitive and aware of how your presence can contribute something to the household, through an active interest in the family and participation in family activities. Ultimately, you are a goodwill ambassador, whose behavior must reflect positively on yourself, your university and your country.

What You Can Expect from Your Hosts

Your host family will provide you with some meals (ask your director for details regarding which meals are included in the homestay). They are expected to treat you with dignity and respect at all times, and to involve you as far as possible in the life of the household. This means the homestay family will:
• Understand they are providing a cultural experience, not serving as a bed-and-breakfast service
• Share time and interact with you, and include you in family and/or community events
• You will have your own bed
• You might share a room with another student or household member of the same gender and general age
• They will provide adequate, healthy food. If the homestay is in a developing country, you should not eat salads or uncooked fruit and vegetables that cannot be peeled first
• Provide clean, sanitary living conditions
• If your homestay family is responsible for laundry (not all homestays include laundry so ask your program director), the homestay family will wash a pre-determined amount of clothes for you on a pre-determined schedule
• Provide you with keys to the house
• Speak/practice the native language with you, if you so wish
• Provide you with a place to study (desk or table, adequate light, with minimal distractions)

Personal Appearance and Clothing

Dressing neatly and cleanly is a form of respect for others, and you will be judged by how you dress. You should dress at least as well as those around you. As a general rule of etiquette (and safety), keep your shoes on when you are outside. Most people (all in Fiji) leave boots or shoes outside the house when they come in, especially if they are muddy. Watch what others do, and follow suit. Shirts must be worn indoors; men who have taken off their shirt while working or playing sports outside put it on again when they come indoors. You should pay close attention to standards of modesty. Don’t walk around the house with nothing on but a towel.
after your shower. Avoid wearing revealing clothes - excessively short shorts, low-cut blouses, tank tops that reveal your belly button, and so on - as you will offend and embarrass your host family.

**Food**

Try as graciously as possible to accept and enjoy the food that has been prepared for you. When you have a plate of food in front of you, don't pick it up, frown at it, sniff at it, or act as if it could be poisonous or disgusting! You will offend your hosts if you do. If the food is on the table, you can be sure that it won't harm you, that it is perfectly edible, and that it probably tastes delicious. If it is a new taste or texture for you, give it a try. Even if you are a picky eater at home, you should try to be as open-minded and adventurous as possible about food during your homestay!

**Alcohol**

Each family will have its own ideas about drinking alcohol. Some might have a beer together now and then, while others are teetotalers and abstain completely from alcohol. As a homestay guest, you should be observant and sensitive to the patterns of your homestay family; if the family is drinking, and if you choose to drink, do so with moderation; if the family is not drinking, you should also refrain. Remember that drunkenness may be grounds for dismissal from UGA Study Abroad programs, regardless of time and place where the intoxication occurs. You are not permitted to bring alcohol to the homestay. Alcohol is prohibited in Fiji homestays.

**Household Chores**

It is entirely appropriate for you to help with household chores or any work that the family takes part in – preparing food, setting the table, washing dishes, sweeping, working in the garden, clearing paths, repairing things, and so forth - so don't hesitate to offer. If your offer is turned down, it may be that your hosts are just being polite and wish to honor you as a guest. Just offer again the next day, and indicate that you really want to help! They'll probably be delighted.

**Relating to Children**

Small children may stare at you and ask lots of questions. Older kids may want to see what's in your backpack. Smile, and respond in a friendly way. You might even keep a few treats in your pack as surprises! It is easy to charm children if you take a little time to play with them, entertain them with a trick or two, draw pictures with them, look at books together, work a puzzle with them, or teach them a card game. Please consider the presence of small children in your language and behavior. Because there may be little kids around, you should think twice about bringing along anything that is very delicate or expensive.

