PROGRAM MANUAL

Discover Abroad (DA)
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Discover Abroad
Global Programs in Sustainability
Room 300 Building One
Warnell School of Forestry and Natural Resources
The University of Georgia
Athens, GA 30602-2152
Tel: 706.542.9713
Fax: 706.542.9686
discoverabroad@uga.edu
www.discoverabroad.uga.edu

Notes: The manuals, itineraries, and syllabi provide a general plan only, deviations as announced by the program staff may be necessary. All participants (students, 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 require a hard copy of the Manual please print one out and bring with you on the Program, otherwise be certain to have ready access to the electronic version (i.e., via laptop or portable reader).

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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 you from participating in the program.

**Step 1: Immediately on Acceptance into the Program**

- Apply for, or renew passport, if necessary.
- ATTENTION TRANSENT STUDENTS: Before you are accepted into a DA program you first must apply for acceptance as a UGA transient student. Submit the on-line application at the URL below. Please note that you will have to create an account (which is free) and that there is a transient application fee ($60) when you are ready to submit the application. Please refer to www.discoverabroad.uga.edu for more detailed instructions.
  https://www.admissions.uga.edu/offsiteapp.html
- Submit proof of immunization to UGA Heath center (non-UGA students only).
- Begin flight arrangements (contact the DA Office for details on optional group flights).
- Consult OIE pre-departure information website at http://international.uga.edu/education_abroad/pre_departure_planning/destination_search/ (Destination Details login: webaccess and password: sabroad).

**Step 2: Well before Departure (more than 1 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 (consult the Consular Information Sheets and respective websites in the Appendix for details).
- Complete course registration form (available via email from the DA office).
- 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 (as to arrangements).

Step 3: Before Departure

• Submit Pre-Departure Details form (available via email from the DA office).
• Order the electronic course-book from Bel-Jean Copy/Print Center (see p. 15 for details).
• Pack!

How to Contact DA

Contact details for medical centers (hospitals and physicians) are provided in this Manual. 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: www.discoverabroad.uga.edu

Campus Office

Discover Abroad
Warnell School of Forestry and Natural Resources
180 East Green Street
Building One, Room 300
The University of Georgia
Athens, GA 30602-2152
USA
Tel: +1.706.542.9713
Fax: +1.706.542.9686

Most enquiries are handled by the office administrator (Administrative Associate) who deals with matters related to general enquiries, applications, orientation, payment, registration, and acceptances into the program.

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 on communication). 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:

1. 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.

2. 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 group.

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

4. UGA Office of International Education during office hours on: (706) 542-2900 or 542-5544, Fax (706) 583-0148; email: http://international.uga.edu/contact/

5. Public Safety at one of the following numbers: Public Safety Emergency Number: (706) 542-2200; Public Safety Non-Emergency Number: (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 are also 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 Antarctica, Australia (Northern Territory, Queensland, Sydney), Bali, Fiji, Hawaii, India, New Zealand, Tahiti, 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 Antarctica, Australia, Bali, Fiji, Hawaii, India, New Zealand, Tahiti, and the United Kingdom 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 ~15-35 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 are also supported by several subcontractors (ranging from in-country university institutions to small professional private businesses) who 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 DA Assistant Directors.
• Academic progress of students in the program and professional development of staff.
• Ensuring equity, equal access, and fair treatment for all students and personnel.
• Instruction, where appropriate.

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 Academic Directors, 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 for Program Operations

The Assistant Director for Program Operations is responsible for:
• Working with the Director and Assistant Director for Program Development to implement on-campus administration related to budget, personnel, and student management.
• Working with the Academic Directors, In-country Faculty/Instructors, and/or Assistant Director for Program Development to ensure that all (academic and non-academic) arrangements for programs have been correctly administered and implemented.
• Working with the Academic Directors, In-country Faculty/Instructors, Assistant Director for Program Development, and UGA Office of International Education on all program-related emergencies.
• Overseeing duties of the DA Administrative Associate.
• Managing all DA student recruitment and promotional activities and developing and implementing a strategic marketing plan for DA.
• Coordinating administrative responsibilities with the UGA Office of International Education.
• General on-campus problem solving.
• Instruction, where appropriate.

Assistant Director for Program Development

The Assistant Director for Program Development/Service Provider is responsible for:
• Working with the Director and Assistant Director for Program Operations to implement on-campus administration related to budget management.
• Working with non-UGA service providers.
• Design and overall coordination of the in-country program logistics and services, including guest lectures, field activities, accommodation, and all other logistics.
• Integrating field activities and lectures to meet academic program goals.
• Coordination of field staff.
• Working with the Academic Directors and In-country Faculty/Instructors to manage day-to-day operations (including the health and safety of program participants).
• In coordination with the Office of International Education, administering health and safety and risk management policies and procedures.
• Instruction, where appropriate.

Academic Directors

Academic Directors are responsible for the overall management of the program in-country, including health and safety, equity, and academic standards and integrity (including submitting final grades for all students on the program). They typically travel with one of the groups (acting as an In-country Faculty) and are the first point of contact for In-country Faculty/Instructors and Teaching Assistants in the event of an emergency.
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 Academic Director in the overall design and quality of the program.
- Assisting the Academic Director in making final decisions regarding management of assessment and grades.
- Overall leadership and welfare of students while in the field and ensuring that the procedures and policies as specified in the syllabus, program manual, and staff handbook 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.
- All decisions regarding student responsibilities and conduct in relation to their course and its lectures and coursework (including grading and assessment).
- Contacting the Director, Academic Director, Assistant Director for Program Operations and/or Assistant Director for Program Development 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 Assistant Director for Program Development 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 syllabus, program manual, and staff handbook are correctly and efficiently administered and implemented in the field. This includes, but is not limited to, dealing with emergency situations, making decisions about activities in inclement weather conditions, ensuring appropriate group behaviors and setting standards, and applying sanctions for inappropriate behaviors that threaten the well-being of the group and/or individuals in the group.

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 syllabus, program manual, and staff handbook are correctly and efficiently administered and implemented in the field. This includes, but is not limited to, dealing with emergency situations, making decisions about activities in inclement weather conditions, ensuring appropriate group behaviors and setting standards, and applying sanctions for inappropriate behaviors that threaten the well-being of the group and/or individuals in the group.

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.

Administrative Associate

The Administrative Associate handles such things as:
• General program inquiries and administration.
• Registration and program fee payment issues.
• Managing email communication between the program and current participants.
• Assist Assistant Director for Program Operations with implementing the DA marketing strategy and student recruitment.
• Assist Assistant Director for Program Development with program arrangements and academic materials preparation.

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 Antarctica we spend much of our time at sea; in Australia, out of the large, sophisticated, sunny cities of Brisbane or Sydney; in Fiji and Tahiti 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 and Tahiti 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 Academic Directors/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 must be received by 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).

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 www.ahead.org and www.miusa.org.

**Electronic Course-Book**

You are required to bring a laptop or notebook with Microsoft Word software (ipads, kindles, or other similar electronic reading devices are not acceptable for course assignments). The course-book will be provided electronically via jump drive, which is available for purchase at Bel-Jean’s Copy/Print Service, 163 East Broad St, Athens, GA 30601. To purchase, please order online from http://www.bel-jean.com/study-abroaduga.php, via phone at 706.548.3648 or via email at campusrep@bel-jean.com. An optional hardcopy is also available, though not required. 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.

**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. The financial aid office will reassess your need, based on the actual cost of studying abroad, and will make appropriate awards. 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 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:

UGA Office of International Education:
http://international.uga.edu/education_abroad/financial_aid_and_scholarships/
UGA Franklin College of Arts & Sciences: http://franklin.uga.edu/international/scholarship_fund.php
Additional non-UGA Scholarship Information: www.internationalscholarships.com

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: www.InternationalStudentLoan.com or call 617-535-7001 outside the USA, 866-229-8900 inside the USA. If you are not an international student visit: www.ActEducationLoans.com or call toll-free 866-229-8900

Benjamin A. Gilman International Scholarship:
Provided by: Institute of International Education; Deadline: Varies
Award Amount is a maximum of $5000. See website: 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. See 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. See 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 (www.fastweb.com)
FinAid (www.finaid.org)
StudyAbroad.com Financial Aid Info (www.studyabroad.com/forum/financial_aid.html)
GoAbroad.com Scholarship Search (http://scholarships.goabroad.com/index.cfm)
International Scholarships Online (www.internationalscholarships.com/)
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 flight (please contact DA for further details) but note that the flight is 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 (1) ensure that you are correctly registered with the U.S. State Department of State at https://travelregistration.state.gov before you travel overseas and (2) purchase private travel insurance in the event of a canceled program and/or flight.

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/passport/passport_1738.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://www.passport.uga.edu/index.html 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 Sheets in the Appendix for more current and detailed information.

Argentina (for the Antarctica Program)

To travel to Argentina, 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 an onward ticket.

When entering Argentina, American nationals must pay a “reciprocity fee.” The Argentine Government sets this entry fee to the equivalent amount that Argentine citizens must pay when requesting a visa to travel to the U.S. As of November 4, 2013, the fee is US$160. Additional information is available at http://embassyofargentina.us/embassyofargentina.us/en/consularsection/news.htm#entry.

Australia

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. For further information contact the Australian Embassy at (www.eta.immi.gov.au) or your travel agent. Your travel agent can issue an ETA for a minimal charge, or you can arrange one yourself (for a ~$25 fee) online at www.eta.immi.gov.au.

Bali

To travel to Bali, U.S. citizens must have a passport that is valid for at least 6 months after the date you intend to leave the country, and a ticket for return or onward travel. Visitors from the U.S. can apply for a visa on arrival (VOA) through Ngurah Rai International Airport (Denpasar, Bali), which is issued for stays up to 30 days at a charge of US$25 payable through credit card or most major currencies. An extension of another 30 days can be granted but must be declared in advance. See http://www.indonesiahouston.net/Visa-on-Arrival.html for more information.

Fiji

To travel to Fiji, U.S. citizens must have a passport that is valid for at least 6 months after the date you intend to leave the country, and a ticket for return or onward travel. See http://www.fijiembassydc.com/default.asp?contentID=521 for more information.

Hawaii

If you are only participating in the DA 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., Australia, Fiji, New Zealand, etc) you will need a passport.

India

To travel to India you will be required to obtain a visa for entry. Indian visas may be obtained in the U.S. from Travisa Visa Outsourcing (http://www.travisa.com), the Government of India’s visa contractor. You will be required to obtain a tourist visa in order to take part in the program (do NOT apply for a student visa). You will need to submit your actual passport to Travisa, so leave ample time to complete this process. Utilize the 3 drop-down menus in the box located in the top left-hand corner of the Travisa homepage. Select country you
will be traveling to [India], select your citizenship and select your purpose of travel [Tourist] and NOT education and follow the instructions. The Indian visa requires the contact details of a person in India. Please use the following (please email our office immediately if you have any questions regarding the visa process):

Raj Kapoor, Chief Executive
Assocom-India Pvt. Ltd.
Flat No. 601, DDA Building District Center, Laxmi Nagar, Vikas Marg
Delhi - 110 092 INDIA
Tel. +91-11-47675218 (Direct), 47675200 (Board - 50 lines)
Fax: +91-11-22457230 (Direct)
Cell: +91-9810158318, Skype: kapoor.raj
Website: www.assocom-india.com

New Zealand

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 bio-security 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.

Tahiti

To travel to Tahiti, U.S. citizens must have a valid passport, an onward/return ticket to their resident country or at least two more continuing destinations, and sufficient funds to cover their planned stay. See http://www.tahiti-tourisme.com/planner/tahitientryrequirements.asp for more information.

United Kingdom

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 www.isic.org or 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 Sheets (see Appendix) 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).

Getting Accepted as a UGA Student (for Transients only)

If you are not already a UGA student, you first need to apply to be accepted as a transient transfer student (there is an application fee). Please note that there may be a $250 administration fee for non-UGA students who are not accepted as a UGA transient student before the date of the program orientation.

There are nine steps to complete in order to register as a transient student on UGA study abroad programs. Please complete the steps in order and do not hesitate to contact our office if you have questions.

1. 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 the home institution. Students should work closely with their academic advisor and their own study abroad office well before departure.
   b. Complete and submit the on-line UGA Transient Form (https://www.admissions.uga.edu/offsiteapp.html). Please note that you will have to create an account (which is free) and that there is a $60 transient application fee when you are ready to submit the application. Make sure to indicate within the application the study abroad program and the term on which you want to participate.
   c. Submit a letter of good standing or an official transcript sent from your home institution to UGA Admissions.
   d. 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
   e. Transient applications must be received by the deadlines established by the Office of Undergraduate Admissions (see below), which precede our application deadlines. Please plan accordingly and submit your UGA transient application in a timely manner.
      i. Maymester (and add-ons): March 1
      ii. Summer: May 15
      iii. Spring (and Winter-Break): October 1
      iv. Winter (Antarctica): April 1

2. Submit the Discover Abroad Program Application Form along with your 8-digit UGA unique identifier (starts with 810) (which you will receive from UGA after applying as a transient student) to our office.

3. Submit the immunization documentation forms (http://www.uhs.uga.edu/documents/immunization-forms-12-08.pdf) 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
   a. Mandatory Immunizations Form
   b. TB Risk Assessment
   c. TB Screening Questionnaire
4. Once you have been admitted to the University of Georgia, you must establish a UGA MyID account (at https://managemyid.uga.edu) which will be used to access ALL information from:
   a. UGA Email (www.ugamail.uga.edu), used for all official correspondence with UGA and must be included in your study abroad application. Please check regularly.
   b. UGA Student Account (https://studentacct.uga.edu), used to pay tuition and study abroad program fees.
   c. OASIS (https://oasisweb.uga.edu), used to verify study abroad course registration.

5. Course Registration
   a. Our office will register you for study abroad courses. Once you have been accepted to the study abroad program, you will receive an electronic registration form to be submitted to our office. You will be required to verify your course registration, using your UGA MyID via OASIS prior to program departure. Please note: you will have a flag on your record and you will not be registered until you (a) submit your Immunizations form, TB risk assessment and TB screening questionnaire to the Health Center, (b) pay outstanding program fees, (c) satisfy the Verification of Legal Presence requirement with UGA Admissions.

6. Pay Tuition and Program Fees
   a. You will need to pay tuition and applicable fees for the study abroad classes. All study abroad participants pay tuition at the in-state rate. Once you enroll in a UGA program, tuition and fees will be assessed to your UGA student account. The fees applicable to study abroad are the study abroad program fee, institutional fee and technology fee. Study abroad program fee deadlines will be set by the program and listed on the application. Please note: you will have a flag on your record and you will not be registered until you (a) submit your Immunizations form, TB risk assessment and TB screening questionnaire to the Health Center, (b) pay outstanding program fees, (c) satisfy the Verification of Legal Presence requirement with UGA Admissions.
   b. You can make payment online with a credit card (Mastercard or Discover), or you can send a check to Student Accounts, Business Services Building, University of Georgia, Athens, GA 30602. Note: Students who are neither Georgia residents, nor currently enrolled in a University System of Georgia institution nor a member school of the SEC, will need to pay an additional fee of $250 to the program. This amount will be charged to your UGA student account along with tuition.
   c. You must have a UGA MyID and check this account regularly in order to register for classes. ALL OFFICIAL CORRESPONDENCE FROM UGA including tuition invoices, course registration information, and other important matters will go to your UGA e-mail address. The UGA Business Office and Registrar will NOT send official notices to another e-mail address, including your home institution address or any address you included in your admissions application (even if your UGA study abroad program or instructor does correspond with you at this address).

7. Pre-departure Requirements
   a. Be sure to complete all pre-departure requirements for your study abroad program. 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.

8. Order a transcript
   a. After the completion of your program, you will need to have the credit transcripted to the appropriate office at your home university. You should work closely with your academic advisor and study abroad administrator well before departure. 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.

9. A special note for students who attend other HOPE eligible institutions
   a. Students enrolling transient in UGA study abroad programs who normally attend other institutions eligible to grant the HOPE scholarship are now being treated the same as other within-system transient students. That is, HOPE will be awarded by the host institution - in this
case, UGA - and will be based on the tuition rate for the hours at the host institution. However, your home institution must first communicate to UGA that you are eligible so that UGA may make this award. Please contact your home Financial Aid office 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.

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 must complete and return the DA Course Registration form (sent electronically from the DA Office), indicating which courses you want to take. The minimum numbers of credits varies for each program and is as follows:
   a. Spring Australia, New Zealand and Fiji, 13 – 17 credits
   b. Maymester Australia Queensland, 7 credits
   c. Maymester Australia and New Zealand, 7 credits
   d. Maymester in Bali, 6 credits
   e. Maymester in India, 6 credits
   f. Maymester New Zealand, 7 credits
   g. Maymester add-on in Fiji, 3 credits
   h. Maymester add-on in Tahiti, 3 credits
   i. Early Summer in Tahiti, 3 credits
   j. Summer in Australia Northeast Queensland, 6 credits
   k. Summer England and Scotland, 6 credits
   l. Summer in Fiji (Service-Learning), 6 credits
   m. Winter Break Antarctica (Fall registration), 6 credits
   n. Winter Break (Spring registration) Australia, 6 credits

2. Our office must receive this registration form within one week (seven days) before the date of the program pre-departure orientation.

3. Our office will register you for the courses you indicate. There will be no changes so please be sure to meet with your academic advisor to discuss which courses are a best fit for you. There is no drop add for DA Study Abroad courses once you have returned the completed form.

4. We make honors or graduate credit options available in some circumstances. If a student has more than 60 hours (including AP, IB, and joint enrollment credit hours) and a minimum of a 3.5 GPA they may be able to enroll in 6000 level courses.

5. 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.

6. 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.

7. Inform us by the date of the deadline if you are registered incorrectly for any course(s) as per the DA course registration form. It is your responsibility to clear any flags or holds on your registration.

Check UGA MyID as all correspondence from UGA and DA is sent to this email address.

Program Fees and Tuition

There are two fees for each study abroad program: (1) program fees and (2) tuition/fees.
Program Fees

Current program fees and deadlines are given on the application forms. Program Fees are paid through the UGA Student Account System (https://studentacct.uga.edu). Students receiving financial aid and 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. 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 50-60%) meals during the program.
  • All accommodations (except during Spring break on the Spring Semester program).

Tuition/Fees

Tuition is in addition to, and separate from, the program fee. Tuition is paid to the University (Bursars Office) NOT the program. For all students, including out-of-state students, UGA and non-UGA, tuition is at the in-state rate. Refer to https://busfin1.busfin.uga.edu/bursar/schedule.cfm for the current tuition and fee estimates for each Academic term, by credit hours. Payment instructions will be given when you register online through OASIS (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.

Cancellation and Refund Policy

Refer to the DA Application Form for details on program cancellation and refund policies.

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 (www.conduct.uga.edu/code_of_conduct/codeofconduct.pdf), the following Professional, Academic, and Ethical Code of Conduct will apply to all students on Discover Abroad programs.

Students will be expected to:
  1. Adhere to standards of professional behavior and ethics appropriate to their academic discipline.
  2. 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 www.DiscoverAbroad.uga.edu for additional details).
  3. Behave in a manner consistent with all relevant UGA policies, codes, standards and rules.
  4. Comply with the UGA policy on alcohol and other drugs (http://drugpol.uga.edu) as well as the following Discover Abroad requirements:
      a. 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.
      b. 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.

b. No alcohol may be consumed until after the last program activity of the day, this includes lunch or dinner breaks.

c. 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.

5. 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:

   a. 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.

   b. Students must be aware that alcohol will impair judgment and make one more vulnerable to crime and accidents while in unfamiliar surroundings.

   c. 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

1. Jeopardizes the safety or wellbeing of the offender, other students, or members of the academic community (faculty, instructors, host lecturers/field guides);

2. 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;

3. Results in the destruction of natural and/or environmental resources and/or harms or jeopardizes cultural relations with hosts;

4. 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);

5. 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, willful 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:

1. 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.
2. 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" http://honesty.uga.edu). 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.

**Discrimination and 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 a 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](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 in Bali, Fiji, India and Northern Territory

Students on the Bali, Fiji and Northern Territory programs must be on the accommodations premises by 6:30pm and those on the India program by 9:00 pm (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 in groups of 4 or more at all times.

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 (for example – **Adderall is banned in India**) – if you bring prescription drugs with you ensure that they are legal in the destination country.

India specific - Medicines for specific ailments, with similar active ingredients to what are found overseas, are available in India. The problem is figuring out the brand names and making the pharmacist understand what you’re after. Therefore, you should bring an adequate supply of whatever medicines you usually need. Common items such as Vitamin C and acetaminophen (a standard pain killer) are not difficult to purchase from a pharmacy. However, problems may still be encountered, as, for example, acetaminophen is known as paracetamol in India. Therefore it also helps if you describe your symptoms, such as headache or stomachache, to the pharmacist.

**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 [http://ovpi.uga.edu/eac/eacugrad.htm](http://ovpi.uga.edu/eac/eacugrad.htm).

**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 and keep them in your possession/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 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:

**Antarctica**

- Comfortable and casual clothing is recommended while on board ship and ashore. For evening and Captain’s Welcome Aboard and Farewell parties and dinners, casual to semi-formal attire is appropriate.
• The principle of layering is that air is a very good insulator. Therefore, if you trap air in several layers of clothing, you stand a better chance of staying warm than if you wear one or two very heavy items. You will also be able to add or subtract layers easily to remain comfortable at all times. Wool and silk items are recommended over cotton because they can trap warm air. Synthetic fabrics spring back into shape after compression and have excellent wicking properties. Polar fleece is also popular and recommended. Polypropylene is a good option since it keeps you warm without adding bulk. This material carries moisture away from your skin to keep you dry even when you are active. Turtlenecks, pants, and glove liners made from this material can be purchased from most outdoor suppliers.

Australia

• Northern Territory: 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.
• 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.

Bali

• Bring a light rainproof jacket and favor waterproof, closed-toe shoes. Otherwise, casual light clothing is recommended. (You will need a sarong and sash for the homestay – which can be purchased in country). Average highs in Denpasar during June – July range from 80 to 88F, average lows range from 65 to 72F with an average of ~3 inches of precipitation. This is considered the dry season.

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. Overall, June is one of the warmest and driest months in Hawaii with average daytime highs in the low to mid 80s and nighttime lows in the upper 60s.
• It will be cold at Volcanoes and Mauna Kea national parks in the evenings, so bring a jacket.
India

- The Northern part of India (New Delhi, Jaipur and Agra) will be moderately cold at nights during December with highs in the mid 70s and nighttime lows in the mid 40s requiring a fleece and windbreaker at night. For Kerala in December the highs will be around mid 80s and lows in the lower 70s. Mumbai has highs in the mid 80s and lows in the mid 60s during early January. A layering system is highly recommended to stay comfortable in very changeable conditions (ranging from cold to warm).
- It is not the rainy (monsoon) season in India but expect scattered showers occasionally and bring a rain jacket.
- Air-conditioned spaces (at hotels and restaurants and in coaches and trains) in India can be very cold with AC’s running at full blast and a fleece might be required often to stay comfortable.
- You will spend some time in cities, so bring some city-wear clothes. Bring clothes in dark neutrals that you can mix and match. Pack shoes that can be worn with multiple outfits. Avoid white as the dust and pollution can cause ring around the collar, discoloring stains while traveling and are easily see-through bringing you unwanted attention.
- All clothes should adhere to culturally sensitive norms in India. The most important rule for both ladies and men is to keep your legs and shoulders covered. Wearing shorts should be preferably avoided (especially in non-urban areas). Females will also often find it beneficial to wear a shawl or scarf that covers their breasts. For men, short-sleeved shirts are more respectful than wearing t-shirts. In nightclubs, western dress standards of jeans and a top for girls, and jeans and a t-shirt or shirt for guys, apply. **Especially for Ladies** - Leave the bikinis, halter tops, tube tops, spaghetti straps, shorts, mini-skirts and similar at home. Dressing “sexy” here will either offend or attract the wrong kind of attention. Plan to shop once you arrive. Look for a locally made blouse or a delicate scarf (dupatta) or shawl worn over your western-style clothes.

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 57F, average lows range from 34 to 39F with an average of ~2 inches of precipitation.
- You will spend some time in cities, so bring some city-wear clothes.

Tahiti

- French Polynesia enjoys warm, tropical weather year-round. The average high in June is 86F and the average low is 69F. The dry season is May through October, during which time Tahiti receives only one-quarter of the annual rainfall. However, as with any destination be prepared for unusual or atypical weather patterns/events and bring a rain jacket.

United Kingdom (England, Northern Ireland, Scotland, and/or Wales)

- 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 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). For UK, ensure your bag is not more than 29” as it will not fit on the coach.
• 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 (QLD), Tahiti, and New Zealand programs preferably in a compression stuff sack (to reduce size) (sleeping bag not required for Winter in Australia program, Fiji, Northern Territory, 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 (especially for Antarctica) (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, India, 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 electronic copy of Course Packet) and protective cover/case (for varying weather conditions), power cords, flashdrive.

