

STUDY ABROAD PRE-DEPARTURE HANDBOOK



Office of International Programs



COLORADO COLLEGE
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THE ADVENTURE BEGINS . . .

Congratulations on deciding to spend your next semester abroad! We think you'll find it to be a stimulating, challenging and rewarding experience. We hope that your sojourn abroad becomes one of many, and that you choose to continue your study of other languages and cultures when you return to Colorado College.

The Office of International Programs designed this booklet to help you as you prepare to study abroad. Please read this information carefully and take some time to reflect on some of the issues raised. What you are about to embark on could be a life-changing experience. It is important to think about not just the impact that it will have on you, but also about the impact that your presence and interactions will have on the people you meet and the places you go.

Most likely, you will have more questions when you have finished reading this handbook. That's to be expected. Feel free to contact us with any questions that arise before you leave or while you're away. We look forward to hearing all about your experiences when you return.

Good luck, and safe travels!

CHECKLIST FOR STUDY ABROAD

- Submit a Preliminary Course Approval Form and make sure you understand College policies on the transfer of credit from abroad.
- Confirm your plans in writing with the Registrar's Office (by May 1 for fall programs; December 1 for spring programs).
- Consult the Office of International Programs if you plan to participate in a program other than what you have been approved for. You will also need to file a Revision Form.
- Pay all phone bills, parking tickets and library fines.
- If you will be away during the spring, appoint a proxy to go through room selection for you. Make sure to let your proxy know what s/he should do in your absence. Proxy forms are available at the Office of Residential Life.
- Meet with your academic advisor to discuss the courses you will take when you return.
- Notify the mailroom of where to forward your mail while you are away.
- If you receive financial aid, meet with the student accounts and financial aid offices to completed required paperwork for the transfer of your aid.
- Make sure you have a passport that will be valid at least six months beyond the end of your program.
- Get any needed vaccinations or immunizations. Contact Boettcher Health Center or your physician for more information.
- Get all the required visas for your program and any countries you plan to visit. This process can take several months to complete, so do not wait until the last minute!
- Make sure that you have health insurance that will cover you overseas.
- Register your travel information with International SOS (all CC students have access to this)
- Have a routine physical and dental checkup.
- If you use prescription drugs, have them refilled shortly before you leave, and check with the country that you will be living in to make sure there are no restrictions about bringing that drug into the country. You may also want to bring information with you from your doctor about the generic names of the meds you take.
- Submit a completed medical form and waiver (for students participating in Colorado College programs only).
- Thoroughly read all materials sent to you by your study abroad program.
- Make sure you have informed family and friends about your travel plans.
- Learn as much as you can about your host country before leaving!
- Begin thinking about how you may want to share the abroad experience with friends and family. Do you intend to email home or blog regularly? Alternatively, do you want to try not to be dependent of too much emailing? If so, let your parents and friends know in advance that your want to try and be immersed in the culture. For some, it helps to decide, for example, one weekly or monthly email home before departing. If you know you will be living in a rural areas, let your parents know that there may not be telephone and email possibilities.
- You might contact local newspapers or niche magazines to ask if they are interested in receiving news and travel essays from you.

ACADEMICS

CREDITS AND GRADES

1. Colorado College Programs:

Make sure that you have enrolled in the required courses for your program before you leave campus. All credit earned on the Lüneburg, Marseille/Aix-en-Provence, Oaxaca, and St. Petersburg programs is considered CC credit and will appear on your transcript as such. Likewise, grades earned on these programs will appear on your transcript and will be included in determining your cumulative grade point average. Because these programs are taught by CC faculty, you will have the same grade track options that you have on campus.

Grades earned on exchange programs (Aberystwyth, Jönköping, Regensburg, Göttingen, Juiz de Fora Brazil, Fudan and S. Karelia Finland) will not appear on your transcript. Students on these exchange programs **may not** opt to take classes on a “pass/fail” basis.

2. CC Affiliated Programs:

Before you leave campus, make sure you have turned in a *CC Confirmation of Academic Leave of Absence* form to the Registrar’s Office. All credit and grades earned on CC Affiliated programs will appear on your transcript and be included in determining your cumulative grade point average. You also have the option of taking ACM and Affiliated courses on a “pass/no pass” basis.

Because many study abroad programs award credit on a semester basis, your credit will be converted to the block system before it is entered on your transcript. Remember, 1 unit on the block plan is worth 4 semester credit hours; therefore, a full semester at CC (4 units) is worth 16 semester credit hours. Plan your schedule accordingly.

3. Approved Programs:

If you are going on an Approved program and you haven’t already turned in a “Preliminary Course Approval Form” to the Office of International Programs, please do so immediately. If you will not know the actual courses you will take until you arrive on site, go ahead and complete as much of the form as you can and turn it in. Once on site, you will need to contact the Office of International Programs to let us know which courses you will be taking while abroad. *If you fail to obtain approval for your course work, you risk not receiving transfer credit.*

Here are some things to keep in mind:

- One unit of credit on the block plan is the equivalent of 4 semester credits or 6 quarter credits. If you take a course that is worth less than this you will not receive a full unit of credit.
- Credit is given only for academic work that is liberal arts in nature. For example, credit can be transferred for economics, but not necessarily for business administration. Likewise, applied music and art courses are accepted under conditions similar to those at CC. Internship credit will only be considered if there is a course component to the internship. Credit for internships is general studies credit. Departmental credit for an internship is only awarded with the pre-approval of the respective department at CC.

- Study abroad courses similar to a CC course already studied may not be credited on your transcript. You should also consider whether a study abroad course may affect later enrollment in a similar CC course.
- All of the above issues can be navigated using the Preliminary Course Approval Form, so you know how courses will transfer back to CC before you leave

For Approved programs, only the credit that is accepted for transfer will appear on your CC transcript. The grades you earned abroad will not appear on the transcript or be computed when determining your grade point average. This will not affect your overall GPA negatively or positively. **Please be aware that you must earn the equivalent of a C- or better for course work to be considered for transfer credit. Therefore, it is required that you take all classes for a grade on Approved programs even though the letter grade is not applicable. The Colorado College Registrar's Office will use the letter grade to determine whether or not your credit meets the C- threshold for transfer.**

Withdrawal / Change of Program Protocol

To officially withdraw from study abroad, a student must notify the International Programs Office and Registrar's Office, preferably in writing. If you change the study abroad program or track that you wish to attend, you must obtain new approval from the International Programs Office by submitting a *Revision Form*.