**Gifts**

It is customary to present the host family with a gift of some sort shortly after your arrival. It need not be expensive. You might bring a coffee cup or baseball cap with your university's logo on it; a food product that the host family could share, such as your favorite kind of candy or jam (nothing that melts in the heat!); some games or puzzles which you can enjoy with the kids; or whatever you'd like to give. In developing nations, inexpensive prescription glasses (used or new) are often welcomed. Refer to the information on Fiji homestay for other suggestions.
Appendix E: Fiji Village Homestay Etiquette and Guidelines

All students participating in the Fiji program should be aware of, and comply with, the following etiquette and guidelines during their village homestay. These guidelines have been prepared by the villagers themselves so do not feel embarrassed to raise any of the issues (or concerns that you may have) with your host family.

1. Most importantly, the village wants you to know that by being accepted into their home (after the sevu sevu ceremony) you are considered one of their family members. They wish you to speak up and tell them what you like/dislike (especially with regard to food preferences) and not to be shy. This will be difficult for you at first, but please know that your stay is as much a highlight for them as it is for you.

2. Bottled or filtered water only is to be consumed during the homestay. This includes all ceremonies (e.g., kava drinking), at meals (e.g., juice), and when cleaning your teeth. You must not drink or eat anything made of tap water that has not been boiled. The service provider has informed your family hosts of this but please discuss again with your family when you first meet them. Do not feel embarrassed in asking if the water is bottled/filtered before drinking it.

3. Generally, there will be one student per family. However, in some cases, you may be asked to share a room with another student, but every student should always have their own bed. If this is not the case, please inform your faculty member so that the situation can be remedied.

4. No alcohol or non-prescription drugs should be brought into, or consumed in, the village. Alcohol is prohibited in certain villages and it is never polite for students to offer alcohol to villagers.

5. Remove shoes before entering a house. Use the same door that you have been asked to use (the front door is not typically used).

6. When seated, please cross your legs and avoid showing your feet.

7. Females ensure that your shoulders are covered (no tight, low-cut or sleeveless tops) and everyone should cover their legs to below the knees with a tsulu/wrap. Swimwear is acceptable on the beach, but not inside the village. Please remove hats and sunglasses while in the village.

8. Avoid carrying anything on your shoulders (including towels and daypacks), carry these by hand.

9. At meal times, take only small portions of food but feel free to go back for more. Fijians will expect you to eat lots, but it is disrespectful to leave food on your plate. Food is scarce and waste is not tolerated.

10. In some cases, males and guests may be asked to eat first and before others. Your homestay family is not excluding you from meal times, rather this is considered a sign of respect. Typically your family will say grace before each meal.

11. At meal times, utensils may or may not be used and you may have to use your fingers. Sometimes only a spoon is provided.

12. Never walk in front of the kava bowl (tanoa). In social situations, walk behind the group and keep low or stooped. If you do find yourself walking in front of the kava bowl, bow down and touch the tanoa. When offered kava clap your hands once, drink in one gulp and then clap your hands three times.

13. You will be welcomed to the village on your arrival with a sevusevu ceremony. Usually photos are permitted but please be sure to ask first. Students should not be afraid to decline to drink kava if they do not wish to drink it, and it will not be considered rude.

14. Do not eat salads or uncooked fruit and vegetables that cannot be peeled first. Likewise, cooked food should be eaten while still piping hot, and undercooked/raw meat and fish should always be avoided.

15. Avoid standing while others are seated. The head is the most respected part of the body for Fijians (avoid touching a Fijians’ head – including children).

16. Keep your voice down and refrain from shouting or yelling in the village.

17. Bathing and cleanliness is an important and customary part of Fijian life. While you in the village it is expected that you will shower at least twice and preferably three times each day (in the morning, after an activity, and again in the evening). Fijians will consider it disrespectful of you not to bathe while in the village.

18. Some houses may or may not have electricity, flush toilets, showers, and/or indoor showers/toilets. There will always be water available (perhaps only from a bucket) and a private area for you to bathe. Contact your faculty member if privacy is a concern.
19. Your group should bring approx 1 kg of high quality root kava (also called ‘waka’) to the village for the sevusevu (welcome) ceremony. Kava can be purchased by your faculty member (you may need to remind him/her!) at any public market or grog shop.