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
• Insect repellant
• Earplugs (for sleeping)
• Travel pillow
• 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 (highly recommended for Antarctica)
• Collapsible walking stick/treking pole for negotiating uneven ground
• Flip-flops (for showers and inside wear) – alternatively, use your hiking sandals
• Snorkel and mask (for Australia, Tahiti, and Fiji). Snorkel equipment is available free of charge where needed (except Tahiti)
• 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., www.myaquacase.com) (for Australia, Tahiti, and Fiji only)
• Small purse or bag (for females) for city
• Extra memory cards for camera (and USB key drive)
• Journal or diary
• 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)
• Plastic cup, bowl, plate, fork, spoon, and knife (most, but not all, accommodations have kitchens with crockery and cutlery, but some students prefer to use their own since they are light and easy to carry)
• Set of playing cards
• Laundry detergent in small ziplock bag (sufficient for 1-2 loads per week)
• Drawstring bag (for around town or short hikes)
• ISIC (International Student ID) card
• Clothesline (or long piece of string)

Mandatory for Antarctica

• One large bag (duffel-bag with wheels, backpack or suitcase; two bags will not be permitted)
• Sturdy, mid-size, lightweight and waterproof daypack (good for carrying extra clothing, camera gear during excursions; this item is extremely useful for landing craft transfers and small enough for a day hike)
• A layering system is highly recommended for clothing, with a good waterproof, breathable outer layer
• Jacket, fleece, wool hat and gloves for cool/cold weather
• Warm trousers (to be worn under the waterproof pants – i.e. thermal underwear, (thicker expedition-weight fleece works very well), wool slacks, cords, sweatpants, jeans)
• Waterproof pants (pull-on) (very important for spray in the landing craft and wet landings. Rain pants should be roomy enough to wear over thermal underwear or regular pants. Army surplus or camping supply stores carry these)
• Long Underwear (lightweight silk or polypropylene are recommended)
• Sweatshirts, as well as cotton, silk, or synthetic turtlenecks, are also good insulators
• Sweaters (wool or polar fleece medium weight)
• Turtlenecks
• Waterproof mittens and/or gloves (a couple pairs of thin gloves to wear under thick mittens (polypropylene is a good fabric choice) is recommended in the event that you wish to remove heavier gloves to operate camera equipment)
• Woolen cap, scarf, and neck gaiter (fleece fabric is very light to pack and extremely warm. Some people bring earmuffs if they already have them)
• Warm socks (tall wool socks and thin polypropylene (silk also sufficient) socks. Bring a few pairs of each. For heavier pairs, rag wool is an excellent choice. Knee-highs provide extra warmth. Keep in mind that rubber boots do not provide much insulation, so you will rely on the warmth of your socks)
• Rubber Boots (pull-on, unlined, mid-calf or higher with non-skid sole, 14”-16”) These specifications are VERY IMPORTANT. You will be stepping into cold water up to 10” deep during wet landings. Moon or leather boots are not appropriate. (Note: Be sure your boots fit with one or two pairs of heavy socks – tight boots will be cold and uncomfortable). Suggested sources for rubber boots: sporting goods, army surplus, or camping equipment stores in your area. These boots are often referred to as “Wellies” or “Wellington boots.” Many good outlets are available online. The boat may have some of these on board for loan (if you prefer not to buy) though sizes cannot be guaranteed (check with DA office for further information)
• T-shirts and other casual warm weather clothes for layering and aboard the ship (practical cotton, woolen, knit, and permanent press fabrics). You will spend quite a bit of time on board ship where it’s warm inside
• Sun protection – sunscreen w/ UV filter, sunglasses and lip protection
• Bathing suit for hotels and maybe a polar plunge or hot springs
• Camera with two extra sets of batteries and extra memory card. There may be no place in Antarctica to purchase film or batteries (which have a shorter life span in the cold climates)
• Extra pair of prescription glasses or contact lenses
• Ziploc plastic bags to protect cameras and film when going ashore
• Woolite/laundry soap (if you plan to do any hand laundry)
• Notebook and clipboard for taking notes in the field; pens, pencils (be prepared to take notes in outdoor environments). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking
• Personal first-aid kit
• Motion sickness medication
• Full supply of all medications and copy of prescriptions, in prescribed containers
• World-wide travel adapter. Electrical current and outlets vary by boat (check with DA office as to what outlets are on board the boat)
• Toiletries
• Travel alarm clock
• Accommodations contact list (available in the Course-book) also have this available with you when traveling (e.g., customs at airports)
• Insect repellent (with Deet)
• Hiking shoes (a hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance)
• Hand sanitizer
• Plastic zip lock (for snacks, etc) and trash bags (for dirty laundry, hiking shoes, etc)
• ATM/Check cards, 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 copy of this with your emergency contact person and bring one copy in your carry-on
• Inventory list of items packed in checked luggage (keep in carry-on luggage)
• Identification tags with your contact details (on checked and carry-on luggage)
• This Program Manual and the required Course-book in easily readable and accessible format (e.g., on laptop computer, portable reader, or printed version).

Mandatory for Australia (Maymester Northern Territory and Queensland)

• Warm clothing (including hat and gloves) for evenings in Outback
• Some city clothes (for Sydney and Noosa)
• Plastic cup, bowl, plate, fork, spoon, and knife (for Northern Territory only)
• One folding cooler to store perishable food items (for Northern Territory only – must be able to store in luggage until needed)

Mandatory for Bali

• A sarong and sash is highly recommended or a skirt below the knee (for women) for village visits, homestays and temples (men may wear long pants but it is recommended that males purchase a local sarong [wrap] to wear over shorts on village visit) – available inexpensively in-country
• Tank tops and spaghetti straps are unacceptable in local villages, homestays and in temples. Ensure you have shirts with shoulder cover (t-shirts are fine) and a sarong and sash for temple visit
• Inexpensive gifts for homestay families

**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/night in the upper elevations

**Mandatory for India**

• Earplugs
• Anti-bacterial wet wipes (3 packs)
• Toilet paper (2 rolls)
• Combination locks for your luggage (airport TSA compliant for checked luggage)
• Passport Photos: Have a spare set (at least 2) taken in your home country. This is a valuable time and stress saver in case of a lost passport and Visa and also required for buying cellphone sim card etc.
• Anti-diarrhea medicine, like Imodium A-D. A very helpful medication is a low-grade antibiotic called “Doxycycline”, which kills bacteria in the Gastro Intestinal tract. (Check with your Doctor for the correct advise – Travellers have recommended that it can be taken on a daily basis to ensure that you don’t have stomach problems during your stay)
• Kleenex or similar in travel packs (3-4 recommended)
• Journal

**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 Tahiti**

• Extra swimsuit!
• Snorkel and mask
• Knee-length skirt or shorts

**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 many meals (~50-60%), but you are responsible for the rest (grocery shops will be available to help you live cheaply if you choose). In Antarctica and Fiji most meals are provided during the program.
- 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.

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
<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gear, luggage, equipment</td>
<td></td>
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<tr>
<td>Passport (~$110)</td>
<td></td>
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<tr>
<td>ETA (~$25 and can issued by travel agent)</td>
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<tr>
<td>Argentine reciprocity fee (US$160)</td>
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<tr>
<td>Course-book/books/guide books</td>
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<tr>
<td>Transportation</td>
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<td>International airfare (i.e., to destination from U.S.)</td>
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<tr>
<td>Domestic airfare (within U.S.)</td>
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<tr>
<td>Sub-Total</td>
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<tr>
<td>Personal Expenses</td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td></td>
</tr>
<tr>
<td>Laundry/toiletries</td>
<td></td>
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<tr>
<td>Calling cards/telephone (local and international)</td>
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</tr>
<tr>
<td>Internet cafes</td>
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<tr>
<td>Entertainment and evenings out</td>
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<tr>
<td>Shipping/postage</td>
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<tr>
<td>Gifts/souvenirs</td>
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<tr>
<td>Film/batteries/developing</td>
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<tr>
<td>Emergency funds</td>
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<tr>
<td>Sub-Total</td>
<td></td>
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<tr>
<td>Independent Travel (i.e., free days/Spring Break travel)</td>
<td></td>
</tr>
<tr>
<td>Transportation (bus, train, etc)</td>
<td></td>
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<tr>
<td>Accommodations if you leave town</td>
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<tr>
<td>Additional activities (bungee, etc)</td>
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<tr>
<td>Sub-Total</td>
<td></td>
</tr>
<tr>
<td>Other Expenses:</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Sub-Total</td>
<td></td>
</tr>
<tr>
<td>TOTAL ESTIMATED COSTS</td>
<td></td>
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</tbody>
</table>

**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 Argentina, Fiji, and Tahiti, 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 (except in
Antarctica) and there will be communication systems in case of emergency.

Post/Mail

The Australia, India, 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 Antarctica, Fiji, and Tahiti 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 www.hotmail.com, www.aol.com, www.gmail.com, or another e-mail provider. In Fiji and the Antarctic, email access is much more restricted, so expect minimal (if any) internet access. Tahiti also has several internet cafes, and wireless (for a fee) is available at many hotels and business centers.

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 Antarctica (non-existent), Fiji, and Tahiti. 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.

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>From Argentina</th>
<th>001</th>
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<tbody>
<tr>
<td>From Australia</td>
<td>00111</td>
</tr>
<tr>
<td>From Bali</td>
<td>001</td>
</tr>
<tr>
<td>From Fiji</td>
<td>001</td>
</tr>
<tr>
<td>From India</td>
<td>001</td>
</tr>
<tr>
<td>From New Zealand</td>
<td>001</td>
</tr>
<tr>
<td>From Tahiti</td>
<td>001</td>
</tr>
<tr>
<td>From UK</td>
<td>001</td>
</tr>
</tbody>
</table>

To call from the U.S.

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

Country codes:

- Argentina (54)
- Australia (67)
- Bali (62)
- Fiji (679)
- India (91)
- New Zealand (64)
- Tahiti (689)
- 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, India is 10.5 hours ahead (does not observe daylight savings), Argentina is 2 hours ahead, Bali is 13 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. Tahiti is 2 hours behind Pacific Standard Time, so depending on daylight savings changes in the US, either 5 or 6 hours behind Eastern Standard Time. Check the World Clock if you are uncertain about the exact time difference at the time of your visit: 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 Antarctica, Fiji, and Tahiti). 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 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 www.uga.edu/drugpol/ and the section on “Professional, Academic, and Ethical Code of Conduct" 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 following site also has useful information and tips to help keep you safe and prepared while overseas; see http://travel.state.gov/travel/tips/tips_1232.html.

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 Argentina (or Antarctica), Australia, Fiji, New Zealand, Tahiti, 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 Internet site at www.cdc.gov/travel. The CDC does recommend typhoid and rabies vaccines for travel to Bali, Indonesia. 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 www.who.int/en. Further health information for travelers is available at www.who.int/ith. 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 following has been provided by the Director of Medical Services at the University of Georgia Health Center. 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 that 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.

Emergency Numbers

Argentina: Fire, Police, Ambulance: Dial 101 (police), 107 (medical), and 100 (fire)
Australia: Fire, Police, Ambulance: Dial 000
Bali: Fire, Police, Ambulance: Dial 110 (police), 118 (medical), and 113 (fire)
Fiji: Fire, Police, Ambulance: Dial 000/917 (police) and 911 (fire and ambulance)
Hawaii: Fire, Police, Ambulance: Dial 911
India: Fire, Police, Ambulance: Dial 100 (police), 102 (medical), and 101 (fire)
New Zealand: Fire, Police, Ambulance: Dial 111
Tahiti: Fire, Police, Ambulance: Dial 18 (fire), 17 (police), 15 (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 Argentina, Bali, Fiji, and Tahiti are adequate for routine medical problems. In Antarctica, ships usually have a doctor on board.

Argentina

Ushuaia: Clinica San Jorge, Onachanga 184, Ushuaia, Tierra del Fuego, Argentina, Ph. 54-2901-42-2635
El Hospital Regional Ushuaia, Av 12 de Octubre y Maipa, Ushuaia, Tierra del Fuego, Argentina. Ph. 54-2901-42-3200

Australia (Northern Territory)

Darwin: Royal Darwin Hospital, Rocklands Dr., Tiwi, 0811. Ph. (08) 8922 8888.
Alice Springs: Alice Springs Hospital, Gap Road, Alice Springs, NT 0870. Ph. (08) 8951 7777.
Travel Medicine Alliance, 17 Stuart Highway, Alice Springs, NT 0870. Ph. (08) 8951 7777.

Australia (Queensland)

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.

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

Australia (Sydney)

Sydney: Stanmore Meduck Clinic, 110 Cambridge Street, Ph (02) 9569 2213
Sydney Hospital, 8 Macquarie St, Central City, Ph (02) 9382 7009

Bali

BIMC Hospital, Jalan Ngurah Rai By Pass, Kuta, , +62.361.761263
Prima Medika Hospital, Jl. P. Serangan 9x, Denpasar, Bali, Indonesia, +62.361.236225.
Nusa Lembongan: Jungubatub Village Clinic, Nusa Lembongan, Bali, Indonesia
Lombok: Mataram Public Hospital, Jl. Pejanggik 6, Mataram, Lombok, Indonesia, +62.361.638.464
Ubud: Ubud Clinic, Jl Raya Campuhan, Ubud, +62.361.974911
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.

India

New Delhi: Indraprastha Apollo Hospital, Sarita Vihar, Delhi-Mathura Road, +91-11-2692-5801/5858
Sir Ganga Ram Hospital, Ganga Ram Hospital Marg, Old Rajinder Nagar, +91-11-2573-5205,
2586-1463
Escorts Heart Institute and Research Center, Ohkla Road, +91-11-2682-5000/01/02/03
Max Healthcare +91-11-6611-5050/6666, Emergency +91-11-4055-4055
Agra: Dr. Pankaj Mahinderu, Apollo Pankaj Hospital, Artoni, National Highway 2, +91-562-264-0441
to 49, +91-93-191-03222 (mobile)
S N Medical College, +91-562-226-0353
Mumbai Breach Candy Hospital and Research Center, 60 Bhulabhai Desai Road, +91-22-2367-1888
+91-22-2367-2888
Jaslok Hospital, 15 Dr. G. Deshmukh Marg, +91-22-2493-3333/2493-9595/2493-9859/
+91-22-2496-3333/2496-3331
Lilavati Hospital and Research Centre, A-791 Bandra Reclamation, Bandra (W),
+91-22-2675-1000/2656-8000
Jaipur Fortis Escorts Hospital, ETDC Colony, +91-141-254-7000
Santokba Durabhlji Memorial Hospital (S.D. Hospital), Bhawani Singh Road, Bapu Nagar,
+91-141-256-6251 to 58, +91-141-511-0201 to 08
Cochin/Kochi West Side Hospital (P) Ltd, Dhanvanthiri Nagar, Moulan Azad Road, Kappalandimukku,
Mattancherry, +91-484-222-7979/222-5100/222-5250
Gautham Hospital, Panayappally, +91-484-221-0510/221-0511/404-3456/404-3457
Lake Shore Hospital and Research Center, NH-47 Bypass, Maradu, Nettoor, +91-484-270-
1032/270-1033
PVS Memorial Hospital Ltd, Kaloor, Ernakulam, +91-484-234-5451/234-5452/234-5471
Thrissur: Amala Cancer Hospital and Research Center, Amalanagar, +91-487-230-4190
Trichur Heart Hospital, Ltd., +91-487-243-3101
Gavi/Thekkady: Periyar Hospital, KK Road, Kumily, +91-486-232-2045
Central Hospital, Thekkady Jn, Kumily, +91-486-232-2045

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

Tahiti

Clinique Cardella, Rue Anne-Marie Javouhey. Private. Ph. 42-81-90
SOS Medecins 689-42-34-56. Emergency unit of medical professionals who will come to any hotel.

United Kingdom

Cambridge: Addenbrooke’s Hospital, phone 01223 245 151
Boots, phone 01223 350 213
Bristol: Bristol Royal Infirmary, 2 Marlborough St, phone 0117 923 0000
Manchester: Manchester Royal Infirmary, Oxford Rd, phone 0161 276 1234
Ambleside: The Health Centre, Rydal Road, phone 015394 32693
Edinburgh: Royal Infirmary, Little France, Old Dalkeith Rd, phone 0131 536 1000
York: York District Hospital, Wiggington Rd, phone 01904 631313

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 typically through T.W. Lord & Associates (1-800-633-2360 within the USA or 770-427-2461 from outside the USA). Check with TW Lord for details of the coverage. This insurance is supplemental to any regular personal medical insurance: do not cancel your regular insurance! You can choose to extend this study abroad insurance cover at your own expense for up to 8 weeks combined before or after your program but, to
do this, you need to contact T.W. Lord & Associates directly on (800) 633-2360 once you have your insurance card in hand.

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. Copies of claim forms can be found at http://www.uga.edu/oe/docs/sa/students/insurance_claims_form.pdf. Brochures describing the T.W. Lord & Associates policies are available from the Office of International Education.

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 (www.hthworldwide.com) and Student Trip insurance offered by the International Medical Group (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).

Special Note on Antarctica

Because the application date is much earlier for the Antarctica programs than for our other programs and because boats can sometimes break down and not be available for the cruise, we recommend that students purchase trip cancellation insurance for a canceled program and/or flight. Refunds after the final payment date cannot be made to students who do not complete the program for any reason whatsoever. One option is Travelex TraveLite insurance policy, which can be purchased either on-line or by phone directly from Travelex at http://www.travelex-insurance.com/enrollments/browseplans.aspx or phone toll free (800) 228 9792. You will need to quote the location number 47-6041.

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.

Fiji and Tahiti are 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 Bali, Fiji, India and Tahiti. In Antarctica, there will be a doctor on board on the boat as well as a good supply of healthy food options, and very few known insects and diseases that pose a threat to humans. The boat crew will provide a health and safety briefing when on board.

Always be aware of the dangers and responsibilities of travel. Traveling may give you a new sense of freedom and a false sense of how secure your new environment really is. 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 Argentina, Bali, Fiji, India and Tahiti, 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 Argentina, Bali, Fiji, India and Tahiti 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 Bali, Fiji and India (and certain parts of northern Queensland). In Bali, Fiji, India and Tahiti, 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 repellant, 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 their doctor or travel clinic.

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.
Snake Bites

It is unlikely to happen. 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 and Antarctica.

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.

**Sea Sickness**

Sea sickness is a typical phenomenon that happens to many travelers who are on a boat (especially relevant to the Antarctica field program). To deal with sea sickness 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 sea sickness 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 Argentina, Bali, Fiji, and Tahiti students will not be permitted to travel after dark (6:00 PM) and in India (after 9:00 PM) in cities and during the day they must be in groups of four or more at all times. (Suva, Fiji and Papeete, Tahiti 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/EE/Classes/671/#travel) 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.

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.
- 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 wet-suit 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
  - Don’t panic.
  - Conserve energy.
  - 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.

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.

Emergency Response Protocol

The DA 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, DA recognizes the importance of establishing, in advance, policies and procedures designed to safeguard the safety and welfare of participants. The following policies shall serve as guidelines for responses to crises affecting participants abroad.

What is an Emergency?

An emergency is any circumstance that poses a genuine risk to, or that has already disturbed, the safety and wellbeing of program participants. Emergencies will include, though not be confined to, the following types of events or incidents: sexual assault or rape; physical assault; disappearance, hostage taking or kidnapping of a student; robbery; serious illness, physical or emotional; significant accident and/or injury; hospitalization for any reason or length of time; terrorist threat or attack; local political, natural or man-made crisis that could affect the students’ safety or well-being; arrest or questioning by the police or other security forces; any legal action (lawsuit, deposition, trial, etc.) involving a student; death of a student; significant financial loss.

Who to Contact: The Chain of Command in an Emergency

In the event of an emergency and/or severe student disciplinary action (defined as one involving potential dismissal of a student), the In-country Faculty is the first person of contact. The faculty then informs the Academic Director (if applicable), DA, and OIE at the most appropriate time (i.e., immediately as in the case of a serious emergency or later, if the case is less severe and can be handled internally). In-country Faculty assume leadership of the emergency situation until other resources (e.g., local police, etc) are available. In the event that the In-country Faculty is not present or available, the Teaching Assistant is the first person of contact and follows the steps outlined above. DA contact information is in the Emergency Contact Card, Program Manual, and/or in the Logistics Notebook (that the TA will have).

General Guidelines for Emergencies Abroad

1. Assess the situation. Your first priority is to safeguard the safety and wellbeing of program participants; do whatever is necessary and reasonable to ensure their safety.
2. Call in-country emergency services and obtain medical care for affected participants as soon as possible (refer to the section “Medical Treatment and Services” for local health care contact information). Remain as calm as possible. Do your best to diffuse any growing anxieties that may be occurring among participants.
3. Follow the chain of command (above) and inform them in a detailed way of the situation. Make every effort to call first then email (as there are many issues to discuss).
• DA office will:
  o Ask for your name, location, call-back details (telephone number, time to call-back)
  o A description of incident (when, where, who involved, etc)
  o Provide you with a plan for dealing with the crisis depending on whether it is a medical emergency or a non-medical emergency.

• Some things to consider:
  o When telephones are down, use text messaging via cell phone, email, and/or internet
  o Record as much information as possible in written form and start a running log/diary of the emergency situation
  o At an appropriate time/location update the entire group of the situation.

4. If the situation warrants, notify the local U.S. Embassy or Consulate about the emergency (refer to contact details in the Appendix. If there is a continued 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.

5. If the situation warrants and/or the Embassy or Consulate believes it is necessary, notify local police and then follow through with the procedures that the police require of you and/or the participant(s).

6. For medical emergencies occurring on programs using UGA’s Study Abroad Insurance, you may contact T.W. Lord & Associates (toll-free within the U.S.: 800-633-2360 or collect from overseas: 770-427-2461) or directly contact their medical assistance/referral service (collect from US or overseas: 202-331-1596). The following services are included in the insurance:
  • Referral to the nearest, most appropriate medical facility and or provider.
  • Medical monitoring by board-certified medical physicians in the U.S.A.
  • Urgent message relay between family, friends, personal physician, school and insured.
  • Guarantee of payment to provider and assistance in coordinating insurance benefits.
  • Arranging and coordinating emergency medical evacuations and repatriations.
  • Emergency travel arrangements for disrupted travel as the consequence of a medical emergency.
  • Assistance in locating lost or stolen items including lost ticket application processing.

7. 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 (800) 454-3679 or (312) 935-3783 (from outside the U.S.A. – call collect). In order to maintain adequate faculty/TA to student ratios, please also notify the DA office immediately so that back-up faculty/TAs can be prepared to join the program.

8. Gather and share information, including:
  • Listen to the affected participant(s) and take into account their desires when making decisions.
  • Seek counseling for the affected participant(s) if desired.
  • Seek information from other participants, host families, and local friends of participants.
  • Keep program participants updated on the situation (when appropriate).

9. Keep DA and OIE informed on a regular basis, through telephone and/or email messages, about the evolution of the crisis. You may be given a verbal or written course of action/response plan that you and the participants will be expected to follow.

10. 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.

11. In the event that you are unable to call out of the country or otherwise unable to reach DA or OIE in the early phases of an emergency, contact the UGA police and 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. Please be sure to contact DA and/or OIE as soon as it is possible to do so. For example, during a natural disaster, such as an earthquake, all communication devices may be rendered inoperable.
12. Upon completion of the incident, submit (fax or email) an Incident Report to DA as soon as possible and preferably within 48 hours of the incident.

13. Follow procedures as laid out in the Family Educational Rights and Privacy Act of 1974 as Amended (FERPA) for requests concerning students educational records.

**Special Situations**

1. In the event of the death of a participant, do not contact the next of kin; OIE will handle this. After the next of kin has been notified, be prepared to talk to 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 of a participant, 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.

**H1N1 Virus Preparedness and Response**

1. For the most up-to-date information regarding the H1N1 Flu virus, UGA’s response, and preventative measures, as well as information that the university has recently issued to all students and parents, please visit [http://www.uhs.uga.edu/healthtopics/influenza.html](http://www.uhs.uga.edu/healthtopics/influenza.html).

2. Dr. Ron Forehand of the University Health Center wishes to “emphasize to all faculty and students the need to obtain both seasonal and H1N1 vaccinations when they are available and to take proof of vaccination with them abroad. UHS will be entering all student shots given at the Health Center into their immunization records which are available online for each student.”

3. Other recommendations: Faculty, staff, and students should be certain to pack a thermometer, ibuprofen, and non-narcotic cough medicine. DO NOT TAKE ASPIRIN or any aspirin-containing products. Individuals with asthma, diabetes, or other chronic conditions who have not already had H1N1 should contact a healthcare professional about taking a course of Tamiflu along with them.

4. Students should make sure to keep their insurance cards (regular insurance, along with TW Lord Insurance) accessible and should be familiar with their policy and with the worldwide assistance number for their carrier.