REGISTERING FOR THE SEMESTER YOU'LL RETURN TO CAMPUS

(For students studying in the spring and academic year)

The Registrar's Office will mail pre-registration materials to your permanent address in mid-March. Online registration is easy for many students to do from abroad, with proper planning for internet access where necessary. Other past students recommend that you leave a list of classes you are interested in with your academic advisor (with points) and ask him or her to pre-register on your behalf. This way you will not need to worry about missing the pre-registration deadline while your materials are being forwarded from your permanent address to your address overseas, and then back to campus. (This is of particular importance for students studying in a country without a reliable mail system.) If you decide against having your academic advisor pre-register on your behalf, you should still meet with him or her before you leave to discuss the courses you will need to take upon your return.

Another option is for you to have your parents, or whoever is responsible for taking care of your affairs while you are abroad, pre-register in your absence. Of course, it would be beneficial to discuss the pre-registration process with whomever you choose to assist you **before** you leave to study abroad and provide them with a list of the courses you plan to take the semester you return (keep a copy of the list for yourself, too!). Registrations can be called in to the Registrar's Office, completed online, mailed, or sent by fax. Be sure to include your Personal Identification Number (PIN) and the PIN of your advisor with all correspondence! As a reference, it's helpful to take a copy of the Colorado College Catalog of Courses and a copy of the list of courses you prepared before your departure. This way, if any pre-registration questions or problems arise while you are abroad, you will be prepared to handle them.

ACADEMICS WHILE ABROAD

Depending on the kind of program you have been accepted into, It is a good idea in general to familiarize yourself with the academic system of your host country..

Here are some of the questions you should be able to answer about your program before you arrive on site:

- When is the first day of orientation and class? What is the academic calendar? Do all classes begin at the same time or do starting dates vary from department to department?
- Where are classes held? Will you be in class alongside host nationals or will you be in special classes for foreign students? Is there an actual campus, or buildings spread throughout the city?
- What do you know about the academic system of your host country? What type of work will you be expected to do--class presentations, research papers, essay exams? How will these be evaluated? Will your grade in class be based on one assignment or many?
- What are the standards for grading and how are they different than what you are used to at CC?
- Will you have to purchase textbooks or will the program provide them? Will you even have textbooks? Are there particular reference books and articles that you should bring from home?
- Should you bring school supplies such as paper and pens with you, or are they easily accessible in your host country?

Learning how to adapt to a new academic system is one of the first challenges you may face once you begin classes. Professor-student relationships are not always what they are in the U.S. Try to discover what is expected of you early on. It may appear that students from the host country are not doing much work, and the time spent in class may be less than what you are used to. Do not let this fool you. There could be the expectation that you will conduct more independent research, and students may simply be used to studying during the day. Every system has its advantages and disadvantages. Much depends on what one is used to and how flexible one can be with new ways of learning.

Make sure your overseas program director explains the grading system, so you really understand what you are getting into. You don't want to be surprised when it's too late to correct a grade. Ask specific questions such as, "what would an A paper look like to you?" In many other parts of the world, it is rare for students to receive a grade of "A." To receive the equivalent of an "A" one would have to obtain superior knowledge of a subject matter. Therefore, it is more common to receive Bs and Cs if you are being graded by foreign faculty.

Finally, foreign libraries offer another adaptive challenge to U.S. students. Library systems vary from country to country. For example, in some countries, libraries are only open during daylight hours and closed in the evening. Some libraries may not allow books to leave the building. Likewise, computer and Internet access may not be as available or as widely used as they are in the United States. Learning to adjust to such differences is part of the study abroad experience.

Depending on the location of your program, access to ubiquitous, fast and reliable internet facilities may at first seem like a herculean challenge to you. Again, it depends on your expectations. You may have to lower your technological expectations if your program includes weeks of field work in a rural setting. If your main choice of internet is to buy time at an internet café, plan your time carefully. Know what you plan to get done when you're at the computer. Are you just emailing or also researching for a paper? Also be sure to back up your files *every* time.

MONEY MATTERS

Before you leave, talk with students who have participated in your program to learn more about realistic budgeting. Ask the Coordinator of Off-Campus Studies for a list of students that have participated in your program during the last few semesters.

There are often “hidden” expenses that you easily can forget to budget for (like laundry costs, daily transportation, visa and passport fees.) Conversely, certain things may be included in your housing arrangement (homestays often include certain meals, and sometimes laundry for instance) – always check with the program for more information. If you are planning to travel after the program, make sure you budget for that before you leave. Also, talk to your family now about how you will handle your money while abroad. If you will be taking it all with you, be sure to budget carefully. Students have found themselves capable of spending a semester’s worth of funds in a few short weeks. Don’t let this happen to you!

FINANCIAL AID AND POWER OF ATTORNEY

All students who receive financial aid should consider obtaining a Power of Attorney for financial aid that will allow another individual (preferably your parent or guardian) to sign your Stafford or Perkins Loan check on your behalf. Power of Attorney forms are available at most business supply stores. You may restrict signatory authority to only being able to endorse financial aid checks or expand it to include permission to take care of all your financial matters while you are out of the country. The choice is yours. However, by all means **do not** have family or friends mail your financial aid check to you to be endorsed overseas. You take great risk of having the check lost in the mail.

If you are studying abroad on a CC Affiliated program, please let the Financial Aid Office know that you will be abroad before you leave campus. The financial aid funds you receive from Colorado College will be applied directly to your student account at CC. In the event that there is a credit remaining on your account, a check will be cut and mailed to your permanent address.

Students on Approved programs who receive financial aid should file a *Request to Process Federal Financial Aid* form with the Financial Aid Office before leaving campus. When your federal loan check arrives, the Financial Aid Office will send it to your designee in the U.S. It will not be sent overseas.

HANDLING YOUR MONEY WHILE YOU’RE ABROAD

First of all -- never, never, never carry large sums of cash with you. Most major cities and study abroad locations around the world have access to ATMs to withdraw cash, although you will want to check on this in advance. If you must travel with a lot of money, make sure it’s in the form of traveler’s checks. Although you can obtain traveler’s checks in other currencies, we recommend only carrying traveler’s checks in U.S. dollars. These can be cashed at most foreign banks or currency exchange centers for a small fee, however, some foreign banks will only cash certain types (Visa, American Express, etc.) of travelers’ checks. Unlike in the U.S., traveler’s checks usually

cannot be used to make purchases in stores. While in your host country, always pay attention to changing exchange rates and commission fees. The daily fluctuations may be significant.