20. It is appropriate (though not expected) for students to bring their homestay family a small gift. T-shirts, hats, and pens from your home university are always popular gifts. The villagers themselves have identified the following as being of particular use: Inexpensive eye-reading glasses (any prescription strength), first aid supplies, polarized sun glasses, warm socks, small flashlights (with batteries), used clothes/shoes (especially if students intend to dispose of items at end of the program), math sets (rulers, protractors, etc.), and solar calculators.
Appendix F: Checklist of Things to Consider When Preparing to Study Abroad

The following checklist is adapted from the Center for Global Education Study Abroad Student Handbook and contains a list of things that you may wish to consider as part of your preparation for studying abroad. If you do not know how to find the answer to anything listed here please contact DA.

Pre-Departure Planning
☐ I have compared ticket prices offered by travel agents, student agencies and websites and am aware of the optional group flight.
☐ I have a valid passport and visa(s).
☐ I have made multiple copies of all important travel documents.
☐ I have registered to obtain absentee ballots so I can vote in U.S. elections while abroad.
☐ I have set up power of attorney.

How Foreign Laws Apply to You
☐ I am familiar with the basic social laws of the countries to which I will be traveling, including laws related to drug and alcohol use.
☐ I am familiar with how the legal system works in each country I plan to visit.
☐ I know the location of the U.S. Embassy in each country I plan to visit.
☐ I have registered/will register with the U.S. Embassy in my host country.
☐ I have proper insurance and a personal lawyer in case I should need legal counsel.

Methods of Communication While Abroad
☐ I know all the important telephone and fax numbers and addresses for my program’s office both in the U.S. and abroad, including emergency after-hours numbers.
☐ I know the address and telephone number for my accommodations abroad.
☐ I know how to buy a cell phone abroad in case I need one.
☐ I have created an internationally accessible e-mail account address.
☐ All of my emergency contacts have all of my contact information, and I have theirs.

Packing
☐ I know how much luggage my airline (and the Program) allows me to check and to take on board my flight.
☐ I know what my airline permits me to take in my carry-on luggage.
☐ I have researched the weather conditions over various seasons in the region of my host country where I will be.
☐ I remembered to pack all important travel documents in my carry-on, not my checked bags.
I made an itemized list of everything I packed in case they are lost or stolen and I need to make an insurance claim.

Medical Care and Insurance
- I am familiar with the health care system of the country where I will be studying, including the quality of facilities and the cost of services.
- I know the location of the nearest hospital to my abroad accommodations.
- I know what my insurance policy does and does not cover.
- I have a first aid kit.
- I have complete medications for the duration of my Program and know how to refill needed prescriptions abroad.

Basic Health and Safety
- Before leaving, I have had a complete physical and dental check-up from my doctors.
- I have received all necessary immunizations required/recommended for entry to the countries I will visit, and I know where to obtain other inoculations abroad if needed later.
- I know who the emergency contact will be in my host country.
- I know who my emergency contact will be at home.
- I know whether or not the drinking water is safe to drink while abroad.
- I know what precautions to take when eating local food.
- I have researched where to buy food that suits my dietary needs/restrictions (i.e. for vegetarians, diabetics, etc.)
- I know how extensive, safe and reliable the public transportation system is in my host country.
- I am aware of the laws and codes of conduct that are likely to impact me.
- I understand that the use of alcohol and drugs increases my risk of accident and injury.

Risk Factors and Strategies to Reduce Risk
- I know how to try to reduce my personal susceptibility to risk and to avoid crime and violence abroad.
- I know where to get help if I need it.
- I have a small flashlight to carry with me at night.
- I am aware of the prevailing local attitudes towards, and local laws dealing with, sexual harassment and sexual assault.
- I am aware of any travel advisories issued by the U.S. State Department for the countries to which I will be traveling.