5. Faculty, staff, and students should always direct medical questions and concerns to a healthcare professional.

**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.).
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 their 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 is 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 better grades are received by students toward the front.
- 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:
  o Cannot guarantee or assure the safety of participants or eliminate all risks from the study abroad environments.
  o Cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
  o Cannot prevent participants from engaging in illegal, dangerous or unwise activities.
  o Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
  o 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.
  o Cannot assure that home-country cultural values and norms will apply in the host country.
Appendix C: Consular Information Sheet for Argentina

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1130.html

February 22, 2013

COUNTRY DESCRIPTION: Argentina’s tourism and business opportunities attract several hundred thousand U.S. citizen visitors each year. Buenos Aires, other large cities, as well as some rural destinations, have well-developed tourist facilities and services, including many four- and five-star hotels. The quality of tourist facilities in smaller towns outside the capital varies. Read the Department of State’s Fact Sheet on Argentina for additional information on U.S.-Argentina relations.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit Argentina, please take the time to tell our Embassy about your trip. If you sign up, we can keep you up to date with important safety and security announcements. We can also help your friends and family get in touch with you in an emergency. Here’s the link to the Smart Traveler Enrollment Program (STEP). U.S. Embassy Buenos Aires, Argentina Avenida Colombia 4300, Palermo Telephone: (54) (11) 5777-4533 Emergency after-hours telephone: (54) (11) 5777-4873 Facsimile: (54) (11) 5777-4240 The Consular Section is open to the public from 8:30 a.m. to noon and from 2:30 p.m. to 4:00 p.m. Monday through Friday, except on U.S./Argentine holidays or administrative processing days. We are always available for emergencies. Additional information on Embassy services is available on the Internet at U.S. Embassy Buenos Aires, Argentina or by e-mail at American Citizen Services.

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: A valid passport is required for U.S. citizens to enter Argentina. U.S. citizens do not need a visa for visits of up to 90 days for tourism or business. As a result of a recent change in Argentine law, prior to arrival in Argentina at any entry point, U.S. citizen tourist and business travelers must pay a $160 reciprocity fee by credit card online at the Provincia Pagos website. Once paid, you must print out the receipt and present it to the Argentine immigration officer at the time of entry. The fee is valid for ten years from the date of payment and multiple entries. Until June 30, 2013, passengers on cruise lines entering the country are exempt from paying the fee. The fee applies only to bearers of tourist passports. Travelers bearing diplomatic or official passports are required to get visas prior to arrival in Argentina but are not charged the reciprocity fee, nor are travelers transiting and not entering Argentina.

U.S. citizens who arrive in Argentina with expired or damaged passports may be refused entry and returned to the United States at their own expense. The U.S. Embassy cannot provide guarantees on behalf of travelers in such situations, and we encourage you to ensure that your travel documents are valid and in good condition prior to departure from the United States. Different rules apply to U.S. citizens who also have Argentine nationality, depending on their dates of U.S. naturalization. For more information, check the Argentine Ministry of the Interior website. Argentine-born naturalized U.S. citizens who enter Argentina as temporary visitors may depart using their U.S. passports as long as they remain no longer than the period granted by the Argentine immigration officer at the time of entry (typically 60-180 days). Travelers in this category who overstay will be required to obtain an Argentine passport to depart.

Children under 18 years of age who reside in Argentina, regardless of nationality, are required to present a notarized document that certifies both parents’ permission for the child’s departure from Argentina when the child is traveling alone, with only one parent, or in someone else’s custody (click on the “international parental child abduction” link below for more information).

U.S. citizens wishing to enter Brazil or Paraguay from Argentina are required to obtain a visa in advance from the Brazilian and/or Paraguayan embassy or consulate nearest to the traveler’s place of residence. Please note that this requirement applies to the popular cross-border day trips many travelers take when visiting Iguazu Falls. Travelers transiting between Brazil or Paraguay and Argentina should always make sure to present their passports to Argentine immigration officials to have their entry and exit from Argentina recorded. The U.S. Embassy in Buenos Aires cannot assist travelers with obtaining Brazilian or Paraguayan visas. For more information, see the Country Specific Information for Brazil and Paraguay. Visit the Embassy of Argentina’s website for the most current visa information.
The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of Argentina.

Information about dual nationality and the prevention of international parental child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page.

THREATS TO SAFETY AND SECURITY: Pedestrians and drivers should exercise caution, as drivers frequently ignore traffic laws and vehicles often travel at excessive speeds. The rate and toll of traffic accidents has been a topic of much local media attention. The U.S. government is supportive of coordinated efforts by Argentina, Brazil, and Paraguay to combat illegal activity in the tri-border region, where there is a long-standing pattern of trafficking of illicit goods. U.S. citizens crossing from Argentina into Paraguay or Brazil may wish to consult the most recent Country Specific Information for Brazil and Paraguay.

Demonstrations are common in metropolitan Buenos Aires and occur in other major cities as well. Protesters on occasion block streets, highways, and major intersections, causing traffic jams and delaying travel. While demonstrations are usually nonviolent, some individuals break from larger groups and sometimes seek confrontation with the police and vandalize private property. Groups occasionally protest in front of the U.S. Embassy and U.S.-affiliated businesses. U.S. citizens should take common-sense precautions and avoid gatherings or any other event where crowds have congregated to protest. Information about the location of possible demonstrations is available from a variety of sources, including the local media. Domestic flight schedules can be unreliable. Occasional work stoppages, over-scheduling of flights and technical problems can result in flight delays, cancellations, or missed connections. Consult local media or the airline company for information about possible strikes or slow-downs before planning travel within Argentina. Public transportation is generally reliable and safe. The preferred option for travel within Buenos Aires and other major cities is by radio taxi or "remise" (private car with driver). The best way to obtain safe taxis and remises is to call for one or go to an established stand, rather than hailing one on the street. Hotels, restaurants, and other businesses can order remises or radio taxis, or provide phone numbers for such services, upon request. Passengers on buses, trains, and the subway should be alert for pickpockets, especially during rush hours. Passengers should also be aware that these forms of transport are sometimes interrupted by strikes or work stoppages. Inter-urban passenger train service has been significantly replaced by bus and plane service as a feasible and reliable option for most travelers.

Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- Downloading our free Smart Traveler app, available through iTunes and the Android market, to have travel information at your fingertips.
- Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security. Conditions are not the same everywhere as they are in the United States. Here are some useful tips for traveling safely abroad.

CRIME: Most U.S. citizens visit Argentina without incident. Nevertheless, street crime in the larger cities, especially greater Buenos Aires and Mendoza, is a problem for residents and visitors alike. As in any big city, visitors to Buenos Aires and popular tourist destinations should be alert to muggers, pickpockets, scam artists, and purse-snatchers on the street, in hotel lobbies, at bus and train stations, and in cruise ship ports. Be careful in San Telmo, an older traditional neighborhood specializing in antique stores, and La Boca neighborhood (home to the famous "Caminito" street and "Boca Juniors" soccer stadium) in Buenos Aires, where violent robberies have been occurring with increasing frequency. Tourists who go to La Boca should limit their visit to the designated tourist areas during daylight hours.

Criminals usually work in groups, and travelers should assume they are armed. Criminals employ a variety of ruses to distract and victimize unsuspecting visitors. Be suspicious of anyone who approaches you on the street. A common scam is to spray mustard or a similar substance on the tourist from a distance. A pickpocket will then approach the tourist offering to help clean the stain, and while doing so, he or an accomplice robs the victim. Another scam is to entice tourists into a bar known as a "wiskeria" with a flyer for a shopping discount or free show. Once inside, the victim is not allowed to leave until he or she pays an exorbitant amount for a drink.
Thieves regularly nab unattended purses, backpacks, laptops, and luggage, and criminals will often distract visitors for a few seconds to steal valuables. While most U.S. citizens are not physically injured when robbed, criminals are known to use force when they encounter resistance, and there have been some violent and even fatal attacks on foreigners carrying valuables such as expensive cameras and equipment. Visitors are advised to immediately hand over all cash and valuables if confronted. Thieves may target visitors wearing expensive watches or jewelry, or carrying laptop computer cases. When staying in a hotel or apartment, it is a good precaution to call the front desk or security to identify uninvited individuals before giving them access. Some travelers have received counterfeit currency in Argentina. Unscrupulous vendors and taxi drivers sometimes pretend to help tourists review their pesos, then trade bad bills for good ones. Characteristics of good currency can be reviewed at the Argentine Central Bank website.

Along with conventional muggings, "express kidnappings" occur. Victims are grabbed off the street based on their appearance and vulnerability. They are made to withdraw as much money as possible from ATM machines, and then their family or co-workers are contacted and told to deliver all the cash that they have on hand or can gather in a couple of hours. Once the ransom is paid, the victim is usually quickly released unharmed. There have been some foreign victims. Visitors are particularly advised not to let children and adolescents travel alone.

Travelers worldwide are advised to avoid packing valuables in their checked baggage. In Argentina, officials have publicly acknowledged the systematic theft of valuables and money from checked baggage at Buenos Aires airports. Authorities are working to resolve the problem and have made a number of arrests, but travelers should exercise continued care and caution.

Don’t buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law. Your passport is a valuable document and should be guarded. Passports and other valuables should be locked in a hotel safe, and a photocopy of your passport should be carried for identification purposes. The U.S. Embassy has observed an increase in reports of stolen passports.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate (see the Department of State’s list of embassies and consulates). We can:

- Replace a stolen passport.
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.
- Put you in contact with the appropriate police authorities, and if you want us to, we can contact family members or friends.
- Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and prosecuting the crime.

The Argentine Federal Police have established a special Tourist Police Unit to receive complaints and investigate crimes against tourists. The unit, located at Corrientes 436 in Buenos Aires, responds to calls around the clock at 4346-5748 or toll-free 0800-999-5000 from anywhere in the country. The Mendoza Tourist Police Unit, open 7 a.m. to 10 p.m. daily, is located at San Martin 1143, telephone 0261-413-2135. After hours, the Mendoza unit may be reached by cell phone at 0261-15-6444-324.

The local equivalent to the "911" emergency line in the city of Buenos Aires or in the surrounding Province of Buenos Aires is 911 for police assistance. In the city of Buenos Aires, dial 100 in case of fire and 107 for an ambulance. In the Province of Buenos Aires, fire and ambulance numbers vary by location.

Please see our information for victims of crime, including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While you are traveling in Argentina, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. In some places you may be taken in for questioning if you don’t have your passport with you. In some places, it is illegal to take pictures of certain buildings. In some places driving under the influence could land you immediately in jail. There are also some things that might be legal in Argentina, but still illegal in the United States. For example, you can be prosecuted under U.S. law if you buy pirated goods. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime prosecutable in the United States. If you break local laws in
Argentina, your U.S. passport won't help you avoid arrest or prosecution. It's very important to know what's legal and what's not wherever you go.

Based on the Vienna Convention on Consular Relations, bilateral agreements with certain countries, and customary international law, if you are arrested in Argentina, you have the option to request that the police, prison officials, or other authorities alert the nearest U.S. embassy or consulate of your arrest, and to have communications from you forwarded to the nearest U.S. embassy or consulate.

**SPECIAL CIRCUMSTANCES:** In addition to being subject to all Argentine laws affecting U.S. citizens, dual nationals may also be subject to other laws that impose special obligations on Argentine citizens. In some instances, dual nationality may hamper U.S. government efforts to provide protection abroad. Please see our information on Customs Regulations.

**Currency Exchange:** Foreign citizens may encounter difficulties attempting to exchange Argentine pesos for dollars and other foreign currencies. In complying with Argentine foreign currency exchange regulations, banks and exchange houses in Argentina reportedly have been refusing to sell dollars and other foreign currencies to foreign citizens in exchange for pesos unless the foreign traveler is able to present original receipt(s) showing the purchase of pesos. Even with the original receipt(s), tourists reportedly have only been able to buy currencies worth the same or less than the original peso purchase(s). Therefore, tourists who might want to exchange pesos for foreign currency upon leaving the country should retain all receipts related to the purchase of pesos during visits to Argentina. The purchase of Argentine pesos does not appear to have been affected, whether in exchange facilities or via ATMs using U.S. debit cards. Commodity exchange is not one of the services provided by United States embassies for U.S. citizens abroad. Travelers should exercise caution when approached with offers of illegal exchange at rates more favorable than the official rate; there have been some incidents of scams in which travelers were robbed, some of them at gun point.

**Hunting and Fishing:** If you plan to hunt or fish, be sure to follow all relevant gun and game laws. More information is available (in Spanish) from the provincial offices listed on the Argentine Department of Wildlife website.

**Adventure Travel:** Argentina's mountains, forests, deserts, and glaciers make it a popular destination for outdoor and adventure sports enthusiasts. Despite the best efforts of local authorities, assisting visitors lost or injured in such remote areas can be difficult. U.S. citizens have died in recent years while mountain climbing, skiing, trekking, and hunting in Argentina. Travelers visiting isolated and wilderness areas should learn about local hazards and weather conditions and always should inform park or police authorities of their itineraries. Reports of missing or injured persons should be made immediately to the police so that a search can be mounted or assistance rendered. Argentina boasts the highest peak outside of the Himalayas, Mount Aconcagua. Its billing in some guidebooks as affordable and "requiring no climbing skills" attracts hundreds of U.S. citizens every year. With its 22,840-foot altitude, bitter cold, and savage storms, however, even experienced climbers should bear in mind that it is one of the world's most difficult and potentially hazardous climbs.

**Accessibility:** While in Argentina, individuals with disabilities may find accessibility and accommodation very different from what you find in the United States. It is important to note that a specific law mandates access to buildings for persons with disabilities; however, while the federal government has protective laws, many provinces have not adopted the laws and have no mechanisms to ensure enforcement.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** 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 (CDC) hotline for international travelers at 1-800-CDC-INFO (1-800-232-4636) or via the CDC website. For information about outbreaks of infectious diseases abroad, consult the infectious diseases section of the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**MEDICAL INSURANCE:** You can't assume your insurance will go with you when you travel. It's very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I'm out of the United States?
- Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?
In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out another one for your trip. For more information, please see our medical insurance overseas page.

TRAFFIC SAFETY AND ROAD CONDITIONS: While in Argentina, you may encounter road conditions that differ significantly from those in the United States. Driving in Argentina is generally more dangerous than driving in the United States. By comparison, drivers in Argentina tend to be aggressive, especially in Buenos Aires, and often ignore traffic regulations. U.S. driver’s licenses are valid in the capital and the province of Buenos Aires, but Argentine or international licenses are required to drive in the rest of the country.

Please refer to our Road Safety page for more information. Also, we suggest that you visit the websites of Argentina’s national tourist office and national roadways office (available only in Spanish).

AVIATION SAFETY OVERSIGHT: The U.S. Federal Aviation Administration (FAA) has assessed the government of Argentina’s Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of Argentina’s air carrier operations. Further information may be found on the FAA’s safety assessment page.

CHILDREN’S ISSUES: Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for Argentina dated January 7, 2013 to update the country description and the sections on entry/exit requirements, threats to safety and security, crime, and special circumstances.
Appendix D: Consular Information Sheet for Australia

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_954.html

August 05, 2013

COUNTRY DESCRIPTION: Australia is a highly developed, stable democracy with a federal-state system. Tourist facilities are widely available. Read the State Department Fact Sheet on Australia for additional information.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit Australia, please take the time to tell our Embassy and Consulates about your trip. If you enroll, we can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. Here’s the link to the Smart Traveler Enrollment Program.

Australian Capital Territory (ACT) or Queanbeyan: U.S. Embassy in Canberra Moonah Place Yarralumla, ACT 2600 Telephone: (61) (2) 6214-5600 Emergency after-hours telephone: (61) (2) 411-424-608 Facsimile: (61) (2) 6214-5970 NOTE: The U.S. Embassy in Canberra only provides emergency assistance for U.S. citizens in the ACT. The U.S. Embassy does not issue U.S. passports or visas. Passports and other routine citizen services for Canberra and the rest of the ACT are provided by the U.S. Consulate General in Sydney (see contact information below). New South Wales, Norfolk Island, Lord Howe Island, and Queensland: U.S. Consulate General Sydney Level 10, MLC Centre, 19-29 Martin Place, Sydney, NSW 2000 Telephone: (61) (2) 9373-9200 Emergency after-hours telephone: (61) (2) 4422-2201 Facsimile: (61) (2) 9373-9184 Email: SydneyACS@state.gov

NOTE: The Consulate General offers an online appointment system for U.S. citizens seeking routine non-emergency services such as registration, passport, and other consular services. To make an appointment, visit their web site. Hours open to the public: 8:00 a.m. to 11:30 a.m., Monday to Friday (except U.S. and Australian holidays and the first Wednesday of each month). For emergency services (e.g., the arrest, death, or serious injury of a U.S. citizen) after 5:00 p.m. weekdays, holidays and weekends, please call (61) (2) 4422-2201.

Victoria, Tasmania, South Australia, and the Northern Territory: U.S. Consulate General Melbourne 553 St. Kilda Road, Melbourne, VIC 3004 Telephone: (61) (3) 9526-5900 Emergency after-hours telephone: (61) (3) 9389-3601 Facsimile: (61) (3) 9525-0769 Email: MelbourneACS@state.gov

NOTE: The U.S. Consulate General offers an online appointment system for U.S. citizens seeking routine non-emergency services such as registration, passport, and other consular services. To make an appointment, visit their web site. Hours open to the public: 8:00am – 3:30pm Monday to Friday. All services other than emergencies require an appointment. For emergency services (e.g., the arrest, death, or serious injury of a U.S. citizen) after 4:30 p.m. or on holidays and weekends, please call (61) (3) 9389-3601.

Western Australia: U.S. Consulate General Perth 16 St. Georges Terrace, Perth WA 6000 Telephone: (61)(8) 6144-5100 Emergency after-hours telephone: (61) (8) 9476-0081 Facsimile: (61)(8) 9231-9444 Email: PerthACS@state.gov

NOTE: The Consulate General offers an online appointment system for U.S. citizens seeking routine non-emergency services such as registration, passport, and other consular services. To make an appointment, please visit the Consulate’s website. Hours open to the public for American Citizen Services: 8:30 to 11:30 a.m., Monday through Thursday. For emergency services (e.g., the arrest, death, or serious injury of a U.S. citizen) outside of business hours, please call (61) (8) 9476-0081.

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: You must have a valid U.S. passport and a visa to enter Australia. Most U.S. passport holders traveling to Australia for tourism or business purposes for less than
90 days can obtain an **Electronic Travel Authority (ETA)**. The ETA is an electronic label-free visa and can be obtained at the ETA website for a small service fee. Airlines and many travel agents in the United States are also able to apply for ETAs on behalf of travelers. If you overstay your ETA or any other visa, even for short periods, you may be subject to exclusion, detention, and removal by the **Australian Department of Immigration and Citizenship** (DIAC). You can find more information about the ETA, other visas, and entry requirements from the Embassy of Australia at 1601 Massachusetts Avenue, NW, Washington, DC 20036, via the Australian Visa Information Service at 905-280-1437 (toll charges to Canada apply) or their website.

On November 1, 2012, the Australian Customs and Border Protection Service began a trial extending Australia's automated border processing system, “SmartGate,” to **U.S. Global Entry Program** members. **SmartGate** gives eligible travelers the option to self-process through passport control upon arrival in Australia. It is an automatic border control system which uses the data in an ePassport and facial recognition technology to perform the checks which are usually manually completed by Australian Customs & Border Protection Officers.

To be eligible to use SmartGate, U.S. travelers must:

- Be a member of the **U.S. Global Entry Program**;
- Hold a valid **U.S. ePassport**;
- Arrive in Australia via a participating international airport (not by sea); and
- Be aged 16 years or older.

**HIV/AIDS ENTRY RESTRICTIONS:** Some HIV/AIDS entry restrictions exist for visitors to and foreigners seeking permanent residence in Australia. Depending on the type of visa you apply for, the length of your stay, and your intended activities in Australia, you may be required to undergo a medical examination before the Australian Department of Immigration and Citizenship (DIAC) will issue you a visa. If during the course of the application process, you are found to be HIV positive, a decision on the application will be considered on the same grounds as any other pre-existing medical condition (such as tuberculosis or cancer), with the main focus being placed on the cost of the condition to Australia’s health care and community services. Additional information about Australian immigration health requirements can be found [here](#). Please verify this information with the Embassy of Australia before you travel.

Information about **dual nationality** or the **prevention of international child abduction** can be found on our website. For further information about customs regulations, please read our **Customs Information page**.

**THREATS TO SAFETY AND SECURITY:** Australia has an alert system for possible terrorist attacks. The threat levels range from "low" to "high." The Australian Attorney General's Office web site has up-to-date information regarding the current terrorism threat level. Depending on the alert, you should maintain a high level of vigilance and take appropriate steps to increase your security awareness. Travelers may also contact the Australian National Security Hotline at 61-1-800-123-400.

Stay up to date by:

- Following us on [Twitter](#) and the Bureau of Consular Affairs page on [Facebook](#) as well.
- Downloading our free Smart Traveler app, available through [iTunes](#) and the [Google Play Store](#), for travel information at your fingertips providing easy access to updated official country information, travel alerts, travel warnings, maps, and U.S. embassy locations. Travelers can also set up e-itineraries to keep track of arrival and departure dates and make notes about upcoming trips.
• Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.

• Taking some time before travel to consider your personal security and checking for useful tips for traveling safely abroad; and

• Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.

CRIME: Although U.S. citizens are not specifically targeted for crime, travelers should be aware that robberies, burglaries, assault, and auto theft are common in Australia's larger cities. Weapons are increasingly used in such crimes, which also may be associated with drug trafficking, gang activities, and drug or alcohol usage. Foreign visitors in popular tourist areas are targets for pickpockets, purse-snatchers, and petty thieves. Be careful when consuming alcohol with unfamiliar people, as drink spiking can occur; appropriate security precautions should be taken, especially at night, to avoid becoming a target of opportunity.

Do not buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. We can:

• Replace a stolen passport.

• Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.

• Put you in contact with the appropriate police authorities, and if you want us to, we can contact family members or friends.

• Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and prosecuting the crime.

Every state in Australia has an assistance program for victims of crimes and these programs will be able to generally assist you, even if you are only visiting Australia. For more information on local programs in Australia, please visit Victim Assistance Online's website.

The local equivalent to the “911” emergency line in Australia is: 000 (Triple 0). To call for fire/police/ambulance services throughout Australia, dial “000” for urgent assistance.

Please see our information on victims of crime, including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While you are traveling in Australia, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. You may be taken in for questioning if you don't have your passport with you. In some places, it is illegal to take pictures of certain buildings, such as inside certain areas of Australian airports, near prisons and at military bases. If you break local laws, your U.S. passport won't help. It's very important to know what's legal and what's not where you are going. In Australia, driving under the influence could land you immediately in jail. If you violate Australian laws, even unknowingly, you may be expelled, arrested, or imprisoned. There are also some things that might be legal in the country you visit, but still illegal in the United States. You can be prosecuted under U.S. law if you buy pirated goods. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime punishable in the United States. If you break local laws in Australia, your U.S.
passport won’t help you avoid arrest or prosecution. Penalties for possessing, using, or trafficking in illegal drugs in Australia are severe, and convicted offenders can expect long jail sentences and heavy fines. Please be aware that all objectionable material is subject to declaration and inspection and may be illegal in Australia. Objectionable material includes child pornography, bestiality, explicit sexual violence, and graphic degradation, as well as terrorism-related material and anything providing instruction in or encouraging drug use, crime, or violence. It’s very important to know what’s legal and what’s not wherever you go.

While some countries will automatically notify the nearest U.S. embassy or consulate if a U.S. citizen is detained or arrested in a foreign country, that might not always be the case. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

**SPECIAL CIRCUMSTANCES:** **Potential Health Screening:** The 1908 Quarantine Law gives Australian authorities broad powers to prevent the entry of diseases and other materials into Australia that might pose a threat to its welfare. In the event of a public health emergency involving a communicable disease, passengers arriving in Australia may be subject to strict health screening measures, including testing, monitoring, and assessment for possible quarantine. For information about outbreaks of infectious diseases abroad, please consult the infectious diseases section of the World Health Organization (WHO) web site. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**Customs:** Australian customs authorities enforce very strict regulations concerning the importation from all countries of items such as agricultural and wood products, as well as very strict quarantine standards for other products, animals, and pets. These regulations also apply to items you bring with you, including small quantities of food such as fruit. Please contact the Embassy of Australia in Washington, D.C., or one of Australia’s consulates in the United States for specific information regarding customs requirements, or visit the Australian Government’s Department of Agriculture, Fisheries and Forestry web site.

**Safety Concerns:** Be aware that Australian fauna can be dangerous. From jellyfish off the Great Barrier Reef to crocodiles, sharks, poisonous insects, and snakes, the continent and its waters host wildlife that merit awe and respect in equal doses. Visit the Wet Tropics Management Authority visitor info guide for information on Australian wildlife and marine life. While swimming, take important safety precautions, such as swimming only between the flags where a lifeguard is present, and never swimming alone. SCUBA diving can be a treacherous sport. Over the past few years, there have been numerous deaths related to diving incidents. We urge divers to follow recommended precautions and never dive alone.