If you can, bring enough local currency with you to cover your initial day or two in your new country. Your program sponsor should be able to give you an idea of how much local currency to bring. With advance notice, currency can be exchanged at some of the larger banks in Colorado Springs and Denver. Be aware that you will be charged a fee for the service. Currency can also be exchanged at the airport prior to your departure. If you are going to a lesser-traveled country, you may not be able to obtain currency until your arrival. Most programs, however, make arrangements for the students to change money as soon as possible.

ATM & CREDIT CARDS

Before leaving the U.S., check with your program sponsor for information on ATMs and handling money in your country. If ATM machines are widely available, debit cards are convenient and safer than travelers' checks. Also, if you need additional funds, your parents or friends can deposit directly to your account in the U.S. and you can have access to it within a day or so. Contact your bank to let them know that you will be travelling overseas and using your ATM card, so they don't block it for suspicion of fraud. Also make sure that your card has international withdrawal privileges and that you have a 4-digit numerical PIN number. For a "how-to" guide on ATMs abroad call 1-800-843-7587.

If you will be in a country without good ATM access, there are other options for your money. If funds get tight, money can be sent as a bank draft in the foreign currency. This costs about \$25 and takes at least one week. It can also be wired directly to a foreign bank via telex, which costs about \$30 and takes from 1 to 5 days. Funds can also be transferred via American Express or Western Union. In a true emergency, the local U.S. Embassy or Consulate can often assist you. Credit cards can also be useful in an emergency situation, but really should be used sparingly. If you do decide to get a credit card for your trip, Visa and MasterCard are the most widely accepted names worldwide.

If you are planning to bring a credit or debit card abroad, photocopy the front (with the account number) and back (with the customer service phone number) and leave the information with someone you trust. In case you lose the card, the person at home can call the credit card company right away and block the card. Never have a new credit card mailed to you abroad, especially in Africa.

And of course, bring ONLY the credit card and other important personal cards you WILL need while abroad. It's just a hassle to retrieve lost ID and driver's licenses once you return home.

BUDGET WORKSHEET

Complete this worksheet before you make an appointment with an advisor in the Financial Aid Office to discuss the transfer of your aid. Note: Institutional Aid may be applied only to CC/Affiliated Programs. However, Federal Aid can be applied to Non-Affiliated/Approved programs.

Duration of program (number of weeks) _____

Credits on program (list maximum possible) _____

Application Fee _____

Program confirmation deposit _____

Tuition _____

Room _____

Board _____

Transportation:

Airfare: _____

commuting fees to school, etc.: _____

Personal expenses:

books, passport, photos, student ID card, etc.: _____

health and travel insurance: _____

personal travel expenses (include hotels, food, etc.): _____

other personal expenses during program and during
program breaks and vacation: _____

Other fees: _____

TOTAL ESTIMATED COST OF THE PROGRAM: _____

PREPARING TO GO

You probably have many questions about what you need to do before you leave the United States. In this section we have compiled a list of the most frequently asked questions from students.

PASSPORTS AND VISA QUESTIONS

Where do I get my Passport?

Passport application forms are available from the Passport Office in the downtown post office located at Pikes Peak and Nevada, phone: 570-5332. Passports cost \$100 and are valid for 10 years. The application process takes an average of four weeks, although this can be longer during busy travel times. Be sure to plan ahead with enough time to get your passport back **before** you have to start visa application processing, as you will need the former to obtain the latter. If you are outside of Colorado Springs, check with your local post office to see where the nearest Passport Office is located. http://travel.state.gov/passport/get/fees/fees_837.html

It's a good idea to make several photocopies of your passport and keep them in separate locations. This way, if you lose your passport, you will have a record of your passport number and other information to help expedite replacement. Leave one copy of your passport with someone in the United States and keep another copy with you but separate from your actual passport. If your program doesn't register the group at the local U.S. Embassy or Consulate upon arrival, you should make contact with the embassy to register when you arrive.

To locate a US Embassy overseas, use this link: <http://www.usembassy.gov/>

What is a Visa? Will I need to have one?

Your program sponsor should inform you about visa requirements and application procedures. Basically, a visa is a stamp in your passport that allows you to enter a country for a specified period of time. Without this stamp, you could be turned away at the border. The application process for a visa can be long and unpredictable so it is a good idea to start the application process early. Don't forget that you must submit a valid passport along with your visa application. If you don't already have a passport, you will need to take care of this first!

If you will travel to other countries while you are abroad, you should inquire about visa requirements before you leave the U.S. In general, Western European countries do not require visas for stays of less than 3 months for U.S. citizens. However, many countries will require a tourist visa, in addition to a passport, for any length of stay. Many countries also now have their visa requirements on the internet.

GETTING TO KNOW YOUR HOST COUNTRY

Preparing for study abroad involves more than just packing your bags and taking care of visas, passports, and immunizations. It is recommended that you take some time to think about what you hope to get out of your study abroad experience. Write down a list of goals, things you'd like to do or see or try. You may want to talk to other students who have been on your program to see if your goals are realistic, or what the most amazing part of their experience was and what they would recommend.

Some other questions to ask yourself:

- What are my expectations? What are my goals?
- How familiar am I with my own cultural heritage? What values do I live by?
- How might I change as a result of studying abroad?

1. Get to Know Your Host Country

Sure, you've seen films about Kenya, France and Japan, and you have read about Mayan ruins, but what do you really know about your host country? You should look forward to challenging the preconceptions that you bring into this experience and replacing them with richer, more colorful understandings of the way this new culture actually operates through the people you'll meet.

Before you leave the U.S., read as much as you can about life in your host culture. Ask lots of questions. What will the climate be like? Will there be less sun than what you're used to in Colorado? What is considered appropriate clothing? Is it culturally appropriate to wear shorts to class? How about the local transportation? How will you get to town and to class? How much does it cost? Is it possible to buy a used bike? Is it safe to bike in town? Perhaps you've been told that you'll be in an "urban" or "rural" environment - but what does that mean in the context of your host country?

Additionally, educate yourself on the history and politics not just of the country you will be studying in, but of the region as well. Questions to think about might include the colonial history of the country, either as colonizer or colonized, any civil wars or independence movements that have taken place, what the current power structure is and if there are any movements against it, and the country's position in a global economy. You may also want to think about ethnicity verses nationality, how, when and by whom national boundaries were established, and how many ethnic or linguistic groups exist within them. If you have roots in the country or region, you may want to do some additional research in relation to your own history.