Special Issues
I am aware of the prevailing local sentiment towards people of my cultural background, race, religion, sex, sexual orientation, etc.

I am aware of how past and current U.S. policy has affected/affects the countries where I will visit.

I know how to avoid confrontations over politics/religion, and how to avoid provoking unwanted attention by not flaunting my "American-ness".

I am aware of the prevailing national sentiment towards the U.S. and U.S. citizens in the countries I will visit.

Crisis Management

I am aware that my program has an Emergency Action Plan.

In the event of serious injury or death, I have made my wishes clear to family in the U.S., and to my faculty member.

I am aware of what my program, the Embassy and the Consulate can and cannot do to assist me in the event of a crisis.

I have been provided with comprehensive information about my program, and I have shared this information with parents/guardians/family members.

I have more than one way to keep in touch with home while abroad (i.e. through e-mail, calling card, fax, etc.)

Adjustments and Culture Shock

I understand that it is normal to experience culture shock, including feelings of anxiety, depression and frustration.

I expect to have both good days and bad when learning to overcome my culture shock, and I will be patient with myself as I learn to adapt.

I know that I am not alone in how I feel.

I will try not to be negative or overly critical of another country’s culture. Instead, I will look for the positives that a culture possesses.

I will not let terrorist threats turn my culture shock into culture fear.

Upon return home, I will be patient with myself again as I experience reverse culture shock. (This includes trying not to be overly critical of the U.S. just because being home is not like being abroad.)

Airport Safety, Duties and Customs

I have all of my identification and travel documents in an assessable, yet secure, location.

I did not accept anything from anyone before boarding my flight.

I packed my bags myself and know exactly what’s in them.

My bags never left my sight or supervision before they were checked in.

I filled out all necessary declaration forms.
☐ I was honest in declaring everything I am bringing into or out of the U.S.

☐ I was careful to avoid carrying any item that be considered illegal in the U.S. or the host country, or may cause me to be suspected of smuggling
Appendix G: Letter from the Director of the Office of International Education

Dear Parents, Spouses, and Guardians of Study Abroad Participants:

Your student is about to embark upon what will likely be one of the most significant experiences of their college career. The Office of International Education is providing health and safety information to you now so that you and your student can be better prepared to avoid problems wherever possible and make educated decisions about health and safety. It is our hope to provide as much information as possible in order for students to have a positive experience.

In study abroad, as in other settings, parents, guardians, and families can play an important role in the health and safety of participants by helping them make decisions and by influencing their behavior overseas. Below are the recommendations from the NAFSA: Association of International Educators Responsible Study Abroad: Good Practices for Health and Safety Guidelines. When appropriate, parents/guardians/families should:

- Be informed about and involved in the decision of the participant to enroll in a particular program.
- Obtain and carefully evaluate participant program materials, as well as related health, safety, and security information.
- Discuss with the participant any of their travel plans and activities that may be independent of the study abroad program.
- Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
- Be responsive to requests from the program director for information regarding the participant.
- Keep in touch with the participant.
- Be aware that the participant rather than the program may most appropriately provide some information.

For your reference, we have also included the Emergency Response Protocol for International Education Programs Sponsored by the University of Georgia adapted for parents. This protocol is followed by all stakeholders in the event of an emergency overseas concerning UGA study abroad program participants.

If you have any questions or concerns about the program that cannot be answered by the program director, we encourage you to call and speak with an Education Abroad Advisor in the Office of International Education (706) 542-2900 or e-mail: goabroad@uga.edu.

Sincerely,
Dr. Yana Cornish
Director, Education Abroad
Appendix H: Emergency Response Protocol for International Education Programs Sponsored by the University of Georgia

The Office of International Education is charged with responsibility for coordinating emergency services for participants in UGA study abroad, exchange, and other international education programs. Although no single plan can address all contingencies, OIE recognizes the importance of establishing, in advance, policies and procedures designed to safeguard the welfare of participants and the University. The following policies shall serve as guidelines for the University’s response to crises affecting participants abroad.