**Accessibility:** While in Australia, individuals with disabilities may find accessibility and accommodation very different from what you find in the United States. Australia has and enforces laws prohibiting discrimination for access of premises, facilities and accommodation; however, please keep in mind, that many of the downtown areas of Australian cities were built in the 1800s. These cities often have narrow sidewalks crowded with pedestrians and tourists. Also, many of the tourist spots at the beach or in the outback may have varying degrees of accessibility. Generally, most public transit means, parking, streets, and buildings are accessible to disabled travelers. Modern accessibility improvements include ramps, tactile indicators, and audible street crossing indicators. Many websites offer information on accessible hotels, motels, and rental properties. Parks, gardens, stadiums and other public venues often share accessibility information on their websites.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Excellent medical care is available in Australia. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost tens of thousands of dollars. Most doctors and hospitals expect immediate cash/credit card payment for health services. We recommend travel insurance.

You can find detailed information on vaccinations and other health precautions on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO).
The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**MEDICAL INSURANCE:** You can’t assume your insurance will go with you when you travel. It’s very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I’m out of the United States?
- Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out another one for your trip. For more information, please see our medical insurance overseas page.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in Australia, you may encounter road conditions that differ significantly from those in the United States. The information below concerning driving in Australia is provided for general reference only and may not be totally accurate in a particular location or circumstance.

Traffic operates on the left side of the road, and all vehicles use right-hand drive. Please use caution when crossing streets and when driving. When crossing roads on foot, make sure you look carefully in all directions. Wearing a seat belt is mandatory, and fines apply for not wearing them. Speed limits and laws regarding driving while intoxicated are rigorously enforced, and random breath testing of a driver's blood alcohol limit is a common occurrence. Roads and streets are frequently narrower and less graded than U.S. highways. Outside major metropolitan areas, most highways are two-lane roads with significant distances between destinations. Speed limits vary throughout Australia and are measured in kilometers, not miles. Be aware that speed cameras are everywhere and you will be ticketed for driving over the speed limit.

When driving in Australia, exercise caution while passing or merging with adjacent traffic. If driving in rural areas, be cautious of free-roaming animals, such as kangaroos, and "road-trains" (several semi-truck trailers connected together). Passing road-trains is dangerous, and you should pull over to allow on-coming road-trains to pass to avoid being sideswiped. A number of fatalities have occurred in the Northern Territory where vehicles driven at high rates of speed have skidded and overturned after hitting loose gravel on the shoulder of the road. If you have no experience with a 4-wheel drive vehicle, you should exercise common-sense when driving in the Australian outback.

Texting or holding your phone while driving is against the law, but you can use a hands-free system to communicate while driving. For specific information concerning Australian driving permits, vehicle inspection, road tax, mandatory insurance, and the rental and operation of motor vehicles in Australia, visit the Australian Tourist Commission web site.

Each state/territory has different rules about using a foreign driver’s license and the conditions under which a visitor might have to get an international driver’s license. In some cases, you can apply for a driver’s license from the state in Australia where you intend to remain for the duration of your stay in Australia. More information about driving rules and regulations is available by state.

Please refer to our Road Safety page for additional resources.

**AVIATION SAFETY OVERSIGHT:** The U.S. Federal Aviation Administration (FAA) has assessed the government of Australia’s Civil Aviation Authority as being in compliance with International Civil Aviation
Organization (ICAO) aviation safety standards for oversight of Australia’s air carrier operations. Further information may be found on the FAA’s safety assessment page.

CHILDREN’S ISSUES: Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for Australia dated December 27, 2012, without substantive changes.
Appendix E: Consular Information Sheet for Fiji

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1114.html

October 03, 2013

COUNTRY DESCRIPTION: Fiji is a South Pacific island nation with 333 islands and islets, 106 of which are inhabited. The capital of Fiji is Suva. Once a leader of Pacific democracies, Fiji has been under military rule since 2006. Since the government's abrogation of Fiji's Constitution in April 2009, the government has ruled by decree and limited basic freedoms. A new constitution promulgated on September 6, 2013 restores some freedoms while keeping decrees in place until the first seating of Parliament sometime after elections, which are expected in September 2014. Read the Department of State's Background Notes on Fiji for additional information.

Tourism is a major industry in Fiji, and a full range of services are available. The Fiji Visitors Bureau has a wide range of information for travelers that can be accessed by visiting the Fiji Visitors Bureau's website.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit Fiji, please take the time to tell the U.S. Embassy about your trip. If you enroll in the Smart Traveler Enrollment Program, we can keep you up-to-date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency.

Local embassy information is available below and at the Department of State's list of embassies and consulates.

U.S. Embassy 158 Princes Road, Suva, Fiji Telephone: (679) 331-4466 Emergency after-hours telephone: (679) 772-8049 Facsimile: (679) 330-2267 Email: consularsuva@state.gov.

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: To enter Fiji, you will need a passport valid for at least three months after your scheduled departure date from Fiji. You will also need proof that you have enough money to travel and that you have an onward or return ticket. You do not need a visa if you are a tourist staying less than four months. If you are traveling to the Lau group of islands by yacht, you need special permission from your first port of entry into Fiji. For more information on entry/exit requirements, you can contact the Embassy of the Republic of Fiji at 2000 M Street NW, Suite 710, Washington DC 20036, by phone at (202) 466-8320 and fax at (202) 466-8325. You can also contact the Fiji Mission to the United Nations in New York by phone at 212-687-4130. If you are entering Fiji by boat, please pay special attention to the important requirements for access into Fiji. Visit the Embassy of Fiji website for the most current visa information.

HIV/AIDS restrictions. There are no restrictions to long-term or short-term visits, and no HIV tests are required for a visit shorter than 5 months. A medical clearance is required for those seeking a work permit in Fiji. Once medical clearance is obtained, the work permit committee will decide on a case-by-case basis whether or not to approve the permit.

H1N1 Influenza Screening: Although international passengers are not currently being screened for influenza, Fiji has a standby process to screen for possible cases of the H1N1 influenza known as 'Swine Flu.' The Ministry of Health monitors H1N1 cases in Fiji. If the Ministry detects an H1N1 problem, international passengers arriving by air who show flu-like symptoms may be separated from the rest of the public and evaluated. Those infected with H1N1 influenza will receive treatment as required. Please verify this information with the Embassy of Fiji before you travel.

Information about dual nationality or the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page.
THREATS TO SAFETY AND SECURITY: The Department of State advises U.S. citizens to exercise caution when traveling to or within Fiji. Since the Fijian government's abrogation of Fiji's Constitution in April 2009, the Fijian government has ruled by decree and limited some basic freedoms. U.S. citizens in Fiji should remain cautious and alert in public places and near military activities in the greater Suva area. Although demonstrations are not common in Fiji, you should avoid demonstrations and large crowds, remembering that even peaceful demonstrations can turn violent unexpectedly.

Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- Downloading our free Smart Traveler App through iTunes and Google Play places travel information, including contact information for U.S. embassies and consulates around the world, at your fingertips.
- Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security – Here are some useful tips for traveling safely abroad.

CRIME: Urban areas experience a higher incidence of crime than do rural areas. Most crime takes place in Suva and Nadi, away from resort areas. You should always protect your valuables and be aware that theft from hotel rooms, purse snatching, and pick pocketing are the most common crimes against tourists. Be attentive of your personal safety and be cautious about sharing too much personal information about where you are from and where you are staying while traveling. If you are not familiar with an area, ask hotel staff about areas to avoid. There has been an increase in incidents involving sexual assaults and harassment in Fiji. You should not walk alone after dark and always be sure to avoid isolated and deserted areas. You should lock your doors and windows when you are alone at home or in your hotel room. Since there is crime directed at taxi drivers, do not allow taxis to pick up other passengers while you are en route. Similarly, you should not enter a taxi already carrying other passengers.

Don't buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. We can:

- Replace a stolen passport.
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.
- Put you in contact with the appropriate police authorities and, with your approval, contact family members or friends.
- Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities, not embassy officials, are responsible for investigating and prosecuting the crime.

The local emergency line in Fiji is “911.”
Please see our information on victims of crime, including possible victim compensation programs in the United States.

**CRIMINAL PENALTIES:** While you are traveling in Fiji, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. You should carry photo identification with you at all times. If you are suspected of being involved in criminal activities, you will be taken in for questioning and asked for identification. Respect any cultural sites with security warnings posted against photography. Fiji enforces laws against driving under the influence of alcohol, and offenders may be taken to jail. If you are stopped and found to be driving under the influence of alcohol, you will be taken to the police station for further tests. If the second test is affirmative, you will be detained in a prison cell to sober up, typically overnight, and you will be charged the following morning. If you do not have a permanent address in Fiji, the local police will keep you in custody and will arrange for a special court hearing with a Magistrate. These hearings take place during regular work days, and on the weekends and holidays. If you have a permanent residence in Fiji, you will be charged and may be released, and then you will be asked to attend court on a set date.

Criminal penalties vary from country to country. There are some things that might be legal in the country you visit, but still illegal in the United States. For example, you can be prosecuted under U.S. law if you buy pirated goods. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime **prosecutable in the United States.** If you break local laws in Fiji, your U.S. passport won't help you avoid arrest or prosecution. It's very important to know what's legal and what's not wherever you go.

While some countries will automatically notify the nearest U.S. embassy or consulate if a U.S. citizen is detained or arrested in a foreign country, that might not always be the case. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

**SPECIAL CIRCUMSTANCES: Accessibility:** While in Fiji, individuals with disabilities may find accessibility and accommodation very different from what they find in the United States. Under the constitution abrogated in April 2009, all persons are considered equal under the law, and discrimination against persons with disabilities in employment, education, provision of housing and land, or provision of other state services is illegal. Since the constitution's abrogation, no new decree has addressed specifically the rights of persons with disabilities; however, existing statutes provide for the right of access to places and all modes of transport generally open to the public. Public health regulations provide penalties for noncompliance; however, there is very little enabling legislation on accessibility for persons with disabilities, and there is little or no enforcement of laws protecting them.

Building regulations require new public buildings to be accessible to persons with disabilities, but only a few existing buildings meet this requirement. Under the Health and Safety at Work Act, all new office spaces must be accessible to persons with disabilities. The number of disabled-accessible vehicles in the country is small.

There are some special schools for persons with physical, cognitive, and sensory disabilities, but cost and location limit access. Opportunities for a secondary school education for those with disabilities are very limited.

**Water Sports:** Many visitors to Fiji participate in water sports, including surfing, scuba diving, snorkeling, and operating jet-skis. Surfing on Fiji's numerous reef breaks can be highly dangerous. If you scuba dive or snorkel while in Fiji, please be sure to check the references, licenses, and equipment of tour operators before agreeing to or paying for a tour. Rent equipment only from trustworthy operators and be sure to receive training before using the equipment. Some rental diving equipment may not be properly maintained or inspected. Local dive masters may not consider your skill level when they organize a trip. Deaths and serious accidents have occurred in the past because basic safety measures were not taken during diving and snorkeling trips. Remember that safety precautions and emergency responses may not meet U.S. standards. Fiji has only one
decompression chamber to provide medical assistance for dive-related injuries. The chamber is located in Suva, which is far from most resorts. Please note that the chamber is not always fully functioning. Some travel insurance doesn’t cover “risky” outdoor activities. If planning on diving, it is recommended you look at the DAN website: www.diversalertnetwork.org for diver’s insurance).

**Trekking:** Terrain in the Fiji islands can be hazardous. You should speak with local guides and/or hotel staff before starting a trek. It is best to hike with a companion and stay on trails that are clearly marked.

**Customs:** There may be strict regulations and customs enforcement for importing and exporting items such as alcohol and tobacco products in Fiji. You should contact the Embassy of Fiji in Washington, DC, at (202) 466-8320 for specific information regarding customs requirements. Bringing animals into Fiji is strictly controlled. Pets may be imported only from certain designated, rabies-free areas. If you want to bring a pet into Fiji, contact the Ministry of Agriculture in Suva approximately six months in advance to find out the details. Also, please see the Customs Information sheet for additional information.

**Purchase of Real Estate:** Purchasing real estate in Fiji can be risky. Be cautious before you enter into commitments to invest in property. You should gather reliable information and hire experienced Fijian legal counsel regarding any real estate investment. Fijian law and practices about real estate differ substantially from those in the United States.

**Notification of Arrest:** You should carry a copy of your U.S. passport at all times. If questioned by local authorities, you will need to show proof of identity and U.S. citizenship. According to Fijian law, a person detained for criminal actions may be held for a maximum of 48 hours before being charged. Police authorities should contact the U.S. Embassy within 24 hours of the detention or arrest of a U.S. citizen. Nevertheless, if you are detained, you should request that a consular officer at the U.S. Embassy in Suva be notified.

**Natural Disasters:** Fiji is located in an area of high seismic activity. Although the probability of a major earthquake occurring during your trip is rare, please remember that earthquakes can and do occur. Undersea earthquakes in the South Pacific can generate destructive tsunamis. Fiji does not have a siren warning system in place; instead, tsunami warnings are transmitted through local radio and television stations. Most coastal resorts and hotels have tsunami evacuation plans in place, and guests should carefully follow staff instructions in the event of a tsunami warning.

**Cyclones:** The cyclone season is November through April. The Fiji Meteorological Service maintains a Tropical Cyclone Warning Center in Nadi serving the Southwest Pacific Region. General information regarding disaster preparedness is available by visiting the Bureau of Consular Affairs web site and the U.S. Federal Emergency Management Agency (FEMA) home page.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Health-care facilities in Fiji's urban areas are adequate for routine medical problems. In the rural areas, staff training is limited and there are often shortages of supplies and medications. Travelers should carry adequate supplies of any needed prescription medicines, along with copies of their prescriptions, the generic name of the drugs, and a supply of preferred over-the-counter medications. Emergency response is extremely limited. Ambulance availability is minimal, and ambulances are often poorly equipped and staffed. Two major hospitals, the Lautoka Hospital in the western city of Lautoka and the Colonial War Memorial Hospital in Suva, provide limited emergency and outpatient services. A recompression chamber at the Colonial War Memorial Hospital in Suva can treat decompression sickness (See also Special Circumstances, Water Sports). A private hospital in Suva provides Western-style medical care, and other hospitals and clinics provide a limited range of health services. Medical emergencies may be evacuated to Australia, New Zealand, or the United States. Serious medical problems requiring hospitalization and/or medical evacuation to the United States or elsewhere can cost tens of thousands of dollars. Doctors and hospitals expect immediate cash payment for health services. Medevac to Australia or NZ will only be
considered if patient has adequate insurance or upfront payment which can be expected to run into tens of thousands of dollars. In some cases, medevac to Australia or NZ can require a medical visa.

Dengue fever, carried by infected mosquitoes, occurs throughout the country of Fiji, especially during the rainy season.

You can find detailed information on vaccinations and other health precautions on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

MEDICAL INSURANCE: You can’t assume your insurance will go with you when you travel. It’s very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I’m out of the United States?
- Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out additional insurance for your trip. For more information, please see our medical insurance overseas page.

TRAFFIC SAFETY AND ROAD CONDITIONS: While in Fiji, you may encounter road conditions that differ significantly from those in the United States. Traffic moves on the left in Fiji. While most roads in urban areas are paved, they are poorly maintained. Roads outside the city are usually not paved. In the city, be especially attentive when driving after dark. Outside of the city, it is best to avoid driving after dark except in emergency or exceptional circumstances. Insufficient lighting, stray animals, unwary pedestrians, and potholes make driving dangerous and particularly hazardous at night.

Please refer to our Road Safety page for more information.

AVIATION SAFETY OVERSIGHT: The U.S. Federal Aviation Administration (FAA) has assessed the government of Fiji’s Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of Fiji’s air carrier operations. Further information may be found on the FAA’s safety assessment page.

CHILDREN’S ISSUES: Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for Fiji dated March, 2013 without substantive changes.
Appendix F: Consular Information Sheet for India

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1139.html

October 03, 2013

COUNTRY DESCRIPTION: India, the world's largest democracy, has a very diverse population, geography, and climate. India is the world's second most populous country, as well as the seventh largest in area. Tourist facilities offer varying degrees of comfort. Amenities are widely available in large cities and tourist areas. Read the Department of State’s Fact Sheet on India for additional information.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are traveling to India, please take the time to tell our Embassy and/or Consulate about your trip so we can keep you updated with important safety and security announcements. We can also help your friends and family get in touch with you in an emergency. Here’s the link to the Smart Traveler Enrollment Program.

Local Embassy information is available below and at the Department of State’s list of embassies and consulates.

The U.S. Embassy in New Delhi is located at Shanti Path, Chanakya Puri 110021; telephone 91-11-2419-8000; fax 91-11-2419-8407. In case of an emergency involving a U.S. citizen, please call the 24-hour operator at (91-11) 2419-8000 and ask for American Citizen Services.

The U.S. Consulate General in Mumbai (Bombay) is located at C-49, G-Block, Bandra Kurla Complex, Bandra East, Mumbai 400051, telephone 91-22-2672-4000. In case of an emergency involving a U.S. citizen, please call the 24-hour operator at (91-22) 2672-4000 and ask for American Citizens Services.

The U.S. Consulate General in Kolkata (Calcutta) is located at 5/1 Ho Chi Minh Sarani, 700071; telephone 91-33-3984-2400; fax 91-33-2282-2335. If you are a U.S. citizen with an after-hours emergency (arrest, death, or loss of passport), please call our primary hotline cell phone (91) 99030 42956. If unable to reach the cell phone, please call (91) (33) 3984-2400 and dial "0" and ask for Duty Officer.

The U.S. Consulate General in Chennai (Madras) is located at 220 Anna Salai, Gemini Circle, 600006; telephone 91-44-2857-4000; fax 91-44-2857-4344. In case of an emergency involving a U.S. citizen, please call the 24-hour operator at (91-44) 2857-4000 and ask for American Citizen Services.

The U.S. Consulate General in Hyderabad is located at Paigah Palace, 1-8-323 Chiran Fort Lane, Begumpet, Secunderabad, Andhra Pradesh, 500003; telephone 91-40-4033-8300; fax 91-40-4033-8301. In case of an emergency involving a U.S. citizen, please call the 24-hour operator at (91-40) 4033-8300 and ask for American Citizen Services.

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: All U.S. citizens need a valid passport and valid Indian visa to enter and exit India for any purpose (also see Special Circumstances below). Visitors, including those on official U.S. government business, must apply for visas at an Indian Embassy or Consulate abroad before entering the country. Visas are not available upon arrival for U.S. citizens. If you don’t have a valid passport and visa you may be immediately deported. The U.S. Embassy and Consulates General in India cannot assist you if you arrive without proper documentation. Please carry photocopies of the bio-data page of your U.S. passport and the pages containing the Indian visa and Indian immigration stamps. If your passport is lost or stolen, copies will help you apply for a replacement passport and an exit visa from the Indian government. Replacing a lost visa, which is required in order to exit the country, may take three to four business days.

U.S. citizens wishing to visit India are responsible for requesting the correct type of visa from the Indian Embassy or Consulate. There are generally no provisions for changing your immigration category (e.g., from
Tourist to work visa) once you have entered the country. Indian visa regulations change frequently, often with little advance notice, and changes may be poorly advertised and inconsistently enforced. Travelers are urged to check the website of the Indian Embassy in Washington, D.C., before any travel to India to review the most current information. If you travel on a tourist visa, you are generally given six months of legal stay upon entering India; extensions are rarely granted. Indian visas may be obtained in the United States through BLS International Services, the Government of India’s visa contractor. Diplomatic and Official visa applications, however, are accepted directly at the Indian Embassy and Consulates. Please review the information on the BLS website to determine your purpose for travel and the most appropriate visa category. All U.S. government employees, including military personnel, must obtain country clearance for travel to India.

U.S. citizens of Pakistani origin should expect additional delays when applying for Indian visas due to administrative processing.

Foreign citizens who visit India to study, do research, work, or act as missionaries, as well as all travelers and residents planning to stay more than 180 days, are required to register their visit to India with the Foreigners Regional Registration Office (FRRO) closest to where they will be staying, within 14 days of arrival. The FRRO maintains offices in New Delhi, Mumbai, Chennai, Hyderabad, Kolkata, Bengaluru, Lucknow, Calicut, Goa, Cochin, Trivandrum, and Amritsar. District Superintendents of Police serve as Foreigners Registration Officers (FROs) in all other places. Some U.S. citizens traveling to India on tourist visas may not be allowed re-entry to India within two months of departure without specific permission from an Indian embassy or consulate abroad. We recommend all U.S. citizens review the entry requirements described on the Frequently Asked Question (FAQ) section on the Indian Bureau of Immigration website. Travelers have reported that enforcement of this rule at ports of entry may be inconsistent.

If you overstay your Indian visa, or otherwise violate Indian visa regulations, you may require clearance from the Ministry of Home Affairs in order to leave the country. Generally you will be fined and, in some cases, may be jailed until deportation can be arranged. Visa violators seeking an exit clearance are requested to schedule an online appointment at the Ministry of Home Affairs website before visiting the Visa Facilitation Center at The Ministry of Home Affairs, Foreigners Division, NDCC-II Building, Sai Singh Road, New Delhi 110001 (tel. 91-11-2343-8037). Processing of an exit visa under these circumstances can take up to 60 days.

For the most current information on entry and exit requirements, please contact the Embassy of India at 2536 Massachusetts Avenue NW, Washington, DC 20008, telephone (202) 939-9806 or the Indian Consulates in Chicago, New York, San Francisco, Atlanta, or Houston. Outside the United States, inquiries should be made at the nearest Indian embassy or consulate.

There are no disclosure requirements or restrictions for HIV/AIDS patients who enter India on a tourist visa. Disclosure regarding HIV/AIDS is required of anyone seeking a resident permit in India. Foreign residents found to be suffering from HIV/AIDS will be deported. Please verify this information with the Embassy of India before you travel.

General information regarding Indian visa and immigration rules, including the addresses and telephone numbers for the FRRO offices, can be found at the Indian Ministry of Home Affairs Bureau of Immigration website.

Information about dual nationality or the prevention of international child abduction can be found on our website. For information about customs regulations, please read our Customs Information page.

THREATS TO SAFETY AND SECURITY: India continues to experience terrorist and insurgent activities which may affect U.S. citizens directly or indirectly. Anti-Western terrorist groups, some on the U.S. government’s list of foreign terrorist organizations, are active in India, including Islamist extremist groups such as Harkat-ul-Jihad-i-Islami, Harakat ul-Mujahidin, Indian Mujahideen, Jaish-e-Mohammed, and Lashkar-e Tayyiba. The U.S.
government occasionally receives information regarding possible terrorist attacks that could take place in India, monitors such information to determine credibility, and advises U.S. citizens accordingly. Enroll in the Smart Traveler Enrollment Program (STEP) to receive messages from the Embassy automatically.

Past attacks have targeted public places, including some frequented by Westerners, such as luxury and other hotels, trains, train stations, markets, cinemas, mosques, and restaurants in large urban areas. Attacks have taken place during the busy evening hours in markets and other crowded places, but could occur at any time. Recent incidents include a series of explosions at the Mahabodhi Temple in Bodh Gaya on July 7, 2013 that caused damage to the temple complex; an explosion on April 17, 2013 in Bangalore in which sixteen people were reported to have been injured; twin bombings near a bus stop and commercial area in Hyderabad on February 21, 2013, that killed 17 and injured 119 bystanders; the February 13, 2012 bombing of an Israeli diplomatic vehicle near the diplomatic enclave in New Delhi that injured four persons; the September 7, 2011 bomb blast at New Delhi’s High Court that killed 12 people; and the July 13, 2011 bombings in crowded areas in Mumbai, where three separate explosions killed 21 people and injured more than 100. The Maoists (also known as “Naxalites”) are the most active insurgent group in India. The Naxalites typically attack Indian government officials, but have also derailed trains, targeted other government buildings such as police stations, and kidnapped foreigners. They operate mostly in the more remote areas of the country.

U.S. citizens should always practice good security. Be aware of your surroundings and keep a low profile. Monitor local news reports, vary your routes and times in carrying out daily activities, and consider the level of security present when you visit public places, including religious sites, or choosing hotels, restaurants, and entertainment and recreation venues.

Beyond the threat from terrorism and insurgencies, demonstrations and general strikes, or “bandh,” often cause major inconvenience. These strikes can result in the stoppage of all transportation and tourist related services, at times for 24 hours or more. U.S. citizens caught in such a strike may find they are unable to make flight and rail connections, as local transportation can be severely limited. Local media generally give an idea of the length and extent of the strike. Large religious gatherings that attract hundreds of thousands of people can result in dangerous and often life-threatening stampedes. Local demonstrations can begin spontaneously and escalate with little warning, disrupting transportation systems and city services and posing risks to travelers. In response to such events, Indian authorities occasionally impose curfews and/or restrict travel. You are urged to obey such curfews and travel restrictions and to avoid demonstrations and rallies as they have the potential for violence, especially immediately preceding and following elections and religious festivals (particularly when Hindu and Muslim festivals coincide). Tensions between castes and religious groups can also result in disruptions and violence. In some cases, demonstrators specifically block roads near popular tourist sites and disrupt train operations in order to gain the attention of Indian authorities; occasionally vehicles transporting tourists are attacked in these incidents. India generally goes on “High Alert” status prior to major holidays or events. You should monitor local television, print media, Mission India’s American Citizens Services Facebook page, and enroll with the Smart Traveler Enrollment Program for further information about the current situation in areas where you will travel.