The program might send you a recommended reading list. Read at least one or two of the references! A visit to your local bookstore or library will provide you with a variety of books and videos on traveling to your host country. In particular, the "Let's Go" and "Lonely Planet" travel guides are good sources for budget travel. Contemporary literature and films are also a good (and fun) way to learn more about the country and culture you'll be visiting. You may also want to look for books and journal articles relating to your academic interests as well. This background will empower you to start to ask questions once you start your program; it may also be very interesting to compare how issues are portrayed in print with how they are talked about and experienced by yourself and people of your host country.

2. Get to Know Your Program

Knowing the details about your study abroad program is just as important as knowing where you'll be going. Some more questions to ask yourself:

- Where will I be living? How close will I be to classes and to the center of town? What do I need to take to set up my living quarters (i.e. towels, bed linens)? How will I do my laundry?
- What will my housing situation be like? Will I have my own room? What will be expected of me in terms of cleaning my living quarters?
- Where will I eat? Will meals be prepared for me or do I need to prepare my own meals? Do I have a choice?
- Should I be careful about eating certain foods or drinking tap water?

In addition to learning as much as you can about your host country and program, take some time to brush up on United States politics, government, and geography. Read the paper this summer. Being unable to answer simple questions about life in the United States can be pretty embarrassing!

What should I pack?

It's frustrating to pack all your bags only to find out that your luggage is 10 pounds overweight at the airport. Know the weight and size limits for luggage on your flights, paying special attention to new restrictions charging hefty for second/third bags, etc. Also, you will likely have to carry your own luggage through subway and train stations so don't over pack. Try this test before you leave: pack everything you would like to bring and then take a walk around the block. Can you manage it alone or do you need to repack? You are more likely to resent overpacking than feeling you packed too light!

Knowing what to pack and not to pack can be a difficult and daunting task. It is important to consider what clothing and other items will be necessary, acceptable and appropriate in your new environment. Your sponsor may give you site-specific recommendations, but following is a list of items (excluding clothing) that have been recommended by past students. Please note that while toiletries are available most everywhere, particular brand names may not be readily available. If you must have a certain brand, you should plan to bring it from home.

- | | | |
|-------------------------------------|---|---|
| - Water bottle | plan on being sexually | - sewing kit |
| - Gifts for your host family | active | - flashlight |
| - Tylenol/aspirin/Excedrin | - waterproof storage bags (depending on where you will be studying) | - "handy-wipes" |
| - Sunscreen | - lightweight rain gear | - journal |
| - Deodorant | - camera batteries, memory card or film | - combination locks for luggage (if allowed by the airline) |
| - Tampons | - adapter and voltage converter | - money belt |
| - Photos of family, school and home | - first aid kit | - iodine tablets (for water, if needed) |
| - Tums/Pepto-Bismol | - dental floss | |
| - Condoms or contraceptives if you | - tissues | |

Also see:

<https://www.iesabroad.org/export/sites/default/resources/pdf/Students/PackingList.pdf>

I've heard about going through Customs when I arrive. Is this different from Immigration?

Customs is a country's method of regulating the goods and currency brought into or taken out of that country. Immigration establishes that you are legally entitled to reside in that country for a period of time. At many airports, customs and immigration are handled simultaneously, but occasionally you may be asked to go through immigration procedures separately. Remember that honesty is still the best policy in the customs business--don't try to bring things into a country that are forbidden.

When you leave a country, you will go through customs and immigration again. Your visa will be canceled and you will declare what goods you have purchased while abroad. When you reenter the U.S., you will go through U.S. customs at your port of entry. Each person is entitled to transport \$400 worth of goods into the United States duty free. Purchases exceeding that amount are subject to duty taxes. If you plan to buy a lot of items while abroad, you should retain all of your receipts as proof of what you paid.

LIVING ABROAD

TIPS FOR LIVING WITH YOUR HOST FAMILY

Living with a host family is your chance to transcend the tourist's visit and become a participating guest and member in a family and neighborhood community. Though living with a homestay family in a new culture can at first be daunting, students often repeat that the homestay experience was the most meaningful part of a study abroad program. Many students develop lifelong relationships with one or several members of the family, relationships that may bring you back to the country many years later.

Consider the hospitality of your host family and some of the adjustments that you all must make in order to live together amicably. Offer to help with household chores. Inform your family of your intentions to be out late, to bring someone else home or to miss a meal. Find out what are the 'rules' of the family. Avail yourself of their offers to visit relatives, join in local celebrations, and see points of interest. Share of yourself—tell them about your own family, your school and your interests. Photos of family and friends are particularly appreciated.

It's always a good idea to bring gifts from home for your host family. Local jams or jellies, calendars of local scenery, college t-shirts or baseball caps (for the kids), and other regional items (e.g. maple syrup) are always a good idea. If you're going to a country where gift-giving is an important part of the culture, you may want to stock up on small items like novelty pencils, pens, or other college-logo items to give as "friendship" gifts. Before giving flowers in a foreign country, be sure to find out if they hold any cultural significance. For example, you wouldn't want to present your host with chrysanthemums in France because they are associated with mourning and funerals.

Expect that the first couple of days or the first week living with the new family may be uncomfortable. It's only natural. Keep a journal to process your feelings and thoughts. Give the adjustment some time. You might also enjoy reading students' stories about adjusting to living with a homestay family: <http://www.abroadview.org/topics/homestays/index.htm>

OTHER LIVING SITUATIONS

In some cases, you may not be living with a host family. You may be in an apartment or dormitory, with other students from your program or with students from your host culture. Living on your own comes with a unique set of pros and cons. While it leads to a great amount of independence, it places greater responsibility upon you to take care of your daily needs and integrating yourself in the host culture (especially if you are sharing an apartment with other students from the U.S.). Discuss how these things will be handled with your roommates early on. Things that you take for granted (like always using the dryer to dry your laundry) may become a big deal if you have roommates from the host culture. For example, because the cost of electricity is quite high in New Zealand, Kiwi students forego using the dryer in favor of air-drying clothes outside – even in the middle of winter. You can imagine how our casual use of a dryer would be perceived (and cause some friction) in this situation.

CELL PHONES AND CALLING CARDS

Cell Phones and Skype

Depending on where you will be studying, it can be prohibitively expensive to use your own U.S. cell phone abroad, even if it is compatible with the network. However, throughout much of the developed world (Europe, Asia, etc) you can rent a cell phone short-term and buy minutes as you go. In fact, some study abroad programs may even provide this service, or assist you with this option if you choose to pursue it. Other cell services can be arranged before you leave the U.S. For more info, check out sites like www.piccellwireless.com or www.goabroad.ekit.com/mobile. In some countries, it is cheapest to buy a cell phone and calling cards in country and then resell, or give the phone as a farewell present. Ask the program provide what is typical for the location you will be traveling to.