A. The Difference Between Real and Perceived Emergencies

UGA acknowledges that emergencies may be real or perceived. Real emergencies are those that pose or have posed a genuine and sometimes immediate risk to the safety and well-being of participants. These include such occurrences as coups and other civil disturbances; natural and man-made disasters; incarcerations; serious physical or emotional illness; accidents; physical assaults; disappearances or kidnappings; and terrorist threats and attacks.

Perceived emergencies are those that pose no significant risks to the safety and well-being of participants, but which are seen as threatening by family members in the U.S. or by others, including, at times, students and colleagues at the home university. Perceptions of threat can arise from different circumstances, including but not limited to sensationalized reporting of an event abroad; the distortion of information provided by a participant in a telephone call, e-mail message, fax, or letter home; or simply out of the nervousness of a family member or student with little or no international experience.

1. Faculty must immediately respond to the situation
2. Document the incident - within 24 hours at oie.uga.edu/incidentreport

1. Ensure participant safety
2. Notify external entities
3. Call UGA Police Department at (001-706-542-2200)
4. Document the incident - within 24 hours at oie.uga.edu/incidentreport
In all cases, document the incident as soon as possible via online form (oie.uga.edu/incidentreport). Incident reports can be made by anyone with details of the situation: UGA faculty/staff in a position of authority on programs abroad, participating students, Education Abroad staff, family members at home, etc.

B. Role of Education Abroad in an Emergency

The staff of Education Abroad will coordinate the University’s response to a real or perceived crisis abroad and will involve others on campus as needed. Based on the level of real or perceived emergency UGA faculty/staff serving in leadership roles of programs abroad should utilize the protocol below.

In a low-level emergency: UGA faculty/staff and students should ensure safety of others in the program, gather details of the situation, respond accordingly and document the incident via online form (oie.uga.edu/incidentreport) within 24 hours of its occurrence.

In a medium- or high-level emergency: UGA faculty/staff and students should ensure safety of others in the program, gather details of the situation, and notify external entities as appropriate. External entities may include international health and travel provider, local police, and local U.S. Embassy or Consulate. In addition to the external entities, UGA faculty/staff must notify UGA campus authorities about the incident. To create an official record that may be later used for judicial, legal, or medical action, UGA Police Department needs to be contacted by phone using their emergency number 001(706) 542-2200. UGA Police Department emergency contact line is open 24 hours/7 days a week. Document the incident via online form (oie.uga.edu/incidentreport) within 24 hours of its occurrence.

UGA Police Department will inform the Director of Education Abroad of the situation, who will then activate an Emergency Response Action Plan. The Emergency Response Action Plan will involve relevant campus stakeholders to assist in the specific incident.

General office contact information:

Office of International Education
University of Georgia
International Education Building
1324 S. Lumpkin Street
Athens, Georgia 30602

Phone: (706) 542-2900
Fax: (706) 583-0148
E-mail: goabroad@uga.edu

Contact with the staff during non-business hours should be made through the UGA Police Department at UGA, who will always have the contact information for the OIE staff.

Public Safety Emergency Number: (706) 542-2200

C. Health Insurance on Education Abroad Programs

University of Georgia faculty/staff program leaders and students taking part in international experiences are enrolled in the USGA group travel health insurance plan through Cultural Insurance Services International (CISI) prior to departure and maintain this coverage for the duration of their program. In medical emergencies:

• For medical emergencies occurring on programs, you may contact CISI (collect from overseas: +1
(312) 935-1703). The following services are included in the CISI Team Assist insurance plan:

- Referral to the nearest, most appropriate medical facility and/or provider.
- Medical monitoring by board-certified medical physicians in the U.S.A.
- Prescription drug replacement/shipment
- Emergency message transmittal to and from a family member, friend, or medical provider
- Guarantee of payment to provider and assistance in coordinating insurance benefits.
- Coverage verification/payment assistance for medical expenses
- Assistance in obtaining emergency cash
- Traveler check replacement assistance
- Lost/delayed luggage tracing
- Replacement of lost or stolen airline ticket
- Credit card – passport – important document replacement
- Locating legal services
- Assistance in posting bond/bail
- Worldwide inoculation information