The U.S. Embassy and U.S. Consulates General in Chennai, Hyderabad, Kolkata, and Mumbai will no longer send out security messages regarding routine demonstrations taking place in India. Instead, information about routine demonstrations will be posted on the U.S. Embassy and U.S. Consulates General websites, under the heading “Demonstration Notices.” Please monitor our websites regularly for information about protest activities in the country. Please note that the Embassy and Consulates General will continue to issue emergency/security messages for other purposes, as necessary.

Religious violence occasionally occurs in India, especially when tensions between different religious communities are purposefully exacerbated by groups pushing religiously chauvinistic agendas. There are active “anti-conversion” laws in some Indian states, and acts of conversion sometimes elicit violent reactions from
Hindu extremists. Foreigners suspected of proselytizing Hindus have been attacked and killed in conservative, rural areas in India in the past.

**Swimming in India:** You should exercise caution if you intend to swim in open waters along the Indian coastline, particularly during the monsoon season. Every year, several people in Goa, Mumbai, Puri (Odisha), off the Eastern Coast in the Bay of Bengal, and other areas drown due to strong undertows. It is important to heed warnings posted at beaches and to avoid swimming in the ocean during the monsoon season. Trained lifeguards are very rare along beaches.

If you visit the Andaman Islands, be aware that there have been 24 reports of salt-water crocodile attacks in the past 25 years in the islands. Four have resulted in fatalities, including a U.S. citizen tourist in April 2010. Ask local residents about dangerous sea life before swimming and keep a safe distance from animals at all times.

**Wildlife safaris:** India offers opportunities for observation of wildlife in its natural habitat and many tour operators and lodges advertise structured, safe excursions into parks and other wildlife viewing areas for close observation of flora and fauna. However, safety standards and training vary, and it is a good idea to ascertain whether operators are trained and licensed. Even animals marketed as “tame” should be respected as wild and extremely dangerous. Keep a safe distance from animals at all times, remaining in vehicles or other protected enclosures when venturing into game parks.

**Trekking in India:** Trekking expeditions should be limited to routes identified for this purpose by local authorities. Use only registered trekking agencies, porters, and guides, suspend trekking after dark, camp at designated camping places, and travel in groups rather than individually or with one or two companions. Altitudes in popular trekking spots can be as high as 25,170 feet (7,672 m); please make sure that you have had a recent medical checkup to ensure that you are fit to trek at these altitudes and carry sufficient medical insurance that includes medical evacuation coverage.

**Areas of Instability: Jammu & Kashmir:** The Department of State strongly recommends that you avoid travel to the state of Jammu & Kashmir (with the exception of visits to the eastern Ladakh region and its capital, Leh) because of the potential for terrorist incidents, as well as violent public unrest. U.S. government employees are prohibited from traveling to Jammu & Kashmir (except for Ladakh) without permission, which is only granted by the U.S. Embassy in New Delhi in exceptional circumstances. A number of terrorist groups operate in the state, targeting security forces in the region, particularly along the Line of Control (LOC) separating Indian and Pakistani-controlled Kashmir, and those stationed in primary tourist destinations in the Kashmir Valley: Srinagar, Gulmarg, and Pahalgam. Since 1989, as many as 60,000 people (terrorists, security forces, and civilians) have been killed in the Kashmir conflict. Foreigners are particularly visible, vulnerable, and at risk. In the past, serious communal violence left the state mostly paralyzed due to massive strikes and business shutdowns, and U.S. citizens have had to be evacuated by local police. The Indian government prohibits foreign tourists from visiting certain areas along the LOC (see the section on Restricted Areas, below).

**India-Pakistan Border:** The Department of State recommends that you avoid travel to areas within ten kilometers of the border between India and Pakistan. Both India and Pakistan maintain a strong military presence on both sides of the border. The only official India-Pakistan border crossing point for persons who are not citizens of India or Pakistan is in the state of Punjab between Atari, India, and Wagah, Pakistan. The border crossing is usually open, but you are advised to confirm the current status of the border crossing prior to commencing travel. A Pakistani visa is required to enter Pakistan. Only U.S. citizens residing in India may apply for a Pakistani visa in India. Otherwise you should apply for a Pakistani visa in your country of residence before traveling to India. The Pakistani government requires that U.S. citizen residents of India must first come to the U.S. Embassy in New Delhi to sign an affidavit of intent to apply for the Pakistani visa before submitting their application.
Both India and Pakistan claim an area of the Karakoram mountain range that includes the Siachen glacier. Travel or mountain climbing in this area is highly dangerous. The disputed area includes the following peaks: Rimo Peak; Apsarasas I, II, and III; Tegam Kangri I, II and III; Suinri Kangri; Ghiant I and II; Indira Col; and Sia Kangri. Check with the U.S. Embassy in New Delhi for information on current conditions. (Please see the section on Smart Traveler Enrollment Program (STEP)/Embassy Location above.)

**Northeastern states:** Incidents of violence by ethnic insurgent groups, including bombings of buses, trains, rail lines, and markets, occur with some frequency in the northeast. While U.S. citizens have not been specifically targeted, it is possible that you could be affected as a bystander. If you travel to the northeast, you should avoid travel by train at night, travel outside major cities at night, and crowds. Security laws are in force in the region, in recognition that these areas have a higher level of instability, and the central government has deployed security personnel. U.S. government employees are prohibited from traveling to the states of Assam, Arunachal Pradesh, Mizoram, Nagaland, Meghalaya, Tripura, and Manipur without permission from the U.S. Consulate General in Kolkata. Restricted Area Permits are required for foreigners to visit certain Northeastern states (see the section on Restricted Areas, below.) Contact the U.S. Consulate General in Kolkata for information on current conditions. (Please see the section on Smart Traveler Enrollment Program (STEP)/Embassy Location, above.)

East Central and Southern India: Maoist extremist groups, or “Naxalites,” are active in East Central India primarily in rural areas. The Naxalites have a long history of conflict with state and national authorities, including frequent terrorist attacks on local police, paramilitary forces, and government officials, and are responsible for more attacks in the country than any other organization through an ongoing campaign of violence and intimidation. In February 2012, four officers of the Border Security Force (BSF) were killed in an ambush by Communist Party of India-Maoist rebels in the Malkangiri district of Odisha. In March 2012 Naxalite guerrillas abducted four persons including two Italian nationals from a remote area of southern Odisha. In May 2013, the Naxalites ambushed a convoy of political leaders in the Bastar region and killed 28 people, including the President of the state Congress Party and the founder of a government paramilitary group. Naxalites have not specifically targeted U.S. citizens but have attacked symbolic targets that have included Western companies and rail lines. While Naxalite violence does not normally occur in places frequented by foreigners, there is a risk that visitors could become victims of violence.

Naxalites are active in a large swath of India from eastern Maharashtra and northern Andhra Pradesh through western West Bengal, particularly in rural parts of Chhattisgarh and Jharkhand and on the borders of Andhra Pradesh, Maharashtra, Madhya Pradesh, Uttar Pradesh, Bihar, West Bengal, and Odisha. Due to the fluid nature of the threat, all U.S. government travelers to states with Naxalite activity must receive prior authorization from the Regional Security Officer responsible for the area to be visited. U.S. officials traveling only to the capital cities in these states do not need prior authorization from the Regional Security Officer.

Civil unrest continues in the south-central Indian state of Andhra Pradesh over the contentious issue of creating a separate state called Telangana within Andhra Pradesh. Until the issue is resolved definitively, there may continue to be tension throughout Andhra Pradesh, including the Telangana area, which includes the city of Hyderabad and the districts of Rangareddi, Warangal, Medak, Nizamabad, Karimnagar, Adilabad, Khammam, Nalgonda, and Mahbubnagar. You should avoid political rallies, demonstrations, and large crowds of any kind. The campus of Osmania University in Hyderabad has been the site of recurring civil disturbances regarding the Telangana statehood issue. Also, organized demonstrations are often held at Indira Park, located on Lower Tank Bund Road, and adjacent areas surrounding Hussain Sagar Lake. Other locations where protests have occurred include the State Legislative Assembly, Gun Park, and Nizam College in Bashir Bagh. Use caution when visiting or driving through these sites, and avoid them altogether during periods of unrest or demonstrations. If you are residing or traveling in Andhra Pradesh you should monitor the situation via media sources, including TV, radio and via the internet, enroll in the STEP program to receive updated security information from the U.S. Embassy or Consulate General and check the U.S. Embassy and Consulates General webpages regularly for demonstration notices.
**Restricted/Protected areas:** Certain parts of India are designated as "restricted areas" by the Indian government and require special advance permission to visit. These areas include:

- The state of Arunachal Pradesh
- Portions of the state of Sikkim
- Portions of the state of Himachal Pradesh near the Chinese border
- Portions of the state of Uttarakhand (Uttaranchal) near the Chinese border
- Portions of the state of Rajasthan near the Pakistani border
- Portions of the state of Jammu & Kashmir near the Line of Control with Pakistan and certain portions of Ladakh
- The Andaman & Nicobar Islands
- The Union Territory of the Laccadives Islands (Lakshadweep)
- The Tibetan colony in Mundgod, Karnataka

More information about travel to/in restricted/protected areas can be found at India’s Bureau of Immigration. “Restricted Area Permits” are available outside India at Indian embassies and consulates abroad, or in India from the Ministry of Home Affairs (Foreigners Division) at Jaisalmer House, 26 Man Singh Road, New Delhi. The states of Arunachal Pradesh and Sikkim maintain official guesthouses in New Delhi, which can also issue Restricted Area Permits for their respective states for certain travelers. You should exercise caution while visiting Mamallapuram (Mahabalipuram) in Tamil Nadu as the Indira Gandhi Atomic Research Center, Kalpakkam, is located just south of the site and is not clearly marked as a restricted and dangerous area.

For the latest security information, travelers should enroll in the STEP program to receive updated security information and regularly monitor travel information available from the U.S. Embassy in New Delhi as well as the U.S. Consulates General in Mumbai (Bombay), Chennai (Madras), Hyderabad, and Kolkata (Calcutta).

Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- Downloading our free Smart Traveler App, available through iTunes and Google Play to have travel information at your fingertips.
- Calling 1-888-407-4747 toll-free within the United States and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security. Here are some useful tips for traveling safely abroad.

**CRIME:** Petty crime, especially theft of personal property (including U.S. passports), is common, particularly on trains or buses, at airports, and in major tourist areas. Pickpockets can be very adept and women have reported having their bags snatched, purse-straps cut, or the bottom of their purses slit without their knowledge. If you
are traveling by train, lock your sleeping compartments and take your valuables with you when leaving your berth. If you travel by air, be careful with your bags in the arrival and departure areas outside airports. Violent crime, especially directed against foreigners, has traditionally been uncommon, although in recent years there has been a modest increase. Be cautious about displaying cash or expensive items to reduce the chance of being a target for robbery or other crime, and be aware of your surroundings when you use ATMs. ATM card scams have been used to clone credit card details to withdraw money. Gangs and criminal elements operate in major cities and have sometimes targeted unsuspecting business travelers and their family members for kidnapping or extortion.

**Sexual Assault:** Travelers should be aware that there have been reported cases of sexual assault, including rape, of U.S. citizens traveling throughout India. U.S. citizens, particularly women, are cautioned not to travel alone in India. Western women, especially those of African descent, continue to report incidents of verbal and physical harassment by groups of men. Known locally as "Eve-teasing," these incidents of sexual harassment can be quite frightening. Sexual harassment can occur anytime or anywhere, but most frequently has happened in crowded areas such as in market places, train stations, buses, and public streets. The harassment can range from sexually suggestive or lewd comments to catcalls to outright groping. If you are a woman traveling in India, you are advised to respect local dress and customs. While reported incidences of sexual assault have been isolated, Indian authorities report rape is one of the fastest growing crimes in India. Among large cities, Delhi experienced the highest number of crimes against women. Although most victims have been local residents, recent sexual attacks against female visitors in tourist areas underline the fact that foreign women are at risk and should exercise vigilance.

Women should observe stringent security precautions, including avoiding use of public transport after dark without the company of known and trustworthy companions, restricting evening entertainment to well-known venues, and avoiding isolated areas when alone at any time of day. If you are a woman traveling in India, you are advised to respect conservative local dress and customs. Keep your hotel room number confidential and make sure hotel room doors have chains, deadlocks, and spy-holes. In addition, only hire reliable cars and drivers and avoid traveling alone in hired taxis, especially at night. Use taxis from hotels and pre-paid taxis at airports rather than hailing them on the street. If you encounter threatening situations, call "100" for police assistance ("112" from mobile phones).

**Scams:** Major airports, train stations, popular restaurants, and tourist sites are often used by scam artists looking to prey on visitors, often by creating a distraction. Beware of taxi drivers and others, including train porters, who solicit travelers with "come-on" offers of cheap transportation and/or hotels. Travelers accepting such offers have frequently found themselves the victims of scams, including offers to assist with "necessary" transfers to the domestic airport, disproportionately expensive hotel rooms, unwanted "tours," unwelcome "purchases," extended cab rides, substandard hotel rooms at overly expensive rates and even threats when the tourists decline to pay. There have been reports of tourists being lured, held hostage and extorted for money in the face of threats of violence against the traveler and his/her familymembers.

You should exercise care when hiring transportation and/or guides and use only well-known travel agents to book trips. Some scam artists have lured travelers by displaying their name on a sign when they leave the airport. Another popular scam is to drop money or to squirt something on the clothing of an unsuspecting traveler and use the distraction to rob them of their valuables. Tourists have also been given drugged drinks or tainted food to make them more vulnerable to theft, particularly at train stations. Even food or drink purchased in front of the traveler from a canteen or vendor could be tainted.

Some vendors sell carpets, jewelry, gemstones, or other expensive items that may not be of the quality promised. Deal only with reputable businesses and do not hand over your credit cards or money unless you are certain that goods being shipped are the goods you purchased. If a deal sounds too good to be true, it is best avoided. Most Indian states have official tourism bureaus set up to handle complaints.
There have been a number of other scams perpetrated against foreign travelers, particularly in Goa, Jaipur, and Agra that target younger travelers and involve suggestions that money can be made by privately transporting gems or gold (both of which can result in arrest) or by taking delivery abroad of expensive carpets, supposedly while avoiding customs duties. The scam artists describe profits that can be made upon delivery of the goods, and require the traveler to pay a "deposit" as part of the transaction.

Cyber crime is on the rise in India. Over 1,200 phishing attacks every month makes India the fifth most targeted country. The city of Bangalore alone has recorded a significant statistical increase in the past four years.

U.S. citizens have had problems with business partners, usually involving property investments. You may wish to seek professional legal advice in reviewing any contracts for business or services offered in India. A list of attorneys is available on the Embassy and Consulates General websites.

In another common scam, family members in the United States, particularly older people, are approached for funds to help callers claiming to be grandchildren or relatives who have been arrested or are without money to return home. Do not send money without contacting the U.S. Embassy or Consulate General to confirm the caller's situation. You can also call our Office of Overseas Citizens Services at 888-407-4747 (from overseas: 202-501-4444). Review our information on Emergency Assistance to Americans Abroad.

Don’t buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. We can:

• Help you find appropriate medical care if you are the victim of violent crime such as assault or rape.
• Put you in contact with the appropriate police authorities.
• Contact family members or friends at your request.
• Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and prosecuting the crime.
• Replace your passport.

Please note that you will need to obtain a copy of the police report, known as a “First Information Report” (FIR) from local police when you report any incident. Local authorities generally are unable to take any meaningful action without the filing of a police report.

If your passport is stolen, you should immediately report the theft or loss to the police in the location where your passport was stolen. An FIR is required by the Indian government in order to obtain an exit visa to leave India if the lost passport contained your Indian visa. Although the Embassy or Consulate General is able to replace a stolen or lost passport, the Ministry of Home Affairs and the Foreigners Regional Registration Office (FRRO) are responsible for approving an exit permit. This process can take three to four working days.

In cases of sexual assault or rape, the Embassy or Consulates General can provide a list of local doctors and hospitals, if needed, to determine if you have been injured and to discuss treatment and prevention options for diseases and pregnancy. You should be aware that in order for evidence of an assault to be submitted in a court case, Indian authorities require that the medical exam be completed at a government hospital. Therefore, if a victim goes to a private hospital for treatment, the hospital will more than likely refer them to a government hospital for this aspect of the medical process.
There are a number of resources in India for victims of rape and sexual assault. India has a toll-free Women’s Helpline Service that can be reached by dialing 100. The specific toll-free Women’s Helpline Service number in Delhi is 1091; in Mumbai it is 103; in Kolkata, 1090; in Chennai, 1091 or 2345-2365; and in Hyderabad one can dial 1-800-425-2908 or 1098 for crimes in general.

The local equivalent to the “911” emergency line in India is “100.” An additional emergency number, “112,” can be accessed from mobile phones.

Please see our information for victims of crime, including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While you are traveling in another country, you are subject to its laws even though you are a U.S. citizen. Foreign laws and legal systems can be vastly different from our own. In some places, you may be taken in for questioning if you don’t have your passport with you. In some places, it is illegal to take pictures of certain buildings. In some places, driving under the influence of alcohol could land you immediately in jail. These criminal penalties will vary from country to country. If you do something illegal in your host country, your U.S. passport won’t help. It is very important to know what is legal and what is not where you are going. It is also important to note that there are also some things that might be legal in the country you visit, but still illegal in the United States. For example, you can be prosecuted in the United States if you buy pirated goods, engage in sexual conduct with children, or use or disseminate child pornography in a foreign country even if those activities are not illegal in that country.

Each of India’s states has independent regulations concerning alcohol purchase and consumption. Legal drinking ages range from 18 to 25 and can vary by beverage type. Some states permit alcohol use for medicinal purposes only, others require you to hold a permit to buy, transport, or consume alcohol. Penalties for violation can be harsh, so travelers are advised to check with Indian authorities in the states they plan to visit.

While some countries will automatically notify the nearest U.S. embassy or consulate if a U.S. citizen is detained or arrested, that might not always be the case. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

SPECIAL CIRCUMSTANCES: Dual nationality: India does not permit its citizens to hold dual nationality. In 2006, India launched the “Overseas Citizens of India” (OCI) program, which has often been mischaracterized as a dual nationality program. It does not grant Indian citizenship. If you are a U.S. citizen and obtain an OCI card you will not become a citizen of India; you will remain a citizen of the United States. An OCI card is similar to a U.S. "green card" in that a holder can travel to and from India indefinitely, work in India, study in India, and own property in India (except for certain agricultural and plantation properties). An OCI card holder, however, does not receive an Indian passport, cannot vote in Indian elections, and is not eligible for Indian government employment. The OCI program is similar to the Persons of Indian Origin (PIO) card introduced by the Indian government several years ago, except that PIO holders must still register with Indian immigration authorities, and PIO cards are not issued for an indefinite period. U.S. citizens of Indian descent can apply for PIO or OCI cards at the Indian Embassy in Washington, or at the Indian Consulates in Chicago, New York, San Francisco, and Houston. Inside India, U.S. citizens can apply at the nearest FRRO office (please see “Entry/Exit Requirements” section above for more information on the FRRO). U.S. citizens are required to travel on a U.S. passport when traveling in and out of the United States.

Religious activities: If you plan to engage in religious proselytizing, you are required by Indian law to have a "missionary" visa. Immigration authorities have determined that certain activities, including speaking at religious meetings to which the general public is invited, may violate immigration law if the traveler does not hold a missionary visa. Foreigners with tourist visas who engage in missionary activity are subject to deportation and possible criminal prosecution. The states of Odisha, Chhattisgarh, Gujarat, Himachal Pradesh, and Madhya
Pradesh have active “anti-conversion” legislation regulating conversion from one religious faith to another. Arunachal Pradesh currently has an inactive “anti-conversion” law awaiting accompanying regulations needed for enforcement. If you intend to engage in missionary activity, you may wish to seek legal advice to determine whether the activities you intend to pursue are permitted under Indian law.

Tourists should also be mindful of restrictions and observances when planning to visit any religious establishment, whether Hindu temples, mosques, churches, or other locations considered sacred by the local population. Many individual temples and mosques do not permit non-members to enter all or parts of the facilities, and may require the removal of shoes, the covering of the head, or have other specific requirements for appropriate attire.

**Customs restrictions:** Before traveling to or from India, you are urged to thoroughly inspect all bags and clothing that might inadvertently contain prohibited items. Since January 2010, several U.S. citizens have been arrested or detained when airport security officials discovered loose ammunition and weapons in their luggage. If you are found to have loose ammunition or bullets (including empty bullet shells used in souvenirs) on your person, you could be charged with violation of the Indian Arms Act, incarcerated, and/or deported from India. In addition to firearms and ammunition, Indian customs authorities enforce strict regulations concerning temporary importation into or export from India of such items as, antiquities, electronic equipment, currency, ivory, gold objects, and other prohibited materials. Permission from the Government of India is required to bring in restricted items, even if you are only transiting through India. If you do not comply with these regulations, you risk arrest or fine or both and confiscation of these items. If you are charged with any alleged legal violations by Indian law enforcement, have an attorney review any document before you sign it. The Government of India requires the registration of antique items with the local police along with a photograph of the item. It is advisable to contact the Embassy of India in Washington or one of India's consulates in the United States for specific information regarding customs requirements. More information is available from the [Indian Central Board of Excise and Customs](#).

Indian customs authorities encourage the use of an ATA (Admission Temporaire/Temporary Admission) Carnet for the temporary admission of professional equipment, commercial samples, and/or goods for exhibitions and fair purposes. ATA Carnet Headquarters, located at the U.S. Council for International Business, 1212 Avenue of the Americas, New York, NY 10036, issues and guarantees the ATA Carnet in the United States. For additional information call (212) 354-4480, or email USCIB for details. Please see our [Customs Information](#).

Natural disaster threats: Parts of northern India are highly susceptible to earthquakes. Regions of highest risk, ranked 5 on a scale of 1 to 5, include areas around Srinagar, Himachal Pradesh, Rishikesh and Dehra Dun, the northern parts of Punjab, northwest Gujarat, northern Bihar, and the entire northeast. Ranked 4 (high damage risk) is an area that sweeps along the north through Jammu and Kashmir, Eastern Punjab, Haryana, Northern Uttar Pradesh, central Bihar and the northern parts of West Bengal. New Delhi is located in zone 4. Severe flooding is common in hilly and mountainous areas throughout India. In June 2013, flooding in Uttarakhand and Himachal Pradesh left thousands of people presumed dead and stranded dozens of U.S. citizens. August 2010 flash flooding and mudslides in Leh killed 300 people and stranded hundreds more for several days.

Accessibility: While in India, individuals with disabilities may find accessibility and accommodation very different than what you find in the United States. Despite legislation that all public buildings and transport be accessible to the disabled, accessibility remains limited. One notable exception is the recently constructed Delhi metro system, designed to be accessible to those with physical disabilities.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** The quality of medical care in India varies considerably. Medical care in the major population centers approaches and occasionally meets Western standards, but adequate medical care is usually very limited or unavailable in rural areas.
If you are arriving in India from Sub-Saharan Africa or other yellow-fever areas, Indian health regulations require that you present evidence of vaccination against yellow fever. If you do not have such proof, you could be subjected to immediate deportation or a six-day detention in the yellow-fever quarantine center. If you transit through any part of sub-Saharan Africa, even for one day, you are advised to carry proof of yellow fever immunization.

Good information on vaccinations and other health precautions is available from the Centers for Disease Control and Prevention (CDC) or by calling the hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747). Some vaccines such as Typhoid, Influenza, and Hepatitis A are recommended for all travelers and other vaccines such as Hepatitis B, Japanese Encephalitis, and Rabies are recommended for high-risk travelers.

A high risk of rabies transmission exists in most of India with dogs and bats posing the most common threat. Vaccination is recommended for all prolonged stays with a priority for young children and travelers in rural areas. It is also recommended for shorter stays that involve occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for post-exposure treatment; adventure travelers, hikers, cave explorers, and backpackers. Monkeys also can transmit rabies and herpes B, among other diseases, to human victims. Avoid feeding monkeys. If bitten, you should immediately soak and scrub the bite for at least 15 minutes and seek urgent medical attention.

Influenza is transmitted from November to April in areas north of the Tropic of Cancer, and from June through November (the rainy season) in areas south of the Tropic of Cancer, with a smaller peak from February through April; off-season transmission can also occur. All travelers are at increased risk. Influenza vaccine is recommended for all travelers during the flu season.

Outbreaks of Avian Influenza (H5N1 virus) occur intermittently in eastern India, including West Bengal, Manipur, Sikkim, Andhra Pradesh, and Assam. For further information on avian influenza (bird flu), please refer to the Department of State's Avian Influenza Fact Sheet.