Skype computer software is another very affordable option if you have computer and internet access. With a computer microphone, you are able to talk to other people on their computers and also call physical phone lines for an extremely reasonable price—generally under \$.05 per minute. For more info, check out www.skype.com.

Calling Cards

Before you leave the U.S., contact your phone company for information on how to get a calling card with international access. All major carriers offer international calling cards, and you can also often buy inexpensive calling cards once you arrive at your destination. Check with your program to see if they have any advice on what may be cheaper. Rates on U.S. calling cards usually are less than dialing direct. When you're traveling, AT&T USA Direct Service is the easiest way to call directly to the U.S. via an English-speaking operator anywhere in the world. Call 1-800-331-1140 ext. 210 for more information. Other advice: Avoid long-distance calls from hotels; they sometimes have a 150% surcharge! Also, in many countries public phones are no longer coin operated. You must purchase a local telephone card to make them work.

If you decide to use your host family's phone, please realize that local calls are not always free and may be charged by both time and distance. If you must use your family's phone, always ask for permission and offer to pay for your call. Don't be offended if they ask you to use a pay phone or only allow you to receive but not place calls. In some countries itemized bills are not available making it impossible to know the actual cost of your call.

As always, ask the host national which way is the cheapest for international calls e.g. to the U.S. They will often know.

A WORD ABOUT EMAIL

Although the availability of email and the Internet have increased throughout the world, it is likely that you will be studying abroad in a location that does not have email access to the extent that you are used to in the U.S. Many foreign universities charge a fee to students for email access and/or have limited hours when computers are available. Please remember that one of the reasons you chose to study abroad is to experience a different culture. This means adapting to the use of technology as it is used in the host culture.

While email or blogging has proven to be an inexpensive and convenient way to stay connected with family and friends back home, beware of the temptation to spend too much time chatting with friends in the U.S. Email can be a mixed bag when it comes to study abroad. Although it exposes family and friends in the U.S. to the new culture you are experiencing, the time you spend chatting and surfing the net is time that you aren't interacting with the new culture. We suggest you consider email part of your cultural experience. If local students only use email for 15-minutes once a week, you should too. It will be a challenge, but will provide you with a richer understanding of the culture and its approach to technology in comparison to the United States.

Internet cafes can be a sort of youth hub in a city. One student discovered her own way of fulfilling her need to email and immerse herself in the foreign culture. She visited popular internet cafes, and used that time to email, but also observed and conversed (in French) with students and other internet users.

TO BRING OR NOT: THE COMPUTER

We have come to take our computer for granted. But what about when you are traveling abroad and living out of a backpack for three or four months? Ask yourself if you will be better off not bringing your laptop? Ask the program director what kind of computer facilities the location will offer. Could the computer easily be stolen? Will you be travelling to the tropics? Will there be sand storms? Where would you store your computer when away on a field trip? Ultimately, you will have to make the decision about whether or not to bring your personal computer.

HEALTH AND SAFETY ABROAD

HEALTH ISSUES

Staying healthy is an important part of a successful study abroad experience. We strongly recommend that you read all the information your program provides on health issues in your host country, and then read this information again. While no one can guarantee you won't get sick while you are abroad, there are certain behaviors you can follow to reduce your risk of contracting a serious illness.

1. Get your immunizations.

Your program sponsor should tell you about any needed vaccinations or medications particular to your program location. If you will need them, start your immunizations early. Some cannot be given at the same time as others, or may require a series of shots over several months.

Immunizations are rarely required for travel to most of Europe, Australia, or New Zealand. However, travelers to many developing countries may need immunization against yellow fever, typhoid, cholera and other diseases including malaria and hepatitis. For more information visit the Centers for Disease Control online at <http://www.cdc.gov/travel>. You may also contact the travel clinic at the El Paso County Health Department at (719) 575-8573. They will meet with you to discuss health concerns in your host country, the pros and cons of receiving certain immunizations, and will administer any vaccinations you choose to receive. Please be aware that vaccinations received at the Health Department are very expensive (\$50 or more per shot). You may want to see if your personal physician or Boettcher Health Center can provide them at a lower cost. (Note: you usually can receive hepatitis A and hepatitis B vaccinations from your personal physician, but the less common immunizations may only be available at the Health Department.) No matter where you are going, make sure your immunizations for tetanus, polio, measles, mumps and rubella, are up to date. Some countries will deny your entry if you do not fulfill the immunization requirements.

2. Make sure you have health insurance that will cover you while abroad.

It is very important that you understand HOW your insurance coverage works overseas, WHAT types of illness and emergency care your insurance covers, and WHERE you will go to receive your health care abroad.

First of all, check with your current health insurance company about the extent of your coverage abroad. If you are currently covered by your parents' HMO, pay special attention to restrictions that may apply to overseas travel. We cannot tell you all the questions you need to ask of your insurance provider, but at a minimum you should understand the following before you leave the United States:

- Will you be covered for an office visit if you get sick and need to see a physician while you are abroad? Will the cost of any prescription medicine be covered? What information do you need to provide to your health insurance provider to be reimbursed for these expenses?

- Do you need to pay medical expenses out of pocket and submit receipts for reimbursements upon return?
- What happens if you require emergency care or need to be hospitalized? Does overseas hospitalization need to be pre-approved? How would this work? If pre-approval is not required, when does the insurer need to be notified of the hospitalization and by whom?
- Will your insurance cover you for travel independent of your study abroad program?

Supplemental travel and health insurance may be available through your program sponsor. If not, you may want to explore other insurance packages if your present insurance seems insufficient for your needs. The emergency travel services provided by International SOS (details on page 16) should be considered supplemental to any policy you currently have. It should not be the only coverage you have abroad. Information on other health insurance options is available from the excellent <http://studentsabroad.state.gov> website.

3. Think about your current medical needs before departing the U.S.A.

Have a routine physical and dental checkup before you leave. Take extra eyeglasses or contacts and all needed prescription drugs. Syringes and needles that are necessary for medications must be accompanied by a doctor's letter. If you regularly take medication with codeine, speak to your physician about using an alternative while abroad because codeine is considered a narcotic in many parts of the world. If your medicine must be refrigerated, check with the program sponsor to make sure you will have access to a refrigerated unit throughout the duration of your program.