- The CISI insurance plan will be your primary insurance while abroad, and no additional enrollment is needed. Coverage from other forms of insurance will become secondary.
- To view the CISI Coverage Plan: [http://goabroad.uga.edu/?go=insurance](http://goabroad.uga.edu/?go=insurance)
- CISI group policy number: 16 GLM N10892880

D. Guidelines for Emergencies Abroad for Program Directors

1. Your first priority is to safeguard the safety and well-being of program participants. Do whatever is necessary and reasonable to ensure their safety. Obtain any emergency medical care for affected participants as soon as possible. Remain as calm as possible. Do your best to diffuse any growing anxieties that may be occurring among participants.

2. In low level emergency: UGA faculty/staff and students should insure safety of others in the program, gather details of the situation, respond accordingly and document the incident via online form ([oie.uga.edu/incidentreport](http://oie.uga.edu/incidentreport)) within 24 hours of its occurrence.

3. In medium and high level emergency: If the situation warrants, notify the local U.S. Embassy or Consulate about the emergency. Follow the Embassy’s or Consulate’s procedures and directives. If there is a continuing risk to the welfare of program participants (for example, during a terrorist threat), ask the appropriate Embassy or Consulate Officer to advise you on a regular basis about the evolution of the situation and about recommended behaviors for participants.

4. In medical emergencies:

- On programs using UGA’s Education Abroad Insurance, you may contact CISI at 800-303-8120 or directly at 203-399-5130 or fax: 203-399-5596. The Team Assist Plan (TAP) is designed by CISI in conjunction with the Assistance Company to provide travelers with a worldwide, 24-hour emergency telephone assistance service. Multilingual help and advice may be furnished for the Insured Person in the event of any emergency during the term of coverage. The Team Assist Plan complements the insurance benefits provided by the Accident and Sickness policy. Should you require Team Assist assistance, your ID number is your policy number. In the US, call (855) 327-1411, worldwide call (01-312) 935-1703 (collect calls accepted) or email medassist-usa@axa-assistance.us. TAP provides the following services and are included in the insurance:
  - Emergency Medical Transportation Services
The TAP provides services and pays expenses up to the amount shown in the School of Benefits for:

- Emergency Medical Evacuation
- Repatriation/Return of Mortal Remains

○ All services must be arranged through the Assistance Provider

○ Emergency Medical Evacuation
  - The Company shall pay benefits for Covered Expenses incurred up to the maximum stated in the Schedule of Benefits, if any injury or covered Sickness commencing during the Period of Coverage results in the Medically Necessary Emergency Medical Evacuation of the Insured Person. The decision for an Emergency Medical Evacuation must be by the Assistance company in consultation with the Insured Person’s local attending Doctor.
  - Emergency Medical Evacuation means:
    • The Insured Person’s medical condition warrants immediate transportation from the place where the Insured Person is located (due to inadequate medical facilities) to the nearest adequate medical facility where medical treatment can be obtained; or
    • After being treated at a local medical facility, the Insured Person’s medical condition warrants transportation with a qualified medical attendant to his/her Home Country or Permanent Resident to obtain further medical treatment or to recover; or both.
    • Covered Expenses are expenses, up to the maximum stated in the Schedule of Benefits, Emergency Medical Evacuation, for transportation, medical services and medical supplies necessarily incurred in connection with Emergency Medical Evacuation of the Insured Person. All transportation arrangements must be by the most direct and economical route.

○ Repatriation/Return of Mortal Remains or Cremation
  - The Company will pay the reasonable Covered Expenses incurred up to the maximum as stated in the Schedule of Benefits, Repatriation/Return of Mortal Remains, to return the Insured Person’s remains to his/her then current Home Country or Permanent Residence, if he or she dies. Covered expenses include, but are not limited to, expenses for embalming, cremation, a minimally necessary container appropriate for transportation, shipping costs and the necessary government authorizations. All Covered Expenses in connection with a Return of Mortal Remains must be pre-approved by the Company.