Malaria prophylaxis depends on time of year and area the traveler is visiting. Please consult the CDC website for more information. Dengue fever presents significant risk in urban and rural areas. The highest number of cases is reported from July to December, with cases peaking from September to October. Daytime insect precautions are recommended.

For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO). The WHO website also contains additional health information for travelers, including detailed country-specific health information. These websites provide useful information, such as suggested vaccinations for visitors to India, safe food and water precautions, appropriate measures to avoid contraction of mosquito-borne diseases (such as malaria and Japanese B encephalitis), suggestions to avoid altitude sickness, etc. Further, these sites provide information on disease outbreaks that may arise from time to time. Outbreaks of mosquito-borne viral diseases such as dengue fever and chikungunya occur in various parts of India each year. You should check these sites shortly before traveling to India. Further health information for travelers is available from the WHO.

Tuberculosis is an increasingly serious health concern in India. For further information, please consult the CDC’s Travel Notice on TB.

For emergency services, dial 112 from a cell phone; from a land line, dial 100 for police, 102 for ambulance (108 in parts of South India), and 101 for fire. Ambulances are not equipped with state-of-the-art medical equipment, and traffic does not yield to emergency vehicles. Injured or seriously ill travelers may prefer to take a taxi or private vehicle to the nearest major hospital rather than wait for an ambulance. Most hospitals require advance payment or confirmation of insurance prior to treatment. Payment practices vary and credit cards are not routinely accepted for medical care.
Medical tourism is a rapidly growing industry. Companies offering vacation packages bundled with medical consultations and financing options provide direct-to-consumer advertising over the internet. Such medical packages often claim to provide high quality care, but the quality of health care in India is highly variable. People seeking health care in India should understand that medical systems operate differently from those in the United States and are not subject to the same rules and regulations. Anyone interested in traveling for medical purposes should consult with their local physician before traveling and refer to the information from the CDC. Persons traveling to India for medical purposes require the proper “medical” visa. Please check with the nearest Indian Embassy or consulate for more information.

Despite reports of antibiotic-resistant bacteria in hospitals, in general travelers should not delay or avoid treatment for urgent or emergent medical situations. However, health tourists and other travelers who may be contemplating elective procedures in this country should carefully research individual hospital infection control practices.

Rh-negative blood may be difficult to obtain as it is not common in Asia.

Commercial surrogacy, a growing industry in India, remains unregulated, operating solely under non-binding government guidelines. There are concerns that the interests and rights of commissioning parents, surrogates, egg donors, and the resulting children may not always be adequately protected.

In order for a child born of surrogacy to acquire U.S. citizenship and obtain a U.S. passport, sufficient proof must be submitted showing a genetic relationship between the newborn child and a U.S.-citizen parent. This is best accomplished through DNA testing. Newborns found not to have acquired U.S. citizenship at birth risk being stateless persons unable to obtain travel documents as Indian law prohibits the issuance of Indian passports to children born of surrogacy. With no right to other citizenship, infants may find themselves stranded in India.

If you are considering traveling to India for assisted reproductive technology (ART) procedures, please contact the Embassy or one of the Consulates General well in advance and review the available information to learn if your child born from ART could be documented as a U.S. citizen.

After the birth of your child, you should count on staying in India at least two weeks to complete the Consular Report of Birth Abroad of a U.S. Citizen (CRBA) and passport application and to obtain an Indian exit visa.

The U.S. Embassy and Consulates General in India maintain lists of local doctors and hospitals, all of which are published on their respective websites under "U.S. Citizen Services." We cannot endorse or recommend any specific medical provider or clinic.

**MEDICAL INSURANCE:** You can’t assume your insurance will go with you when you travel. It’s very important to find out BEFORE you leave. You need to ask your insurance company two questions:

- Does my policy apply when I’m outside of the United States?
- Will it cover emergencies such as a trip to a foreign hospital or a medical evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctors’ and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out another one for your trip. For more information, please see our [medical insurance overseas page](#).

Medical evacuation coverage is strongly advised.
TRAFFIC SAFETY AND ROAD CONDITIONS: Travel by road in India is dangerous. India leads the world in traffic-related deaths and a number of U.S. citizens have suffered fatal traffic accidents in recent years. You should exercise extreme caution when crossing streets, even in marked pedestrian areas, and try to use only cars that have seatbelts. Seat belts are not common in taxis. Helmets should always be worn on motorcycles and bicycles.

Travel at night is particularly hazardous. Buses, patronized by hundreds of millions of Indians, are convenient in that they serve almost every city of any size. However, they are usually driven fast, recklessly, and without consideration for the rules of the road. Accidents are quite common. Trains are safer than buses, but train accidents still occur more frequently than in other countries.

In order to drive in India, you must have either a valid Indian driver’s license or a valid international driver’s license. Because of difficult road and traffic conditions, you may wish to consider hiring a local driver.

On Indian roads, the safest driving policy is to always assume that other drivers will not respond to a traffic situation in the same way you would in the United States. Buses and trucks often run red lights and merge directly into traffic at yield points and traffic circles. Cars, auto-rickshaws, bicycles, and pedestrians behave only slightly more cautiously. Use your horn or flash your headlights frequently to announce your presence. It is both customary and wise.

Inside and outside major cities, roads are often poorly maintained and congested. Even main roads frequently have only two lanes, with poor visibility and inadequate warning markers. On the few divided highways one can expect to meet local transportation traveling in the wrong direction, often without lights. Heavy traffic is the norm and includes (but is not limited to) overloaded trucks and buses, scooters, pedestrians, bullock and camel carts, horse or elephant riders en route to weddings, bicycles, and free-roaming livestock. Traffic in India moves on the left. It is important to be alert while crossing streets and intersections, especially after dark as traffic is coming in the "wrong" direction. Travelers should remember to use seatbelts in both rear and front seats where available, and to ask their drivers to maintain a safe speed.

If a driver hits a pedestrian or a cow, the vehicle and its occupants are at risk of being attacked by passersby. Such attacks pose significant risk of injury or death to the vehicle's occupants or risk of incineration of the vehicle. It could be unsafe to remain at the scene of an accident of this nature, and drivers may instead wish to seek out the nearest police station. Protestors often use road blockage as a means of publicizing their grievances, causing severe inconvenience to travelers. Visitors should monitor local news reports for any reports of road disturbances.

Please refer to our Road Safety page for more information.

Emergency Numbers: The following emergency numbers work in New Delhi, Mumbai, Chennai, Hyderabad, and Kolkata:

- Police 100
- Fire Brigade 101
- Ambulance 102

AVIATION SAFETY OVERSIGHT: The U.S. Federal Aviation Administration (FAA) has assessed the Government of India's Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of India's air carrier operations. For more information, travelers may visit the FAA's website. In the wake of a series of crashes, travelers are urged to use caution while booking private helicopters for travel, especially in the northeast.
CHILDREN'S ISSUES: Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for India dated January 18, 2013, to update the sections on Smart Traveler Enrollment Program/Embassy Location, Entry/Exit Requirements for U.S. Citizens, Threats to Safety and Security, Crime, Special Circumstances, Medical Facilities & Health Information, and Aviation Safety Oversight.
Appendix G: Consular Information Sheet for Indonesia (Bali and Lombok)

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_2052.html

April 18, 2013

COUNTRY DESCRIPTION: Indonesia is an independent republic consisting of more than 17,500 islands spread over 3,400 miles along the Equator. The main islands are Java, Sumatra, Bali, Kalimantan (Borneo), Sulawesi (Celebes), Papua, Halmahera, and Seram. The capital city of Jakarta lies in the lowlands of West Java, the most populated island. The country has approximately 246,000,000 people and more than 300 ethnic groups.

Indonesia's geographic location and topography make the country prone to natural disasters, especially seismic upheaval due to its location on the "Ring of Fire," an arc of volcanoes and fault lines encircling the Pacific Basin. Indonesia is a developing country with a growing economy and many infrastructure shortcomings, especially in rural areas. Read the Department of State Fact Sheet on Indonesia for additional information.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live or visit Indonesia, please take the time to tell our Embassy in Jakarta or Consulate in Surabaya about your trip. If you enroll in the Smart Traveler Enrollment Program, we can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency.

Local embassy information is available below and at the Department of State's list of embassies and consulates.

U.S. Embassy Jakarta is located at Medan Merdeka Selatan 5, Jakarta 10110; telephone: (62)(21) 3435-9000; fax (62)(21) 385-7189. The most secure international mail address is: U.S. Embassy Jakarta, DPO, AP 96520 USA. The consular section of the Embassy can be reached by e-mail. Instructions on how to receive SMS emergency messages on your cell phone can be found on the Embassy's FAQ page.

U.S. Consulate General in Surabaya is at Jl. Citra Raya Niaga No. 2, Surabaya 60217; telephone: (62) (31) 297-5300; fax (62) (31) 567-4492, after-hours duty officer (62) (811) 334-183. The consulate can also be reached by e-mail. The consulate should be the first point of contact for assistance to U.S. citizens who are present or residing in the Indonesian provinces of East Java, Nusa Tenggara Timor, Nusa Tenggara Barat, all of Sulawesi and North and South Maluku.

There is a Consular Agency in Bali at Jalan Hayam Wuruk 310, Denpasar, Bali; telephone: (62) (361) 233-605; fax (62) (361) 222-426; or BaliConsularAgency@state.gov. The U.S. Consulate in Surabaya is an alternate contact for U.S. citizens in Bali.

The American Presence Post in Medan, North Sumatra, provides only emergency assistance to U.S. citizens and does not offer routine consular services. U.S. citizens needing emergency consular assistance in Sumatra should call (62) (61) 451-9000.

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: You will need a passport valid for at least six months following the date of your arrival to Indonesia. The U.S. Embassy cannot obtain entry permission for U.S. citizens with expiring passports. If you arrive and your passport has less than six month's validity, Indonesian authorities will require you to depart Indonesia immediately to obtain a new U.S. passport elsewhere; you will not be allowed to renew your passport here and follow-up later with Indonesian authorities. Also, if your passport does not have the required six month's validity remaining on your passport, you may be denied boarding at your point of origin or at a transit point en route. Generally, you should expect to wait two weeks for a U.S. passport to be issued outside of the United States.
You are required to have a visa to enter Indonesia, obtained either beforehand or on arrival. Tourist passport holders traveling for private purposes may apply for a 30-day visitor visa on arrival at the airports in Jakarta, Bali, Surabaya, Banda Aceh, Medan, Padang, Pekanbaru, Manado, Biak, Ambon, Balikpapan, Pontianak, Kupang, Batam, and South Sumatra. Visas-on-Arrival are also available at a limited number of seaports, including the Batam and Bintan ferry terminals opposite Singapore, but they are unavailable at any land border crossing. Visas-on-Arrival are only for private, temporary business or pleasure visits. Visas-on-Arrival are valid for 30 days and cost U.S. $25. A Visa-on-Arrival may be extended one time only. An onward/return ticket is required to apply for a Visa-on-Arrival at these ports of entry. The Indonesian Embassy website indicates that Visas-on-Arrival are unavailable to government travelers who want to enter Indonesia on a diplomatic or official passport for an official purpose or mission.

Travel for other purposes requires the appropriate Indonesian visa before arrival. For details on Visas-on-Arrival and other visa information please visit the Embassy of the Republic of Indonesia website.

If you are entering Indonesia through Bali, you must have two fully blank passport pages in your passport. If you are entering through other ports of entry, you must have at least one blank page. Indonesian immigration inspectors do not consider amendment pages in your passport as blank pages. If your passport is nearly full, be sure to obtain extra blank passport pages before you travel - go to How to Add Extra Pages to Your U.S. Passport. If you don't meet Indonesian entry criteria properly, you may be denied entry on the spot with no recourse and put on the next available flight departing Indonesia.

Please be advised that Indonesian entry and visa procedures may be inconsistently applied at different ports of entry, and when faced with making a decision, Indonesian authorities usually make the more conservative, restrictive decision. Entry requirements are subject to change at the sole discretion of the Indonesian authorities, a process over which the U.S. government has no control.

You may apply for a visa at the Indonesian Embassy in Washington, D.C., or at an Indonesian consulate elsewhere in the United States. In some cases, you may also apply at Indonesian embassies and consulates in other countries. If you are traveling overseas and wish to apply for an Indonesian visa, you should inquire with the local Indonesian embassy in the country where you are currently traveling. For up-to-date information, travelers may contact the Embassy of the Republic of Indonesia: 2020 Massachusetts Avenue NW, Washington D.C. 20036, phone: (202) 775-5200, or at Indonesian Consulates in Los Angeles (213) 383-5126; San Francisco (415) 474-9571; Chicago (312) 920-1880; New York (212) 879-0600; and Houston (713) 785-1691. Visit the Embassy of Indonesia website for the most current visa information.

Indonesia strictly enforces its immigration/visa requirements. Travelers who overstay the date stamped in their Visa-on-Arrival are subject to a fine of 200,000 Rupiah, approximately U.S. $22, per day, and other sanctions. Westerners, including U.S. citizens, have been jailed for visa violations and/or overstays. Violators may also be subject to substantial fines and/or deportation from Indonesia for immigration and visa violations. Immigration officials have also detained foreigners for conducting work, academic, or other non-tourist activities while on visitor status. Even gratis volunteer work with local or international NGOs is not permitted on visitor status. Penalties for such immigration/visa violations have included a prison sentence of up to five years and a fine of Rupiah 25 million. Travelers should contact an Indonesian consular office to determine the appropriate visa category before traveling to Indonesia. Please consult the Criminal Penalties section below for further information.

All airline passengers, including children, diplomats, and officials, are subject to a departure tax, which must be paid in Rupiah, cash only. The international departure tax as of August 2012 is 150,000 Rupiah in Jakarta and varies at other international airports. The domestic departure tax in Jakarta is 40,000 Rupiah and also varies elsewhere.
The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of Indonesia. The Indonesian Government screens incoming passengers in response to reported outbreaks of pandemic illnesses.

Information about dual nationality or the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page.

**THREATS TO SAFETY AND SECURITY:** Since 2005, the Indonesian police and security forces have disrupted a number of terrorist cells, including Jemaah Islamiyah (JI), a U.S. government-designated terrorist organization that carried out several bombings at various times from 2000 to 2012. Indonesia suffered its worst terrorist attack in 2002, when more than 200 foreign tourists and Indonesian citizens were killed in Bali. Deadly car bombs have exploded outside hotels and resorts frequented by Westerners in Jakarta and Bali in 2003 and 2005 and outside of the Australian Embassy in Jakarta in 2004. In July 2009, JI-affiliated elements bombed two Western hotels in Jakarta, killing nine Indonesians and foreigners and injuring over 50, including six U.S. citizens. Since these attacks, Indonesia has effectively pursued counterterrorism efforts through legislation and law enforcement. In 2010, security forces arrested more than 100 individuals on terrorism-related charges. However, violent elements in Indonesia continue to demonstrate a willingness and ability to carry out violent attacks with little or no warning.

Regionally, terrorist cells and insurgents have targeted police stations and officers. In October 2012, two police officers were found assassinated in Poso, Sulawesi. In November 2012, there were various armed attacks on police stations and officers in Central Java, including a bomb found in Pasar Kliwon Police Precinct, Surakarta. Fortunately, many of these attacks failed due to Indonesian National Police (INP) intervention.

Extremists may target both official and private interests, including hotels, nightclubs, shopping areas, and restaurants. Whether at work, pursuing daily activities, and/or while traveling, you should be vigilant and prudent at all times. Monitor local news reports, vary your routes and times, and maintain a low profile. Be sure to consider the security and safety preparedness of hotels, residences, restaurants, and entertainment or recreational venues that you frequent.

In November 2009, unknown assailants shot at foreigners in Banda Aceh, North Sumatra, an area that was devastated by the 2004 tsunami and the scene of a long-running separatist conflict that ended in 2005. The gunfire wounded a European development worker. In the same area, a house occupied by U.S. citizen teachers was targeted and hit by gunfire, but there were no U.S. citizen casualties.

Be aware that a real or even perceived offense may generate a negative or even violent response from local people. For example, in June 2008, two U.S. citizens in western Sumatra were beaten after they reportedly accused a local man of theft. In the same month, another U.S. citizen in Sumatra was threatened by members of a local mosque when he complained about being awakened from his sleep by the morning call to prayer.

Demonstrations are common in Jakarta and throughout Indonesia. Common areas for protest activity in Jakarta include both the Hotel Indonesia traffic circle and the U.S. Embassy. While these demonstrations are usually peaceful and police presence is normally sufficient to maintain order, demonstrations have occasionally become violent, particularly when involving issues related to religion. In the past, anti-American demonstrations at the Embassy have been sparked by U.S. foreign policy towards the Israeli-Palestinian conflict and other issues related to the Middle East, Iraq, and Afghanistan.

From September through November 2012, significant protest activity occurred throughout the region following the release of “Innocence of Muslims,” a video that depicted extremely anti-Islamic sentiment.

We advise that people avoid large crowds and other gatherings that could turn violent.
Localized political violence and civil unrest due to ethnic, sectarian, religious and separatist reasons is not uncommon in various parts of the country. Religious and ethnic violence is common in Central Sulawesi. Papua harbors a persistent separatist movement, which includes a small number of armed Free Papua Movement guerrillas who have attacked Indonesian government targets and personnel in the Puncak Jaya area of the Papuan highlands, and security forces continue to pursue separatist guerrillas there. In the area between Timika and the copper and gold mine of Grasberg in Papua, there have also been over 30 shooting incidents between 2009 and early 2012 by unknown gunmen who were targeting Indonesian security personnel employees, and contractors of a U.S. multi-national mining company.

Indonesia's location on the "Ring of Fire" often results in severe seismic events that can pose grave threats, and disrupt daily life and regional air travel. When these events occur, there is typically little to no warning and Indonesian emergency response capabilities are limited in the best of circumstances. U.S. citizens must prepare for unforeseen emergencies when living or traveling in Indonesia.

If you have an Indonesian cell phone you may sign up to receive U.S. Embassy emergency text message alerts by composing a text message on your cell phone utilizing the following format:

REGALRTLASTNAME#FIRSTNAME, e.g. REGALRTDOE#JOHN; Send to 9388 from your Indonesian cell phone and you will receive a text message confirmation of enrollment. Please note that you will be charged RP1000 per SMS Alert Message.

Please maintain up-to-date travel documents and personal papers in the event you must depart Indonesia quickly in an emergency. Travel distances, poor communications, and inadequate infrastructure make it extremely difficult for the Embassy to respond to U.S. citizen emergencies in some areas. Many parts of Indonesia (including many tourist destinations) are isolated and difficult to reach or contact.

Stay up to date by:

- Bookmark our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Follow us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- You can also download our free Smart Traveler App, available through iTunes and the Android market.
- Call 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Take some time before travel to consider your personal security –Here are some useful tips for traveling safely abroad.

CRIME: Crime can be a problem in some major metropolitan areas in Indonesia. Crimes of opportunity such as pick-pocketing and theft occur throughout the country. If you are in Jakarta and Surabaya, hire a taxi either at a major hotel or shopping center queue, or by calling or hailing a reputable taxi company, such as Silver Bird, Blue Bird or White Express. If you are arriving at Soekarno-Hatta International Airport in Jakarta, use only these taxis obtained at a designated taxi queue or clearly marked taxi stand. Politely decline all offers of help from touts or anyone who approaches you. Major hotels have staff on duty to offer safe meet-and-greet service at airports and can also direct their hotel guests to a reliable taxi. It is best to request meet and greet services from your hotel in advance. Add about 25,000 Rupiah to the metered fare for required airport taxes and toll road fees. Depending on traffic, a minimum metered fare is 150,000-200,000 Rupiah from Soekarno-Hatta airport to central Jakarta. Criminals in Jakarta regularly rob customers in taxis painted to look like taxis from reputable
companies; booking taxis by telephone directly from the company or through hotels is the best way to avoid falling victim to this scam.

Armed car-jacking, theft of vehicles and non-violent residential break-ins do occur in Indonesia. Personal and "snatch-and-grab" robberies are the most common type of crime, and have occurred regularly, to include targeting expatriates and embassy personnel. There continue to be crimes committed against people taking disreputable and freelance taxis. These types of crimes usually involve the driver taking his passenger(s) - usually women - to a remote area where a group of armed men rob them of their jewelry, cell phones, money and any other items of value such as ATM cards and force the victim(s) to reveal his or her PIN codes so that the assailants could obtain cash. In a few instances, the criminals drove with the victim in the taxi to an ATM machine and forced them to withdraw cash. Visitors to Indonesia should use only reputable taxi companies and avoid public mass transit platforms such as buses and trains. Pick pocketing is another crime that both locals and visitors fall victim to, with most pick pocketing occurring in crowded areas such as the mass transit system or in restaurants/bars. Indonesian police have noted an upward trend in burglaries and armed robberies in Jakarta, an increase of 25 percent in 2010, particularly in wealthier areas where expatriates tend to live. The best defense is to proactively take personal responsibility for your own security: know the layout of your dwelling, have someone at home at all times, discuss security procedures with your family and household staff, and know your neighborhood.

Claiming to act in the name of religious or moral standards, certain extremist groups have, on occasion, attacked nightspots and places of entertainment. Most of these attacks have sought to destroy property rather than to injure individuals. International news events can sometimes trigger anti-American or anti-Western demonstrations.

Credit card fraud and theft is a serious and growing problem in Indonesia, particularly for Westerners. Travelers should minimize use of credit cards and instead use cash. If used, credit card numbers should be closely safeguarded at all times. Travelers should also avoid using credit cards for online transactions at Internet cafes and similar venues. Travelers who decide to use credit cards should monitor their credit card activity carefully and immediately report any unauthorized use to their financial institution. ATM cards have been skimmed and cloned, resulting in bank accounts being drained. If you choose to use an ATM, exercise the same level of caution you would in the United States when using unfamiliar ATM machines and monitor your statements closely. Selecting tour guides, hotels, and business partners based on their reputation, competence, and ability to help can be very useful when considering a stay in Indonesia.

Additionally, organized crime is also a problem in Indonesia including illegal logging and fishing, trafficking-in-persons, the sale of illicit and counterfeit drugs, and corruption. You are encouraged to carry a copy of your U.S. passport with you at all times so that if questioned by local officials, proof of identity and proof of U.S. citizenship are readily available. If you are arrested or detained, formal notification of the arrest is normally provided in writing to the U.S. Embassy in Jakarta, a process that can take several weeks. If detained, telephone the U.S. Embassy in Jakarta, or the nearest U.S. consular office immediately.

Drink poisoning and "drink-spiking incidents have been of increasing concern. There have been several reports of foreign tourists and Indonesians suffering from methanol poisoning from adulterated liquor or cocktails, most recently in Bali and Lombok. This has led to serious illness and, in some cases, death. There have also been reports of methanol poisoning from drinking adulterated Arak/Arrack, a local rice or palm liquor. The symptoms of methanol poisoning include headache, dizziness, nausea, and lack of coordination. Symptoms that can occur from 10 to up to 30 hours after initial consumption of methanol include, blurring or complete loss of vision.

There have been many reports of “drink-spiking" in clubs and nightspots. One drug used in these incidents is believed to be an animal tranquilizer, and its effects are extremely powerful. Besides putting the victim in an unconscious state for a long time, the side effects include memory loss, nausea, headaches, and vomiting.
Although most of these incidents involve male victims, it is important to remember that females have been victimized in the past with "Date-Rape" drugs. Local, "home brew" alcoholic drinks may also be spiked.

Some ways to avoid “drink-spiking” and drink poisoning include: go out with a group; do not leave drinks unattended; drink at reputable establishments licensed to serve alcohol; do not drink home-brewed alcoholic drinks; be aware that labels on bottles may have been altered or the contents may have been changed; and drink responsibly, in moderation. Even though alcohol is widely available, public inebriation is highly frowned upon.

If you or someone you are traveling with exhibit signs of methanol poisoning or drink spiking, seek immediate medical attention. Maritime piracy in Indonesian waters continues, although incidents have decreased steadily in recent years. The most recent reports are of thefts of valuables or cargo from boats that are in port and not at sea. Before traveling by sea, especially in the Straits of Malacca between the Riau Province and Singapore and in the waters north of Sulawesi and Kalimantan, travelers are recommended to review the current security situation with local authorities.

While counterfeit and pirated goods are widely available in Indonesia, if you purchase them you may be breaking local law. Travelers are reminded that penalties may apply if bootleg items are brought into the United States.

**VICTIMS OF CRIME:** If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. The U.S. Embassy or Consulate will be able to assist travelers to:

- Replace a stolen passport.
- Help you find appropriate medical care for violent crimes such as assault or rape.
- Put you in contact with the appropriate police authorities, and contact family members or friends.

Although the local authorities are responsible for investigating and prosecuting the crime, consular officers can help you understand the local criminal justice process and can direct you to local attorneys.