If you use prescription drugs, have your supply refilled shortly before you leave so they stay fresh. Keep them in their original, labeled containers and pack them in your carry-on luggage, not in checked baggage. Bring enough medication for the duration of your stay, however, you should check with the laws of the country you will be entering as to any restrictions on bringing certain medications into the country. Some drugs (like the aforementioned codeine, and behavioral prescriptions such as Ritalin for example) may be subject to different restrictions than in the United States. Be wary of buying prescription drugs abroad. Keep in mind that drugs purchased over the counter in foreign countries are not regulated by the U.S. Food and Drug Administration. Also, contraceptives may be in short supply or of poor quality in certain countries.

A Word on STDs: No place in the world is immune from sexually transmitted diseases (STDs). Despite what you may hear expressed by locals in your host country, HIV and other STDs exist everywhere and in all sexual populations. If you choose to be sexually active while abroad, do not assume that your sexual partner(s) will not be infected with a sexually transmitted disease. Health care providers recommend, of course, that you always use appropriate prophylactics.

4. International SOS

Colorado College has contracted with a company called **International SOS** to provide worldwide assistance and evacuation services for all study abroad participants. The services provided by International SOS range from telephone advice and referrals to full-scale evacuation by private air ambulance. The SOS network of multilingual specialists operates 24 hours a day, 365 days a year from SOS Alarm Centers around the world. Your SOS membership, provided by the College, protects you against a variety of difficulties that could arise while you are abroad. The coverage is designed to supplement the policies, procedures and support staff that Colorado College already has in place.

It is important to understand that although International SOS will offer our students travel, medical and security advice and services, as well as on-line access to information which many insurance companies do not offer, **International SOS is NOT health insurance.** Colorado College continues to require all students attending our programs to maintain health insurance coverage and to make certain that their policies cover them while abroad. If you visit a doctor's office or have to be admitted to a hospital, International SOS will not cover these services.

Whenever you are traveling or living abroad, you can access up-to-date reports on more than 170 countries worldwide on health issues, medical care and vaccination requirements via the International SOS website located at <http://www.InternationalSOS.com> . The International SOS website also contains an on-line Personal Locator form for inputting travel and destination information. **We strongly encourage all travelers to complete the form so that this information is available to International SOS and Colorado College on-call staff should you need to be located in the event of a crisis or emergency.**

5. Consider the emotional stress of studying abroad.

Study abroad can be a very powerful and positive developmental experience that may ultimately lead to increased levels of self-awareness. However, the life changes associated with study abroad can also be stressful and confusing, and may potentially exacerbate existing physical and emotional conditions. Therefore, if you have a physical or emotional condition it is important that you meet with the staff at Boettcher Health Center to discuss how studying off-campus could affect your situation. Addressing your health issues prior to studying off campus will help you identify those resources that will and will not be available at your program site.

6. Students with Disabilities

If you are currently registered with the Disability Services on campus and receive special accommodations (physical assistance, extended test-taking time, note takers, etc.), please be aware that you are responsible for providing copies of your documentation including a copy of your letter from Disabilities Services listing your approved accommodations to your study abroad program if you wish accommodation abroad. It is important to check with your study abroad program in advance as to the kinds of accommodations available in that country. The provision for an accommodation is at the discretion of the international program. Please give your abroad program sufficient lead time to arrange your accommodations by notifying them well in advance of your departure from the US.

SAFETY ABROAD

Resources Available to U.S. Citizens

How you prepare for the challenges and marvels of an international journey is just as important as what you decide goes into your backpack. Of course, you can not predict the kinds of safety issues you might face abroad, but you can be reasonably well prepared for them.

Here are some tips that may help you be prepared :

- Adhere to all guidelines set by your program and keep in regular contact with your Resident Director.
- Maintain a high level of vigilance and a low profile. Avoid calling attention to yourself as an American and avoid spending free time in places often frequented by Americans.
- Speak the language of your host country. Don't stick out by speaking English when it isn't the norm.
- Refrain from attending political rallies or protests.
- Notify your parents, resident director, and host family of any travel plans. Avoid traveling alone.
- Be observant. Think before you turn on your iPod when going for a run.
- Adhere to the local rules of law. You are subject to them.

The Citizens' Emergency Center of the U.S. State Department offers the following additional advice to travelers:

- Never take anything with you that you can't afford to lose.
- Be aware and alert; stop, look and listen, then ask questions or speak up.
- Never leave your pack or baggage unattended, ever, even for a moment.
- Keep your "street smarts" about you. Avoid demonstrations, trust your instincts and move away from uncomfortable situations, positively identify individuals before you allow them into hotel rooms, refuse to carry packages across borders or through customs, learn how to use local phones and report emergencies.
- Carry your valuable documents on your body and pack photocopies of all of them in a separate pack or luggage.
- Don't carry important documents you don't need.

The Bureau of Consular Affairs, a branch of the State Department, is responsible for protecting the interests of U.S. citizens abroad. They can assist in locating travelers in case of emergencies back home. If you plan on traveling outside of your program sponsor's organized excursions, it is imperative that you notify the local U.S. Embassy of your travel itinerary. They can also help you find medical treatment, legal counsel or financial assistance in emergency situations. Their advice: In an extreme medical emergency, first get medical treatment from local sources. If immediate medical treatment is not necessary, call the nearest Embassy or Consulate to get advice about what to do next, including notifying local police or finding English-speaking doctors. In case of a death, the Embassy or Consulate will notify next of kin and work with local authorities to comply with local regulations.

As a visitor to your host country, you are subject to the laws and regulations of its judicial system. Refusing to obey local laws, especially those that concern alcohol and the use of illicit drugs, can get you kicked out of your program, or thrown into jail. If you are arrested, there is very little your program, Colorado College, or the U.S. Embassy can do for you. In fact, the U.S. Embassy has absolutely no jurisdiction to intercede in the host country's judicial system. **Therefore, we cannot reiterate strongly enough – do not use illegal drugs of any kind, including marijuana, while you are abroad.** We also caution against taking part in any social, political, or other demonstrations overseas. The freedom of speech we enjoy in the United States is not found everywhere.

The Colorado College Student Code of Conduct: CC reserves the right to review student conduct that occurs on and off campus when one's behavior is inconsistent with the expectations stated in the Student Code of Conduct (per Pathfinder policies). If you receive disciplinary action for misconduct by your study abroad program you may also receive disciplinary action from CC upon your return. Please remember that you will be seen as an ambassador for Colorado College and for American college students in general while you are abroad.