○ Please note that the TAP program offers other services that are NOT covered by the standard insurance and comes at an additional cost but may be purchased directly through CISI such as the following:
  - Emergency Assistance
    • Medical Referral
    • Prescription Drug Replacement/Shipments
    • Emergency Message Transmittal
    • Coverage Verification/Payment Assistance for Medical Expenses
  - Travel Assistance
    • Obtaining Emergency Cash
    • Traveler Check Replacement Assistance
    • Lost/Delayed Luggage Tracing
    • Replacement of Lost or Stolen Airline Ticket
  - Technical Assistance
- Credit Card/Passport/Important Document Replacement
- Locating Legal Services
- Assistance in Posting Bond/Bail
- Worldwide Inoculation Information

  - On the London Study Abroad Program through the College of Family and Consumer Sciences and the Drama and Theater in London program through the Department of Drama and Theatre (which use an AIFS Insurance plan) call 001 (603) 898-9159 (from outside the U.S.A. – call collect) and identify yourself by ID Partnership Short-Term 510.

The following services are provided by Team Assist, AIFS’ 24-hour assistance network:
- Referral to the nearest, most appropriate medical facility and or provider.
- Medical monitoring if you are admitted to a hospital in the U.S. or abroad.
- Prescription drug replacement.
- Emergency message relay.
- Guarantee of payment to provider and assistance in coordinating insurance benefits.
- Arranging and coordinating emergency medical evacuations and repatriations.
- Help in obtaining emergency cash, traveler’s check replacement.
- Assistance with lost or stolen items.
- Help obtaining legal services and in posting bond/bail.

- For medical emergencies involving a UGA faculty or staff member that may require medical evacuation or repatriation or remains, call MetLife (AXA Assistance USA) at 001 (312) 935-3783 (from outside the U.S.A. – call collect).

5. If the situation warrants and if you and the Embassy or Consulate believe it is appropriate, notify the local police about the situation. Then follow through with the procedures the police may require of you or the participant(s).

6. Contact UGA Police Department and inform them in a detailed way about the situation. UGA Police Department may ask the following information.
   - Name of caller and of victim(s)
   - Program name
   - Phone, cell phone or email where caller is located
   - Location of caller: street, city and country
   - Brief description of accident, injuries and/or emergency
   - Location of accident or emergency and proximity faculty/staff and students
   - Steps that have been taken and status of the incident
   - Status of communication with local law enforcement & the U.S. embassy/consulate

7. Keep UGA informed on a regular basis, through telephone, fax, and/or e-mail messages, about the evolution of the crisis.

8. After Education Abroad informed about an emergency, and after Education Abroad consults with you and other appropriate individuals, you may be sent a written course of action/response plan that you and the participants will be expected to follow.

9. In the event you are unable to call out of the country or otherwise unable to reach UGA officials in the early phases of an emergency, proceed as best you can to secure the safety and well-being of participants following the advice of in-country officials and U.S. Embassy or Consular Officers. Then as soon as it is possible to do so contact UGA either via online incident report (oie.uga.edu/incidentreport) (in low level emergencies) or through UGA Police Department 001 (706) 542-2200 (in medium or high
level emergencies). For example, during a natural disaster, such as an earthquake, all communication systems may be rendered inoperable.

10. In all cases remember to submit an incident report (oie.uga.edu/incidentreport) to Education Abroad.

E. Special Situations

1. In the event of the death of a participant, do not contact the next of kin. UGA will handle this. After UGA officials notify next of kin, be prepared to talk with the participant’s family member(s) who may be calling once they have been notified of the death.

2. In the event of the rape, it may not always be appropriate to contact law enforcement. If in doubt, first seek the advice of host country experts and the U.S. embassy or consulate.