The local equivalent to the "911" emergency telephone line in Indonesia is 112. In addition, dial 110 for police, 113 for fire, and 118 for ambulance. While these numbers exist, they are not always answered. It is often more effective to physically go to Indonesian authorities to ask for their help rather than to wait for emergency services to respond to your phone call. There are sets of local direct emergency numbers in each district and you should learn and keep these emergency numbers at hand. Indonesian emergency services, police, fire and ambulance, if available at all, are often rudimentary at best.

Please see our information on victims of crime, including possible victim compensation programs in the United States.

**CRIMINAL PENALTIES:** While you are traveling in Indonesia, you are subject to its laws even if you are a U.S. citizen. Persons violating Indonesian laws, even unknowingly, may be expelled, arrested or imprisoned. Foreign laws and legal systems can be vastly different than our own. There are also some things that might be legal in the country you visit, but still illegal in the United States; for example, you can be prosecuted under U.S. law if you buy pirated goods. In Indonesia, you may be detained for questioning if you don’t have your passport with you. It is also illegal to take pictures of certain buildings, and driving under the influence could land you immediately in jail. If you break local laws in Indonesia, your U.S. passport won’t help you avoid arrest or prosecution. It’s very important to know what's legal and what's not where you are going.
Certain areas of Indonesia are under Sharia law; see the section under Special Circumstances.

In March 2008, the Indonesian parliament passed a bill criminalizing the access of internet sites containing violent or pornographic material. Anyone found guilty of the new offense could be jailed for up to three years or have to pay a heavy fine.

Engaging in sexual conduct with children, using, and/or disseminating child pornography is a crime prosecutable in the United States regardless of the country where the activity occurs. The Indonesian child protection law imposes up to 15 years in prison for those convicted of engaging in sexual contact with a child, and the anti-trafficking in persons law imposes 15 years in prison for anyone engaging in sex with a victim of trafficking.

Penalties for possession, use, or trafficking in illegal drugs in Indonesia are severe, and convicted offenders can expect long jail sentences and heavy fines. A life sentence or the death penalty can be given in cases of drug trafficking; several foreigners have been sentenced to death in recent years. One U.S. citizen was given a life sentence for drug trafficking. Indonesian prisons are harsh and do not meet Western standards. Many prisoners are required to supplement their prison diets and clothing with funds from relatives. Medical and dental care in Indonesian prisons, while available, is below Western standards, and access to medical testing to diagnose illness as well as medications to treat conditions are often difficult to obtain.

**Arrest notifications in Indonesia:** While some countries will automatically notify the nearest U.S. embassy or consulate if a U.S. citizen is detained or arrested in a foreign country, that might not always be the case. To ensure that the United States Government is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

To reach the U.S. Embassy in Jakarta, dial (62) (021)-3435-9000 ext. 0 for the operator and ask for the duty officer. Please remain calm and accept the assistance from and information provided by an Embassy Consular Officer who will visit the arrestee at the earliest possible opportunity.

**SPECIAL CIRCUMSTANCES:** The Regional Security Officer of the U.S. Embassy must receive prior notice from U.S. government employees of their travel to Papua, Aceh, Central Sulawesi, and Maluku (these areas are subject to change.) Separate pre-travel procedures apply to U.S. Armed Forces personnel who intend to travel to Indonesia for any reason. For further information, please see the DOD Foreign Clearance Guide.

**Accessibility:** Indonesia enacted laws in 1997, 1998, 2004, 2007, and 2008 regarding accessibility for the disabled. However, except for buildings constructed under international standards, most public places and transportation facilities are not accessible, and applicable laws are not enforced. Persons with disabilities will face severe difficulties in Indonesia as walkways, road crossings, rest rooms, and tourist and other areas are not equipped with accommodating features.

**Sharia law:** Sharia law is enforced in Aceh, northern Sumatra, by a separate police force. In a few other areas, it exists unofficially or through local legislation. In these areas, implementation is uneven, processes are opaque, and enforcement can be arbitrary. Sharia authorities rarely confront non-Muslims about violations of Sharia law, but instances have occurred. Visitors to all areas are encouraged to respect local tradition, dress modestly, and seek guidance from local police if confronted by Sharia authorities. Many women, both Muslim and non-Muslim, carry a scarf to drape around their head while traveling in Aceh, although wearing a headscarf is not compulsory, and non-Muslim women are not necessarily expected to wear one. The Sharia concept of “khalwat” forbids an unmarried man and unmarried woman (who are not close relatives) to be alone together in closed rooms or secluded areas.

**Natural Disasters:** Many areas of Indonesia are at high risk for natural disasters due to the country’s geographic location and topography. If you are planning hikes or other outdoor activities in Indonesia, obtain
up-to-date information on local conditions, travel with a reputable local guide, have overseas medical insurance, and carry a local mobile phone. Obey instructions from security and emergency personnel, and do not enter restricted areas. Organized and trained rescue services are rudimentary in populated areas and do not exist in many remote areas.

**Earthquakes and Tsunamis:** Indonesia is geographically located on the "ring of fire" and there are minor, and sometimes major, earthquakes somewhere in the archipelago every week. In addition to the seismic activity, there are volcanos, tsunamis, and other natural disasters, including occasional flooding.

An earthquake in the Mentawai islands in October 2010 caused a tsunami which killed over 450 locals and displaced up to tens of thousands for several weeks. Because of the islands' remoteness, emergency response personnel needed several days to evacuate tourists and bring in emergency relief supplies. In 2011, the Government of Indonesia recorded more than 250 earthquakes measuring 5.0 on the Richter scale or higher across the country. In September 2011, a 6.7 Richter scale earthquake struck Singkil Baru in Aceh. It caused three casualties and affected more than 1,500 buildings in the area.

In places where tsunamis are a potential threat, you should head inland for high ground immediately when large tremors are felt as tsunami warning systems may not be operable or reports delayed; be sure to establish an escape route beforehand. The city of Jakarta lacks an earthquake plan, according to its own 2010 report, which is a common problem replicated throughout the country.

**Volcanoes:** In 2010, several Indonesian volcanoes erupted and caused major damage and disruption to the populace and to economic interests. Mount Sinabung in the Tanah Karo Highlands of North Sumatra erupted in August 2010. The eruption caused the evacuation of 30,000 people. Mt. Merapi, the largest of these eruptions, resulted in 279,000 internally displaced persons, with 141 casualties and 453 injuries. Indonesia has deployed an effective volcano monitoring system, which has enabled the Government of Indonesia to inform the population about potential eruptions and to direct evacuations that prevent casualties. When Mt. Karangetang in Central Sulawesi erupted in March 2011, 1,200 residents were evacuated with no casualties.

**Flooding and Landslides:** During the rainy season, which runs from December to March, floods and mudslides wreak havoc in many areas of Indonesia, including Jakarta. In November 2012 alone, 40 natural disasters occurred, affecting approximately 33,000 people. Floods were the most frequent, accounting for 60 percent of all natural disasters during the month and claimed 17 casualties. Furthermore, as of January 2013, substantial flooding had occurred in Jakarta due to heavy rains. Landslides frequently follow heavy rains, and travelers should exercise caution both in and outside of cities. On the roads, be aware of the possibility of land slippage, road washouts, and potholes.

**Fires:** Fire departments lack modern equipment and training. Seventy percent of Jakarta's fire hydrants are inoperative, and the city fire department is only manned at fifty percent of its recommended level. Outside of Jakarta, fire prevention can be even more challenging. Occupants of high floors and crowded markets are at great risk, since fire departments typically are unable to reach those places.

**Environmental Quality:** Air quality outside of Jakarta and other major cities is acceptable most of the time. However, within Indonesia's major cities, air quality can range from "unhealthy for sensitive groups" to "unhealthy." Some expatriate residents of Jakarta have tested positive for highly elevated levels of carbon monoxide in their blood. The air and water quality in Jakarta is particularly polluted. Individuals susceptible to chronic respiratory illnesses should consult with their doctor before spending significant amounts of time in Jakarta. Open burning of rain forests continues, although to a lesser degree than in the early 2000s. Water is not potable. A 2008 study showed that 100 percent of Jakarta's water is contaminated by fecal coliform bacteria (see Medical Facilities and Health Information below). Only bottled water should be consumed. Sewage and drainage systems are incomplete.
**Scuba Diving, Snorkeling, and Surfing:** Exercise prudence when scuba diving, snorkeling, or surfing and when visiting remote tourist locations. Strong seasonal undercurrents in coastal waters pose a fatal threat to surfers and swimmers; every year, several U.S. citizens drown in unstable water. Surfers and divers should also be aware that local fishermen in coastal waters may use explosives and poisons to catch fish, although this practice is illegal in Indonesia. Rescue services are mostly ad hoc and cannot be relied upon. Dangerous marine life such as cnidaria (jellyfish) and physalia (Portugese Man-O-War) are common, and divers and swimmers should be prepared to provide first aid if encountered. Divers should contact the Divers Alert Network (DAN) and obtain diving medical insurance in the event decompression is required as air evacuation is usually the only way to get to the nearest decompression chamber. DAN has a large network of dive physicians that are available for consultation and emergency response to its members.

**Papua:** All travelers to Papua and West Papua provinces, whether traveling as a private citizen or in an official capacity, must obtain prior approval to travel from the Indonesian government. Low-intensity communal conflict exists in Papua and has caused numerous deaths and injuries. Travelers should strictly avoid situations involving armed tribal members or riots/demonstrations. There have been numerous deaths and injuries during anti-government protests or during actions by the Indonesian security forces against suspected separatists. Between 2009 and 2012, gun shots from unknown attackers on the private road from Kuala Kencana to Tembagapura caused several casualties, including deaths, of government forces, local workers, and expatriates.

**Mountain Hiking:** Hikers on Puncak Jaya or other mountains in Papua and elsewhere in Indonesia should organize their trip through a reputable tour operator and ensure that they have firm, realistic, primary and backup plans for climbing down the mountain, including evacuation insurance. In the past, some local tour operators have abandoned climbers after they reached the summit or hiking that has lasted more days than expected have led to disputes with tour operators over cost, leading to hikers being abandoned. Climbers should be aware that transiting private or commercial properties on the way down the mountain is considered trespassing and not a safe or legal alternative to a proper plan. Hikers should assume that they will be completely on their own in case of any emergency. Hikers should be aware that severe seismic events occur frequently and without notice.

**Teaching English in Indonesia:** If you would like to teach English in Indonesia, carefully review employment contracts before traveling to Indonesia. Most contracts include a monetary penalty for early termination. English schools may hold passports to insure that the employee complies with the terms of the contract or pays the appropriate penalty. There have been many U.S. citizens who were unable to depart Indonesia when they desired after having terminated their employment contracts early because their employer would not release their passports.

**Commercial Disputes:** If you are involved in commercial or property matters, be aware that the business environment is complex, and formal, regulated, transparent dispute settlement mechanisms are not fully developed. Local and foreign businesses often cite corruption and ineffective courts as serious problems. Business and regulatory disputes, which would be generally considered administrative or civil matters in the United States, may in some cases be treated as criminal cases in Indonesia. It can be challenging to resolve trade disputes. For more information, please refer to the U.S. Department of State’s [Investment Climate Report](https://www.state.gov/) and the U.S. Department of Commerce’s page for Indonesia.

**Internet Purchases:** U.S. citizens frequently may be defrauded when purchasing goods by Internet from Indonesian suppliers whom the buyer has not met personally.

**Currency:** The widespread use of counterfeit currency causes banks, exchange facilities, and most commercial establishments to not accept U.S. currency that is worn, defaced, torn, or issued before 1996.
Dual Nationality: Indonesian law does not recognize dual nationality for adults over 18 years of age. Because of this law, U.S. citizens who are also documented as Indonesian nationals may experience difficulties with immigration formalities in Indonesia. Holding dual citizenship may also hamper the U.S. Embassy’s ability to provide consular protection to dual national U.S. citizens. In addition to being subject to all Indonesian laws affecting U.S. citizens, dual nationals may also be subject to other laws that impose special obligations on Indonesian citizens. In July 2006, the Indonesian Parliament passed new legislation allowing children under age 18 to hold foreign as well as Indonesian citizenship. Parents whose children hold both Indonesian and U.S. citizenship continue to experience difficulties with entry and exit immigration procedures.

Transportation: There has been a rapid rise in all manners of public and private transportation within Indonesia. New private airlines have begun operations over the past several years, as have new bus and ferry lines. Air, ferry, and road accidents resulting in fatalities, injuries, and significant damage are common. Indonesia experienced several fatal plane crashes and non-fatal runway overruns in 2011. Additionally, several ferry accidents and a train collision resulted in dozens of fatalities and even more injuries, due to overcrowding and unsafe conditions. Indonesia continues to hold a category 2 safety rating after the Federal Aviation Administration lowered the rating in March 2007.

While all forms of transportation are ostensibly regulated in Indonesia, oversight is spotty, equipment tends to be less well maintained than that operated in the United States, amenities do not typically meet Western standards, and rescue/emergency response is notably lacking. Travelers by boat or ferry should not board before confirming that adequate personal floatation devices are provided. Ferries are frequently overcrowded and lack basic safety equipment, and there have been a number of ferry sinkings resulting in loss of life.

Customs Regulations: Indonesian customs authorities strictly regulate the import and export of items such as prescription medicines and foreign language materials or videotapes/discs. You should contact the Embassy of Indonesia in Washington or Indonesian consulates elsewhere in the United States for specific information about customs requirements. Transactions involving such products may be illegal, and bringing them back to the United States may result in forfeiture and/or fines.

Please see our Customs Information.

Lesbian, Gay, Bi-Sexual, and Transgender (LGBT) Issues: Homosexuality is not illegal in Indonesia and is not specifically criminalized. In 2009, Aceh’s provincial legislative council passed a measure criminalizing homosexuality; however, it has not been signed into law. In recent years, hardliners have disrupted some LGBT events, but there are a number of LGBT organizations and venues across Indonesia, particularly in major cities and tourist areas.

MEDICAL FACILITIES AND HEALTH INFORMATION: The general level of sanitation and health care in Indonesia is far below U.S. standards. Some routine medical care is available in all major cities, although most expatriates leave the country for all but the simplest medical procedures. Psychological and psychiatric services are limited throughout Indonesia. Medical procedures requiring hospitalization and/or medical evacuation to locations with acceptable medical care, such as Singapore, Australia, or the United States can cost thousands of dollars. Physicians and hospitals often expect immediate cash payment or sizable deposits before offering medical care. A non-exhaustive list of English-speaking doctors and hospitals is accessible via the U.S. Embassy Jakarta’s website. Many places in Indonesia are inaccessible to the physically handicapped. Sidewalks tend to be uneven and difficult to navigate, and many buildings do not have elevators.

Ambulance services are individually run by hospitals and clinics. Indonesian ambulance attendants lack paramedical training equivalent to U.S. standards, and there is no reliable emergency ambulance service in Indonesia. If you are staying in Indonesia for an extended period, especially if you have known health problems, you are advised to investigate private ambulance services in your area, and to provide family and close contacts with the direct telephone number(s) of the preferred service. Traffic congestion is a significant problem
in urban Indonesia and roads are generally in poor condition in rural Indonesia, so ambulance transport, if it exists at all, even over short distances can take hours.

Community sanitation and public health programs are inadequate throughout Indonesia and subject to frequent breakdowns. Water and air pollution and traffic congestion have rapidly increased with the unstructured growth of major cities. Almost all maladies of the developing world are endemic to Indonesia, and immediate treatment is problematic. Residents are subject to water- and food-borne illnesses such as typhoid, hepatitis, cholera, worms, amebiasis, giardia, cyclospora, and bacterial dysentery.

Mosquito-borne dengue fever and tuberculosis exist throughout Indonesia and have been serious in Jakarta. Indonesia has the highest incidence of dengue fever in Asia, which is caused by several species of mosquitoes biting during the day. Multiple drug-resistant strains of malaria are endemic in some parts of Indonesia but not in metropolitan Jakarta, Medan, Surabaya, and Bali; even short stays can be disastrous without malaria prophylaxis. Precautions against being bitten – such as mosquito repellent, wearing long sleeves, and sleeping under a bed net are all recommended. Malaria prophylaxis is highly recommended for travel to malaria-endemic areas outside major cities. Travelers to Sulawesi should be tested for schistosomiasis.

Asthma and other respiratory difficulties are common and generally worse in Jakarta than in other areas, exacerbated by the high pollution levels. Indonesia has one of the highest prevalences of tuberculosis, which is transmitted through the air, shared smoking devices, and particularly in densely crowded areas. Precautions include wearing a face mask when in crowded areas, and having a PPD test after departure. Skin allergies are also common. Avian (H5N1), swine (H1N1) influenza, and seasonal influenza (H2N3) are endemic in Indonesia all year with peaks during the rainy season (November-April). Influenza vaccination may be helpful to reduce instances of seasonal flu (H2N3). High risk areas for highly pathogenic avian influenza (H5N1) are live-bird markets around the greater Jakarta area. Current information about influenza in Indonesia can be found on FluNet (http://www.who.int/influenza/gisrs_laboratory/flunet/en/). Rabies is endemic in Indonesia, but extensive dog vaccination has reduced cases in Bali by almost 80% with a possibility for elimination by the end of 2012; other islands in East Nusa Tenggara (NTT) and Sumatra still pose risks for rabies. Rabies is a highly fatal disease and treatment availability is very limited. If bitten, immediately seek treatment at a reputable medical clinic or hospital. If you will spend time in rural areas while in Indonesia the CDC recommends rabies vaccination. Indonesia has been polio-free since 2007. Travelers are urged to consult with their personal physicians and to get updated information on prevalent diseases before traveling to Indonesia. Travelers should be current on all recommended immunizations; those planning on traveling extensively should consider the series of three pre-exposure inoculations against rabies. Local pharmacies carry a range of products of variable quality, availability, and cost. Counterfeit pharmaceuticals are a significant risk and U.S. citizens should patronize only reputable pharmacies.

Tap water is not potable. In 2008, Indonesian authorities found that 100 percent of tap water samples from the Jakarta area tested positive for coliform bacteria, as well as high concentrations of toxic chemicals, including lead and mercury. Bottled water should be used for consumption, including for cooking. Factory bottled soft drinks, and juices and milk sold in sealed containers are generally safe. Take extra care preparing fresh fruits, vegetables, and meats. If you cannot see refrigerators, expect that any food, especially street food, is preserved with high concentrations of formaldehyde derivatives. Consider that unprocessed or raw food may be unsafe even in higher end establishments. Washing, soaking, peeling, and/or thoroughly cooking food are mandatory procedures to minimize insecticide, bacterial, and parasitic contamination. Gastrointestinal disorders are common. A wide variety of foods are available in local markets and supermarkets, and with some care and effort, it is possible to eat a well-balanced diet.

Frequent hand washing, using hand sanitizer, wearing mosquito repellent, not eating street food, and drinking only bottled beverages are some ways to stay healthy while traveling.
Car and motorcycle accidents are the primary causes of severe injury to foreigners living and traveling in Indonesia. Defensive driving and use of seatbelts are encouraged. Use of motorcycles and bicycling in traffic are both discouraged. Rh negative blood may be difficult to obtain in an area with very few Westerners. Therefore, it is important to know your blood type and recognize that scarcity may be a problem.

Updated information and links to the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) are posted on the U.S. Embassy Jakarta’s website.

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 (CDC) hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the CDC website. For information about outbreaks of infectious diseases abroad, consult the infectious diseases section of the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

Tuberculosis is an increasingly serious health concern in Indonesia. For further information, please consult the CDC’s information on TB.

**MEDICAL INSURANCE:** U.S. travelers should not assume that existing insurance plans will go with you when you travel. It's very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You are advised to consult your insurance provider prior to your travel. Two common questions to ask are:

Does my policy cover me when I'm out of the United States?

Will it cover emergencies such as treatment in a foreign hospital, medical evacuation or an air ambulance?

If your policy doesn't provide overseas coverage when you travel, it's a very good idea to take out another one for your trip. For more information, please see our medical insurance overseas page. In many places, doctors and hospitals in Indonesia expect payment in cash at the time of service.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in Indonesia, U.S. citizens may encounter road conditions that differ significantly from those in the United States. Traffic in Indonesia is highly dangerous, congested, and undisciplined. Traffic signals are frequently ignored and often in disrepair. The number and variety of vehicles on the road far exceed the capacity of existing roadways. Road conditions vary from good (in the case of toll roads and major city roads) to dangerously poor. Generally, road safety awareness is very low in Indonesia. Buses and trucks are often dangerously overloaded and travel at high speeds. Most roads outside major urban areas have a single lane of traffic in each direction, making passing dangerous. Most Indonesian drivers do not maintain a safe-following distance in a manner familiar to U.S. drivers and tend to pass or maneuver with considerably less margin for error than in the United States. Although traffic in Indonesia moves on the left side of the road, drivers tend to pass on both sides and may use the shoulder for this purpose. It is common for drivers to create extra lanes regardless of the lane markings on the roads. Nails are frequently sprinkled on roads to cause punctures and create business for tire-repair services.

Throughout Indonesia, there is an overabundance of motorcycles claiming the right of way. Many motorcycle drivers weave recklessly in and out of traffic with complete disregard for traffic regulations and simple safety precautions. Throughout the country, motor vehicles share the roads with other forms of transportation such as pedicabs, horse and ox carts, pushcarts, and domestic animals such as cows, sheep, and goats.

Indonesia requires the use of seat belts in front seats; most Indonesian automobiles do not have seat belts in the rear passenger seats. The use of infant and child car seats is uncommon, and it can be very difficult to rent a car seat. Helmets are required for all motorcycle passengers, the laws for which are inconsistently enforced.
Passengers often do not wear helmets. Accidents on rented motorcycles constitute the largest cause of death and serious injury among foreign visitors to Indonesia. Given the poor quality of emergency services, an injury considered to be minor in the United States might result in greater bodily harm in Indonesia.

Accidents between a car and a motorcycle are invariably viewed as the fault of the driver of the car. Groups of motorcycle riders will sometimes threaten the driver of a car who is involved in an accident regardless of who is at fault. Expatriates and affluent Indonesians often use professional drivers. All car rental firms provide drivers for a nominal additional fee. Travelers unfamiliar with Indonesian driving conditions are strongly encouraged to hire drivers from reputable companies and recommendations.

Driving at night can be extremely dangerous outside of major urban areas. Drivers often refuse to use their lights until it is completely dark, and most rural roads are unlit. Sometimes residents in rural areas use road surfaces as public gathering areas, congregating on them after dark.

When an accident involving personal injury occurs, Indonesian law requires both drivers to await the arrival of a police officer to report the accident. Although Indonesian law requires third party insurance, most Indonesian drivers are uninsured, and even when a vehicle is insured, it is common for insurance companies to refuse to pay damages. Nevertheless, foreigners who plan to drive while in Indonesia should ensure they have appropriate insurance coverage and a valid driver's license. Ambulance service in Indonesia is unreliable, and taxis or private cars are often used to transport the injured to a medical facility. In cases of serious injury to a pedestrian, the driver of the vehicle could be required to help transport the injured person to the hospital. When an accident occurs outside a major city, it may be advisable, before stopping, to drive to the nearest police station to seek assistance.

Please refer to our Road Safety page for more information. Also, we suggest that you visit Indonesia's national tourist office online for road safety information.

**AVIATION SAFETY OVERSIGHT:** The U.S. Federal Aviation Administration (FAA) has assessed the Indonesian Directorate General of Civil Aviation as not being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of Indonesian's air carrier operations. Further information may be found on the FAA's safety assessment page.

Indonesian air carriers continue to experience air incidents and accidents. U.S. citizens traveling to and from Indonesia are encouraged to fly directly to their destinations on international carriers from countries whose civil aviation authorities meet international aviation safety standards for the oversight of their air carrier operations under the FAA's International Aviation Safety Assessment (IASA) program.

**CHILDREN'S ISSUES:** Please see our Office of Children's Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for Indonesia dated November 2, 2011 updating all sections.
Appendix I: Consular Information Sheet for New Zealand

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_984.html

October 08, 2013

COUNTRY DESCRIPTION: New Zealand is a stable parliamentary democracy, which recognizes the British monarch as head of state. It has a modern economy with many tourist conveniences and efficient local services. Read the Department of State Fact Sheet on New Zealand for additional information.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit New Zealand, please take the time to tell the U.S. Consulate in Auckland about your trip. If you enroll in our Smart Traveler Enrollment Program (STEP), we can keep you up to date with important safety and security announcements. Your friends and family can more easily get in touch with you in an emergency.

All consular functions, including American Citizen Services, are provided by U.S. Consulate General Auckland.

The U.S. Consulate General in Auckland Third floor of the Citigroup Centre, 23 Customs Street East (between Commerce and Queen Streets), Telephone: (64) (9) 303-2724 Emergency after-hours telephone: (64) (4) 462-6000 Facsimile: (64) (9) 366-0870

The U.S. Embassy in Wellington 29 Fitzherbert Terrace, Thorndon, Wellington Telephone: (64) (4) 462-6000 Emergency after-hours telephone: (64) (4) 462-6000 Facsimile: (64) (4) 471-2380

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: If you are a U.S. citizen, you are eligible for a visa waiver and do not need a visa for tourist stays of three months or less. You must have a valid passport. Visit the New Zealand Embassy website for the most current visa information.