Travel Information Sheets are issued by the U.S. State Department to inform U.S. citizens of unsafe travel conditions due to terrorist threats, civil or political unrest, overt anti-American attitudes or specific health hazards. You have direct access to these advisories online at <http://travel.state.gov>

Again, a new US State Department site offers a wealth of useful information and links to students going abroad, and can help you locate US Embassies overseas: <http://studentsabroad.state.gov/>

SEXUAL MISCONDUCT

Learning to distinguish between culturally accepted yet annoying behavior and culturally inappropriate sexual behavior abroad can be difficult. Unfortunately, there is no easy way to deal with this incongruity. Being aware of the interactions between same gendered and differently gendered people in the host culture is a good place to start. Before leaving the United States, talk to others who have lived and traveled in the country you will be visiting. Ask what types of relationships exist between men and women. Are platonic friendships even possible? In some countries, culture prohibits men and women from developing friendships. What types of relationships exist between people of the same gender? How do people date? Do parents supervise dates or do students usually go out in groups? How are couples viewed if they go out by themselves?

Should you ever find yourself receiving unwanted sexual advances from another student on your program, from a member of your host family, or even from the program staff and are unable to resolve the problem yourself -- seek assistance right away. Your study abroad program should have an individual or office responsible for assisting you in such situations, usually a Resident Director or Student Life Office. Sometimes these problems arise due to misunderstandings of cultural cues on both sides, but this should not stop you from speaking up. While we encourage you to learn to accept and respect cultural differences, the desire to be culturally sensitive should never be at the expense of your personal safety.

In choosing to study abroad you have demonstrated that you are a risk taker of the very best kind. The Office of International Programs hopes that you'll continue to challenge yourself and take advantage of the opportunities that present themselves to you while abroad. Remember that your health and safety are your responsibility. Pay attention to your surroundings, stay alert, and don't place yourself in situations that could be potentially life threatening. We want to hear great stories first-hand when you return home!

CULTURAL ADJUSTMENT: OPPORTUNITIES AND CHALLENGES

ADJUSTING TO A NEW CULTURE

Most students experience culture shock when they are abroad. But what does this term really mean? Culture shock is defined as a psychological disorientation most sojourners experience when they are immersed in a culture different from one's own. Culture shock tends to happen when the social and cultural cues we are used to –consciously and unconsciously – are no longer in place.

It is important to understand that “culture shock” is both real and normal. Trying to make sense of a new language, local customs, and unfamiliar daily tasks can be physically and mentally exhausting, and you may become very tired in the first weeks of your program. You may also realize that as hard as you try to reach out and connect, you will never really be one of the locals. Disappointment, frustration, or disillusionment can set in. Suddenly you may feel that the food is inadequate, the facilities aren't clean enough, people are abrupt, and the bureaucracy is relentless.

Some signs of culture shock can be:

- Homesickness
- Boredom
- Withdrawal
- Excessive sleep
- Compulsive eating/drinking
- Irritability
- Stereotyping host nationals
- Hostility towards host nationals

These symptoms are signs that you know enough about the culture to recognize the differences. Now is the time to use some proven techniques to help yourself through the culture shock and into the next stage of full participation and enjoyment:

- Acknowledge that **you will experience some type of culture shock** and you will get beyond it;
- Write about your concerns in your journal and sleep on them before you call home or act on your grievances;
- Keep busy and set some concrete goals; resist withdrawing into yourself or surrounding yourself with **ONLY** other U.S. citizens;
- Avoid being judgmental; look on the positive side of diversity and difference;
- Take care of yourself with enough sleep and exercise. Revive your sense of humor.
- Hold back with sending complaining emails and letters home. You may cause a lot of worry and when you hear back from home, you might already be feeling much better.

Above all, get involved in activities you enjoy and don't succumb to the temptation to withdraw. Before long, you will find that you're enjoying your new life and that there actually are things that are better abroad (gasp!). Also, don't take yourself too seriously. Laughter is the best medicine. In fact, the most embarrassing moments make the best stories to tell when you return home. Remember, too, that no matter how little or how much your program encourages you to get involved in your host culture or provides you opportunities to do so, ultimately it is your decision to want to learn about and adjust to new and challenging situations, and your responsibility to follow up on it.

We hope you will find time to scroll through this excellent cultural adjustment learning tool: **What's Up with Culture?** <http://www.pacific.edu/sis/culture>

BROADENING YOUR PERSPECTIVE IN A GLOBAL SOCIETY

Study abroad can have a life-long impact on an individual. As with anything new, study abroad evokes a change in the way you see yourself, the world, and most importantly, your place in the world. Putting yourself into a different context than what is "normal" can make you aware that "normal" is something that is culturally defined. This can be an eye-opening and enlightening experience.

If you are a student of color studying abroad, this may be one of the first times you have thought of yourself, or have been identified by others, simply as an "American." As a visitor, you most likely will not be seen by your host culture as an ethnic minority. Editor and African-American traveler Elaine Lee said after her many travels abroad that "most of us are not fully aware of the stress involved in being an African American until it's absent. Then it feels like a weight has been lifted off your shoulders." Ms. Lee's experience could hold true for many people of color and is an important and unique experience that studying abroad allows. You may also, however, experience unwanted curiosity and attention based on your appearance and skin color. Another important thing to note is that different countries have constructed different race categories with different criteria than we are used to. You may find yourself labeled differently than the way(s) in which you think of yourself.

If you are studying abroad in search of your cultural roots, you may find that your expectation of acceptance and understanding from your host culture on the basis of having a shared ethnic background is not met. For example, if you are a Vietnamese-American, don't assume that Vietnamese will treat you as "one of their own." Likewise, if you are an African-American studying in Africa, don't expect your hosts to see you as African. Not all people of color will have the same experience abroad. However, your ethnicity may play a role in defining the expectations you have of your study abroad experience and is something to consider before you leave.

If you are of European descent, studying abroad may also be the first time you are labeled as an "American," or the first time you become conscious of having an identity based upon your nationality. If you are studying abroad in search of your cultural roots, you may find that your expectation of acceptance and understanding from your host culture on the basis of having a shared ethnic background is not met. For example, if you are Italian-American studying in Italy, don't be surprised if you are seen not as Italian-American, but as "American." If you are studying in a country where most people are people of color, this may be the first time that you

experience your whiteness as “difference.” This is a unique opportunity for white students in the United States to begin to question the systems of white privilege that defined your cultural experiences as “normal” (and therefore not “different”) to begin with. Feeling outside of society’s accepted norms is a challenging and often difficult process, and we hope you will use this experience as a springboard for being aware of the cultural categories you inhabit and questioning both the construction of those categories and the various systems of equality and inequality that they play into.