3. During a political crisis, social unrest, or some other emergency in which foreigners in general or U.S. citizens in general may be at risk, instruct participants to avoid demonstrations, confrontations, or situations where they could be in danger; behavior that could call attention to themselves or identify them as Americans (such as speaking loudly in English); and locales where foreigners, Americans or American military are known to congregate. Instruct them to take down or remove signs, avoid using luggage tags, and wearing clothing that might label them as Americans.

F. Possible Responses to Emergencies Abroad

1. Emergencies that program directors could encounter include but are not limited to serious illness or injury of a participant, hospitalization of a participant, mental health crises of a participant, assault or rape of a participant, a participant being missing, a participant being taken hostage/kidnapped, arrest of a participant, death of a program participant(s), general student misconduct, political crises, natural or man-made disasters and terrorist threat.

2. The following should serve as a list of possible courses of action to be taken in the event of one of these or other emergencies, to be used at the discretion of the program director.

- Assist the participant in obtaining appropriate medical attention.
- Submit an incident report (oie.uga.edu/incidentreport) to Education Abroad.
- If student is on the UGA Education Abroad Insurance, contact CISI (toll-free within the U.S.: (800) 303-8120, 203-399-5130, fax: 203-399-5596 or from overseas to TAP (01-312) 935-1703 or 855-327-1411).
- If student is on the AIFS Insurance, call collect from overseas: (603) 898-9159 and identify yourself by ID Partnership Short-Term 510.
- If the emergency involves a UGA faculty or staff member that may require international emergency travel assistance service (Minnesota Life) call 001 (617)426-6603 and for international health insurance contact BlueCard Worldwide at 001 (804)673-1177.
- Contact the participant’s Emergency Contact listed on Student Agreement (with participant’s permission, if he/she is able to give permission).
- Listen to the affected participant(s) and when appropriate, take into account their desires when making decisions.
- Notify the nearest U.S. Embassy or Consulate and/or seek their advice.
- Notify local law enforcement.
- Notify UGA Police Department 001 (706) 542-2200.
- Seek counseling for affected participant(s).
- Seek information from other participants, host families and local friends of participants.
• Keep program participants and UGA updated on situation (when appropriate).

3. Information that you may want/need to obtain:

• Name, address and phone of attending physician(s) and medical facilities.
• Participant’s regular insurance provider name, address and phone as well as participant insurance policy ID.
• The nature of medical treatment and/or counseling already given.
• Diagnosis, prescribed treatment and prognosis.
• Risk to other participants.
• Details of any accident/incident including the name and contact information for any involved parties.
• Information on situation from any other participants in your group.
• Recommendations of the U.S. Embassy or Consulate
• Recommendation of local law enforcement and other agencies.
• Participant interest in returning to the U.S.A. Academic and financial consequences of returning home.
• Contact information for local friends and/or host family that may have knowledge about the situation.
• Police case numbers, officers involved, charges made against a participant, contact information for police.
• The reaction of other study abroad program directors in the area to the situation.
• The recommendations to citizens of the host country made by host country government.

G. Campus Resources

The following are some campus contacts that you might find useful in the event of an emergency or other problem abroad. However, in most situations, crisis response should be coordinated through Education Abroad as described in Section B.

**UGA Police Department**
During office hours/After hours/emergency number
(706) 542-2200

**Counseling and Psychiatric Services (CAPS)**
During office hours
(706) 542-2273
After hours through UGA Police Department
(706) 542-2200

**University Health Center**
During office Hours
(706) 542-8704 or 8706

**Legal Affairs**
During office hours
(706) 542-0006

**Equal Opportunity Office (EOO)**
During office hours
(706) 542-7912
ugaeeoo@uga.edu
Office of the Vice President for Student Affairs
During office hours
706-542-8220

Office of Student Conduct
During office hours
(706) 542-1131

Office of Emergency Preparedness
During office hours
(706) 542-5845

Links checked: November 14, 2016.