WOMENS’ ISSUES ABROAD

Unfortunately, thanks to popular films and television shows broadcast around the globe, the stereotype of the American woman as sexually promiscuous has made its way through much of the world. Because of this perception, you may unwittingly find yourself the object of unwanted attention abroad, whether it be through whistles and stares or more direct propositions. The media has also perpetuated race, ethnic, and appearance stereotypes in relation to sexuality. These stereotypes can make women targets in different ways. It is important to be aware that in some countries, men and women may actually perceive behavior that could be defined as sexual harassment in the U.S. as a compliment. This is especially true in Southern European, Latin American and African countries, where whistles and comments about a woman's looks as she walks by can be considered a sign of admiration rather than a demeaning objectification of women.

If possible, talk to women from the host culture before leaving the United States or upon arrival. Ask them what it is like to be a woman in their country. What are their perspectives of women's issues and rights? Is a woman’s role “subservient” by U.S. standards; if so, how will you deal with this? Depending on the culture, some women may feel more or less comfortable talking about gender issues. Try to respect the situation they are coming from, but don't feel that you have to put aside your beliefs and embrace their cultural values. Also, be aware of the stereotypes about American women before you go so you know what to expect and have some understanding of why you are treated a certain way. There is a wealth of books and web-sites that have information specifically for the woman traveler. *Journeywoman* is an on-line magazine for women who love to travel. It is dedicated to giving women a space to share their thoughts, experiences and advice about world travel. *Lonely Planet* also has an excellent web page on resources for the woman traveler.

CULTURAL CONCERNS FOR SEXUALITY

Global concepts surrounding sexuality are incredibly varied. While in some countries, students may find lesbian/gay/bisexual/transgender folks to be more visible, protected and accepted than in the U.S., it may be a difficult decision whether or not to be out in countries with either silence on, or extreme penalties, for sexual or gender differences. The Office of International Programs can assist you on finding out about laws and attitudes pertaining to LGBTQ folks in the country you will be studying in. Many countries have LGBTQ resource centers or activist organizations; the following web sites are good places to start looking for information: The Queer Resources Directory (www.qrd.org), The International Lesbian and Gay Association (www.ilga.org), and NAFSA Lesbigan SIG Student Resources (www.indiana.edu/~overseas/lesbigay/student.htm).

COMING HOME

Maybe you are wondering, “Isn’t it a bit premature to be mentioning coming home, when I am still here, or haven’t even left yet?” Well, as we mentioned in the beginning of this handbook, preparation is important. Although it’s difficult to think about coming home when you haven’t even left, there are some things you should be aware of to make the eventual journey back to the United States a smooth one.

RE-ENTRY ADJUSTMENT OR “RE-ENTRY SHOCK”

Returning to the United States and Colorado College can be a huge adjustment from the life you have experienced abroad. For some students, returning home is more difficult than going abroad because they didn’t anticipate that coming home would be a challenge. You probably won’t return to the U.S. the same person you were when you left. This can be a surprise to your unsuspecting family and friends. The extent of the changes you’ve gone through abroad probably won’t be as apparent to you until you return home and realize that you’re seeing things through a new set of eyes, and maybe even a new set of values or cultural understandings.

The signs of re-entry adjustment are similar to what you went through in adapting to your new culture. You may become critical of home and friends and their apparent disinterest in foreign affairs or international activities. You may feel disconnected with those closest to you or become irritable for no reason. Or you may simply experience a feeling of homesickness for your host country. Just like culture shock, the re-entry adjustment period will pass. Be patient and give yourself time to adjust. Keep your journal handy and continue to record your reflections and ideas. Much of the impact of study abroad comes after you’re back home and have had time to reflect upon your experience and the insights gained. And, don’t forget that sense of humor!

One idea that students have reported appreciating is to write *yourself* a letter in the final weeks of your program abroad. Mail it back home to yourself, and ask your parents or roommates to save it for you. Record in the letter who you are at that moment, what you want to always remember, what you are worried about when you come home. Encourage yourself. You will smile when you walk into your old bedroom and see the colorful letter you sent from the corner mailbox abroad waiting for you.

Also remember when you get home that study abroad doesn’t have to be a singular experience for you. Instead, look at it as just the start of a lifetime of international experiences. When you get back to Colorado College, there will be a workshop addressing ways you can keep your study abroad experience alive. The following suggestions on ways that you can integrate your international experiences into your family life and work at CC are just some of the ideas that have come up through the workshop:

- Volunteer through the Office of International Programs to tell students in the Colorado Springs area about your host country—become a Peer Advisor.
- Represent your host country and program sponsor during the annual Study Abroad Fair.
- Stay in touch with your friends and host family abroad.
- Become involved with student organizations that support international/global themes, such as MOSAIC (Multicultural Organization Of Students and International Community: <http://www.coloradocollege.edu/students/MOSAIC/>)
- Offer to serve as a mentor (even informally) to one of the many international students who are currently “studying abroad” at Colorado College
- Look for community service activities that involve working with refugees from other countries.
- Commit to exploring the cultural resources in Colorado Springs and Denver -- parades, exhibits, events, etc -- with a new set of global eyes. There are many adventures out there waiting!
- Write about your international adventures for the Catalyst or the Tigers Abroad Newsletter.

Finally, when you get back, please complete the study abroad evaluation that will be sent to you and volunteer to talk to students who are interested in participating in the program you’ve just experienced. Your feedback is absolutely vital in helping prospective study abroad students make an educated decision when choosing a program. Stop in and say “hello” and be sure to bring your pictures by the Office of International Programs. We love hearing about your adventures--of which we’re certain there will be many. Bon voyage!

HELPFUL CAMPUS RESOURCES

General College Address: The Colorado College
14 East Cache la Poudre
Colorado Springs, CO 80903

Office of International Programs: Heather Browne,
Coordinator of Off-Campus Study
E-mail: heather.browne@coloradocollege.edu
intlprograms@coloradocollege.edu
Phone: (719) 389-6802 or 227-8282
Fax: (719) 227-8182

Registrar's Office: Phil Apodaca, Registrar
E-mail: papodaca@coloradocollege.edu
Phone: (719) 389-6610
Fax: (719) 389-6931

Office of Residence Life: (719) 389-6618

**Sexual Assault Response
Coordinator** Heather Horton
heather.horton@coloradocollege.edu
(719) 227-8101

**Business Office/
Student Accounts:** (719) 389-6698

The Writing Center: (719) 389-6742
Receive assistance while overseas.
Access their online services at:
<http://www.coloradocollege.edu/learningcommons/writingcenter//index.asp>

PLEASE FILL-IN

Your Academic Advisor: _____
E-mail: _____
Phone: _____
Fax: _____