The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of New Zealand.

Information about dual nationality or the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page.

THREATS TO SAFETY AND SECURITY: While in New Zealand you should review your personal security practices, be alert to any unusual activity, and report any significant incidents to local police.

Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution;
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well; Downloading our free Smart Traveler app, available through iTunes or Google Play, for travel information at your fingertips;
- Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries;
- Taking some time before travel to consider your personal security.

Here are some useful tips for traveling safely abroad.
CRIME: The crime rate in New Zealand is relatively low, but theft from cars, recreational vehicles, and hostels is common, especially in areas frequented by tourists. Do not leave passports or other valuable items in unattended vehicles. Violent crime against tourists is rare; however, if you are traveling alone, you should be especially vigilant and avoid isolated areas.

Do not buy counterfeit and/or pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, but if you purchase them, you may also be breaking local law.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police. The local equivalent to the “911” emergency line in New Zealand is “111.” You should also contact U.S. Consulate General, Auckland. We can:

- Replace a stolen passport;
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape;
- Put you in contact with the appropriate police authorities, and, if you want us to, contact family members or friends;
- Help you understand the local criminal justice process and direct you to local attorneys. However, it is important to remember that local authorities are responsible for investigating and prosecuting crimes.

In New Zealand, a private organization called Victim Support works both independently and with the New Zealand Police to assist victims of crime. Victim Support is available 24 hours a day by calling 0800-842-846 (0800-Victim) or e-mailing help@victimsupport.org.nz.

Please see our “Help for American Victims of Crime in New Zealand” and also our “Help for American Victims of Crime Overseas,” including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While you are traveling in New Zealand, you are subject to its laws. New Zealand’s laws and legal systems can be vastly different from our own. If you break local laws, your U.S. passport will not help you avoid arrest or prosecution; therefore, it is very important to know what is legal and what is not. There are also some things that might be legal in other countries, but are still illegal in the United States and may result in your prosecution, such as buying pirated goods or engaging in child pornography.

New Zealand officials generally notify the U.S. Consulate General in Auckland if a U.S. citizen is detained or arrested; however, that is not always the case. To ensure that U.S. consular officials are aware of your circumstances, request that New Zealand police and prison officials notify the U.S. Consulate General in Auckland as soon as possible.

SPECIAL CIRCUMSTANCES: Some heavily populated parts of New Zealand are in areas of high seismic activity. In recent years, several large earthquakes and aftershocks occurred throughout the country, resulting in widespread damage to infrastructure, injuries, and deaths. General information about natural disaster preparedness is available from the U.S. Federal Emergency Management Agency (FEMA).

Adventure Sports: Many tourists come to New Zealand to participate in extreme adventure sports, such as bungee jumping, sky diving, hiking, rappelling, climbing, motorcycling, and kayaking. All too often, injuries and even death result from participating in such activities. You should use caution and common sense when engaging in adventure sports. Make sure you have travel medical insurance and that it covers your sport. See our section on Medical Insurance below. Never participate in these sports alone. Always carry identification, and let someone else know where you are at all times. Before kayaking, check the river conditions and wear a
life jacket. When hiking, rappelling, or climbing, carry a first aid kit, and know the location of the nearest rescue center.

**Imports:** New Zealand is an island nation, and the government is serious about preserving its delicate ecosystem. The Ministry for Primary Industries (MPI) imposes strict regulations regarding what can be imported into New Zealand. If you do not declare goods that could be quarantined, you can be fined up to $100,000 NZ and/or face up to five years in prison. If you do not declare goods considered to be a biosecurity risk, such as fresh fruit, seeds, and plants, you can receive an instant fine of $400 NZ. When importing a pet, you will need thorough veterinary documentation, and a quarantine period will be required. The MPI may seize and destroy unfinished wood products, used hiking shoes, gardening tools, fresh food items, and items such as used pet carriers. For more information please visit the Biosecurity New Zealand web site.

**Accessibility:** While in New Zealand, individuals with disabilities may find accessibility and accommodation different from what they find in the United States. Every new building and major reconstruction in New Zealand must provide "reasonable and adequate" access for people with disabilities, but be aware that most buildings pre-date this requirement. Most facilities have wheelchair access. Some buses in towns and cities are equipped to cater to the disabled, but most public transport is not. If you are planning a holiday and need information on facilities for disabled people, please visit the Immigration of New Zealand's website and the New Zealand Tourism website. Most transport operators can serve people with special needs, but it is a good idea to phone ahead to tell them in advance what your needs are.

Car parking allocated for individuals with a disability is available in New Zealand. We suggest you bring a letter from your medical provider, detailing your medical condition and your need for accessible parking on his or her professional letterhead. You can read more about how to qualify for accessible parking spaces on the CCS Disability Action website.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Quality medical care is widely available, but waiting lists exist for certain types of treatment. High-quality medication (both over-the-counter and prescription) is widely available at local pharmacies, although the name of the product may differ from the U.S. version. Access to medical care may be less available in rural areas. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost thousands of dollars. Doctors and hospitals often expect immediate cash payment for health services.

You can find detailed information on vaccinations and other health precautions on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**MEDICAL INSURANCE:** You can’t assume your insurance will go with you when you travel. It is very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. In many places, doctors and hospitals expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy does not go with you when you travel, you should take out another one for your trip. For more information, please see our medical insurance overseas page.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in New Zealand, you may encounter road conditions that differ significantly from those in the United States. All traffic travels on the left in New Zealand, and you should exercise extra caution if you are accustomed to driving on the right. Driving on the wrong side of the road is a leading cause of serious injury and death for U.S. tourists. Proceed carefully through intersections. Traffic circles are common throughout New Zealand. When approaching a traffic circle, always yield to traffic coming from the right--noting that traffic already in the circle has the right-of-way--and merge to the left into the circle. Right turns on a red traffic signal are not permitted.
Renting a car or a camper is a popular way to enjoy New Zealand's natural beauty, but if you are unfamiliar with local conditions, you should be extremely careful. New Zealand has only 100 miles of multi-lane divided motorways. Most intercity travel is on two-lane roads. While these roads are in good condition, New Zealand's rugged terrain means motorists often encounter sharper curves and steeper grades than those found on the U.S. Interstate Highway System. Make sure to follow the posted speed limit signs. You should also use caution to avoid animals when driving in rural areas. Please note that there is very limited cell phone coverage on large portions of scenic highway in the South Island, which is remote and has little traffic.

Roadside sobriety checks by police are common, and driving under the influence of drugs or alcohol can lead to immediate jail time in New Zealand. Furthermore, New Zealand prohibits driving while texting as well as driving while using a cell phone.

Make sure to look carefully in all directions before crossing a street or roadway, and always use crosswalks. Pedestrians do not have the right of way except in crosswalks. New Zealand law requires that cars stop for pedestrians who are in a crosswalk and that cars stop at least two meters (approximately 6 feet) from a crosswalk that is in use.

Public transportation, including buses, trains, and taxis, is for the most part reliable and safe.

Please refer to our Road Safety page for more information. We also suggest that you visit the New Zealand national tourist office and the Land Transport Safety Authority website for specific information concerning the operation and rental of motor vehicles, as well as driving and licensing information for new residents and visitors.

**AVIATION SAFETY OVERSIGHT:** The U.S. Federal Aviation Administration (FAA) has assessed the government of New Zealand's Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of New Zealand's air carrier operations. Further information may be found on the FAA's safety assessment page.

**CHILDREN’S ISSUES:** Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for New Zealand dated April 3, 2013, without substantive changes.
Appendix J: Consular Information Sheet for French Polynesia (Tahiti)

For the more recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1119.html

April 04, 2013

COUNTRY DESCRIPTION: French Polynesia is a French overseas territory located in the Pacific Ocean. It is made up of several groups of islands, the largest and most populated of which is Tahiti. Tourist facilities are well developed and are available on the major islands. For more information, visit Tahiti's web site.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit French Polynesia, please take the time to tell the U.S. Embassy in Fiji, which covers U.S. citizens in French Polynesia, about your trip. If you enroll in the Smart Traveler Enrollment Program, we can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. There is no U.S. Embassy or Consulate in French Polynesia. However, there is a U.S. Consular Agent in French Polynesia who can provide assistance.

Centre Tamanu Iti, 1er etage Punaauia, B.P. 381616, 98718 Punaauia, Polynesie Francaise Telephone: (689) 42 65 35 Facsimile: (689) 50 80 96 Email: usconsul@mail.pf

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: Your passport must be valid for six months beyond the duration of your stay in French Polynesia. You do not need a visa if you enter on a regular tourist passport and your stay is no more than 90 days per 6 months. Individuals traveling on a Diplomatic or Official passport will be required to obtain a visa. For further information about entry requirements, travelers, particularly those planning to enter by sea, please contact the French Ministry of Foreign Affairs or the French Embassy at 4101 Reservoir Road NW, Washington, DC 20007, telephone 202-944-6200, fax 202-944-6212, or visit the Embassy of France's web site. Additional information is available at GIE Tourisme, Fare Manihini, Boulevard Pomare, B. P. 65, Papeete, French Polynesia, Telephone: (689) 50-57-00, Fax: (689) 43-66-19.

The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of French Polynesia. Medical information is protected by privacy regulations in French Polynesia. Information about dual nationality or the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page.

THREATS TO SAFETY AND SECURITY: Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- Downloading our free Smart Traveler App, available through iTunes and the Android market, to have travel information at your fingertips
- Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security –Here are some useful tips for traveling safely abroad.

CRIME: Although French Polynesia has a low crime rate, petty crime, such as pick pocketing and purse snatching, does occur. You should secure your valuables at all times and remain particularly vigilant at night. Don’t buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law.
**VICTIMS OF CRIME:** If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. We can:

- Replace a stolen passport.
- For violent crimes such as assault or rape, help you find appropriate medical care.
- Put you in contact with the appropriate police authorities, and contact family members or friends.
- Although the local authorities are responsible for investigating and prosecuting the crime, consular officers can help you understand the local criminal justice process and can direct you to local attorneys.

The local equivalent to the 911 emergency line in French Polynesia is "17" for police, "15" for ambulance, and "18" for fire.

Please see our information on victims of crime, including possible victim compensation programs in the United States.

**CRIMINAL PENALTIES:** While you are traveling in French Polynesia, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. Foreigners should carry photo identification with them at all times. Respect any sites that for cultural or security reasons have warnings posted against photography. French Polynesia enforces driving under the influence laws, and offenders may be taken to jail. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime prosecutable in the United States. If you break local laws in French Polynesia, your U.S. passport won’t help you avoid arrest or prosecution. It’s very important to know what’s legal and what’s not wherever you go.

While some countries will automatically notify the nearest U.S. embassy or consulate if a U.S. citizen is detained or arrested in a foreign country, that might not always be the case. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

**SPECIAL CIRCUMSTANCES:** Accessibility: While in French Polynesia, individuals with disabilities may find accessibility and accommodation different from what you find in the United States. The law prohibits discrimination against persons with physical or mental disabilities in employment, education, access to health care, and the provision of other state services. The French Polynesian government generally enforced these provisions effectively.

French Polynesia subscribes to laws that require disability accommodations, and many new buildings with public or community space are accessible. However, many existing buildings as well as transportation systems do not yet meet these requirements.

**Customs:** French customs authorities may enforce strict regulations concerning temporary importation into or export from French Polynesia of some items. Please contact the Embassy of France in Washington, D.C., or one of the French consulates in the United States for specific information regarding customs requirements. Goods arriving on pleasure yachts must be declared at the first point of arrival in French Polynesia. Arms, animals, alcohol, cigarettes, cameras, etc., must be included in this declaration.

Please see Customs Information for additional information.

Some visitors to French Polynesia have reported problems using ATMs with certain kinds of credit and debit cards. Visitors should verify that their ATM cards will work in French Polynesia before traveling.
**Natural Events:** The official cyclone season is November through April. French Polynesia is located in an area of high seismic activity. Although the probability of a major earthquake occurring during an individual trip may be remote, earthquakes can occur. General information regarding disaster preparedness is available via the Bureau of Consular Affairs’ web site, and from the U.S. Federal Emergency Management Agency (FEMA) home page.

**Trekking:** Due to the steep geography in the French Polynesia, hiking can be hazardous. You should speak with local guides and/or hotel staff before starting a trek. It is best to hike with a companion, carry a cellular phone, inform someone of the intended trail you wish to take, and stay on trails that are clearly marked.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Medical treatment is generally good on the major islands but is limited in more remote or less populated areas. In less populated areas when there are no hospitals, medical assistance can be found at the Dispensaire, a French government run clinic. Patients with emergencies or serious illnesses are often referred to facilities on Tahiti for treatment. In Papeete, the capital of Tahiti, two major hospitals and several private clinics provide 24-hour medical service; the main hospital has state-of-the-art equipment and opened in 2010. There is only one recompression facility in French Polynesia, in Papeete. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost thousands of dollars. Although some doctors and hospitals are beginning to accept credit card and U.S. insurance payments, others still expect immediate cash payment for health services. Upon request, doctors will come to your hotel but will charge a very expensive travel fee (up to an extra US$120). The government regulates medical visit fees, which are set to 3600F (about US$40).

You can find good information on vaccinations and other health precautions on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**MEDICAL INSURANCE:** You can’t assume your insurance will go with you when you travel. It’s very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I’m out of the United States?
- Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out another one for your trip. For more information, please see our medical insurance overseas page.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in French Polynesia, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information below concerning French Polynesia is provided for general reference only and may not be accurate for each location or circumstance.

While most major roads are paved, many secondary roads are not. In urban areas, traffic is brisk, and all types of vehicles and pedestrians jockey for space on narrow streets. Crosswalks are marked, and the law requires that motor vehicles stop for pedestrians; however, this is not always done. Tourists should exercise caution when driving, particularly at night. While extensive sections of the road circumnavigating Tahiti have streetlights, many streets do not. Pedestrians walk along the sides of darkened roadways and sometimes cross in unmarked areas. Bicycles and mopeds are frequently ridden without headlights and taillights. Tourists who rent bicycles or mopeds should be particularly attentive to their driving and the driving of others and not underestimate the danger, even on roads with little traffic.
Please refer to our Road Safety page for more information. Also, we suggest that you visit the website of the country’s national tourist office and national authority responsible for road safety.

**AVIATION SAFETY OVERSIGHT:** Civil aviation operations in French Polynesia fall under the jurisdiction of French authorities. The U.S. Federal Aviation Administration (FAA) has assessed the government of France’s Civil Aviation Authority as complying with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of France’s air carrier operations. Further information may be found on the FAA’s safety assessment page.

**CHILDREN’S ISSUES:** Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

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This replaces the Country Specific Information for French Polynesia dated June 2012 to update sections on Medical Facilities and Health Information.
Appendix K: Consular Information Sheet for United Kingdom

For the most recent version refer to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1052.html

May 16, 2013

COUNTRY DESCRIPTION: The United Kingdom of Great Britain and Northern Ireland is a highly developed constitutional monarchy composed of Great Britain (England, Scotland, and Wales) and Northern Ireland. Read the Department of State Fact Sheet on the United Kingdom (UK) for additional information on U.S.-UK relations. Gibraltar is a UK Overseas Territory bordering Spain, located at the southernmost tip of Europe at the entrance to the Mediterranean Sea; it is one of 13 former British colonies that have elected to retain political ties with London. Tourist facilities are widely available throughout the United Kingdom and Gibraltar.

SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are planning to visit or reside in the United Kingdom, please take the time to tell our Embassy or Consulates about your trip. If you enroll in the Smart Traveler Enrollment Program, we can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency.

The American Citizen Services section maintains a blog of easy-to-access information relevant to U.S. citizens living in or traveling to the United Kingdom. Local Embassy and Consulate information is available below and at the Department of State’s list of embassies and consulates.


ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: While some countries impose minimum passport validity for arriving passengers, there is no such requirement for the United Kingdom. U.S. citizens seeking entry as tourists or visitors are required to present a valid passport. U.S. citizens traveling to the UK for purposes other than tourism should refer to the UK Border Agency website to verify if a visa or entry clearance certificate is required for entry. U.S. citizens traveling from the UK to other countries, or changing planes in the UK en route to onward destinations, should check the passport and visa requirements of any onward destinations prior to entering the UK. The UK Border Agency (UKBA) has a five-tier, point-based visa system that affects U.S. citizens coming to the United Kingdom as well as U.S. citizens and family members already in the country. You can find information on the point-based system on the UKBA website. You must be outside the United Kingdom, the Channel Islands, and the Isle of Man when you apply for a UK visa.

Companies and individuals intending to employ U.S. citizens, or other nationals from countries beyond the European Economic Area and Switzerland, are required to apply to the UKBA for a sponsorship license. Information on the sponsorship license can be found on the UKBA website.
Educational organizations must also apply for a sponsorship license from the UKBA. This includes U.S. educational institutions offering only short-term study abroad programs on their own premises in the United Kingdom to students who are enrolled in the United States but come to the United Kingdom for one or two semesters prior to returning home to finish their degrees. Information on the license for educational institutions also can be found on the UKBA website.

**Students and prospective students who intend to stay longer than six months, and those coming for less than six months but who wish to work while studying, are required to obtain a student or prospective student visa before traveling to the United Kingdom.** If you do not, you will be refused entry to the United Kingdom. You can find information on student visas on the UKBA website. Students may apply online. Please note that charity workers, religious workers, and other temporary workers -- even those performing unpaid duties -- are required to obtain a visa prior to traveling to the United Kingdom. You can find information on temporary workers on the UKBA website.

It is your personal responsibility to ensure that you have the appropriate permission to enter the United Kingdom. We cannot intervene on your behalf when applying for a visa, nor can we obtain one for you at the airport. We cannot assist if you are denied entry into the United Kingdom and returned on a flight to the United States. The UKBA website will help you find out whether you need a visa to enter the United Kingdom.

Effective November 1, 2011, the UK Border Agency (UKBA) now requires any visitor or resident without recourse to public funds to clear any National Health Service (NHS) charges before being admitted back into the UK. The threshold for defaulters is £1,000 (approximately $1,600). Anyone who has not paid their outstanding NHS debts will be refused entry or the issuance of a visa until the charges are settled. Visit the UKBA website for more details. The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of the UK. Anyone who does not appear to be in good health may be required to undergo a medical exam (including an HIV test) prior to being granted or denied entry into the United Kingdom.

You can find information about dual nationality or the prevention of international child abduction on our website. For further information about customs regulations, please read our Customs Information page.

**THREATS TO SAFETY AND SECURITY:** The United Kingdom is politically stable and has a modern infrastructure, but shares with the rest of the world an increased threat of terrorist incidents of international origin, as well as the potential for isolated violence related to the political situation in Northern Ireland.

Like the United States, the United Kingdom shares its national threat levels with the general public to keep everyone informed and explain the context for the various increased security measures that may be encountered. The UK Home Office posts UK threat levels on its website.

The UK Security Service, commonly known as MI5, publishes through its website specific reasons for any changes in the threat level and recommended actions for the public.

U.S. citizens should check with the UK Department for Transport for the latest security updates and carry-on luggage restrictions.

In the past several years, extremists have targeted and attacked public transportation infrastructure in European cities such as London, Madrid, Glasgow, and Moscow, demonstrating that terrorists continue to take an active interest in targeting this sector. The British Home Secretary has urged UK citizens to be alert and vigilant. For example, travelers are encouraged to keep an eye out for suspect packages or people acting suspiciously on buses, on the subway (called the Tube or Underground), at train stations, and at airports, and to report anything suspicious to the appropriate authorities. U.S. citizens should remain vigilant with regard to their personal security and to exercise caution. As has been widely reported
in the press, UK law enforcement authorities have taken action to guard against a terrorist attack, underscoring in their public statements that the police are using a range of tactics to mitigate the threat. For more information about UK public safety initiatives, consult the UK Civil Contingencies Secretariat website.

The political situation in Northern Ireland has improved substantially since the days of the “Troubles,” with the successful completion of a four-year term by the Northern Ireland Assembly in 2011 and the devolution of policing and justice authorities to the Assembly in 2010. Overall, rates of violent crime are very low in Northern Ireland. Nevertheless, the Police Service of Northern Ireland assesses the dissident republican threat in Northern Ireland to be severe. Dissident republican groups have been the main sources of a modest rise in the number of security incidents in recent years. Attacks by these groups have focused primarily on police and military targets, and involved the use of firearms and explosives. Attacks have targeted the private vehicles and homes of security personnel, police stations, and other justice sector buildings, increasing the potential for travelers to be caught in the wrong place at the wrong time. Separately, demonstrations from December 2012 to February 2013 resulted in sporadic street violence, mainly directed at police. Tensions may be heightened during the summer marching season (April to August), particularly during the month of July (around the July 12th public holiday).

Even demonstrations intended to be peaceful can turn confrontational and possibly escalate into violence. You should avoid the areas of demonstrations if possible, and be careful within the vicinity of any demonstrations. You should stay current with media coverage of local events and be aware of your surroundings at all times.

The phone number for police/fire/ambulance emergency services – the equivalent of 911 in the United States – is 999 in the United Kingdom and 112 in Gibraltar. You should also use this number to report warnings about possible bombs or other immediate threats. The UK Anti-Terrorist Hotline, at 0800-789-321, is available for tips and confidential information about possible terrorist activity.

Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution;
- Following us on Twitter (Consular Affairs or U.S. Embassy London) and on Facebook (Consular Affairs or U.S. Embassy London);
- Downloading our free Smart Traveler App, available through the iTunes store and the Google Play store, to have travel information at your fingertips; and
- Calling 1-888-407-4747 toll-free within the U.S. and Canada, or a regular toll line, 1-202-501-4444, from other countries.

Before you travel, take time to consider your personal security. Things are not the same everywhere as they are in the United States. Here are some useful tips for traveling safely abroad.

CRIME: The United Kingdom and Gibraltar benefit from generally low crime rates. Overall crime rates have decreased over the past decade; however, according to Metropolitan Police statistics, serious crime (i.e. assault, robbery, burglary, gun-enabled crimes, and rape) in some London boroughs has increased. As with any major metropolitan city, U.S. citizens are urged to be cautious and aware of their surroundings.

Typical criminal incidents include pick pocketing, mugging, and “snatch and grab” theft of mobile phones, watches, and jewelry. Theft of bags left unattended in restaurants, pubs, hotel lobbies and parked cars is common. Thieves often target unattended cars parked at tourist sites and roadside restaurants, looking for
laptop computers and handheld electronic equipment - especially global positioning satellite (GPS) equipment. Pickpockets target tourists, especially at crowded public and historic sites, restaurants, and bus stops, as well as on buses, trains, and the London Underground.

U.S. citizens should also be alert to other criminal schemes, such as imposters posing as undercover police officers and "fining" tourists for bogus minor offenses (littering or not having ID documents, for example). A legitimate Metropolitan Police Services officer will never demand an immediate cash payment from a citizen or tourist.

You should avoid walking alone in isolated areas, including public parks, especially after dark, as these are advantageous venues for muggers and thieves. You should be especially careful using underground pedestrian tunnels at night or when there is little foot traffic. As a general rule, either walk the extra distance to use a surface crossing or wait until there are other adult pedestrians entering the tunnel.

In London, you should use only licensed Black Cabs or car services recommended by hotels or tour operators. Unlicensed taxis or private cars posing as taxis may offer low fares, but are often uninsured and may have unlicensed drivers. In some instances, travelers have been robbed and/or raped while using these cars. You can access 7,000 licensed Black Cabs using one telephone number: 087-1871-8710. This taxi booking service combines all six of London’s radio taxi circuits, allowing you to telephone 24 hours a day if you need a cab. Alternatively, to find a licensed minicab, text HOME to 60835 on your mobile phone to get the telephone number to two licensed minicab companies in the area. If you know in advance when you will be leaving for home, you can pre-book your return journey. The Safe Travel at Night partnership among the Metropolitan Police, Transport for London, and the Mayor of London maintains a website with additional information on cabs and car services.

Don’t leave your drink unattended in bars and nightclubs. There have been some instances of drinks being spiked with illegal substances, leading to incidents of robbery and rape.

U.S. citizens should take steps to ensure the safety of their U.S. passports. Visitors in the United Kingdom and Gibraltar are not expected to produce identity documents for police authorities and thus may secure their passports in hotel safes or residences.

**ATM Fraud:** You don’t need to carry a passport to cash a traveler’s check. There are many ATMs that link to U.S. banking networks. When using ATMs in the United Kingdom, you should use the same common-sense personal security measures you would use in the United States. ATM fraud in the United Kingdom is very sophisticated and incorporates technologies that surreptitiously record customer ATM card and PIN information. Avoid using ATMs that look in any way temporary in structure or location, or are located in isolated areas. Be aware that in busy public areas, thieves use distraction techniques, such as waiting until the PIN has been entered and then pointing to money on the ground or attempting to hand out a free newspaper. When the ATM user is distracted, a colleague will quickly withdraw cash and leave. If you are distracted in any way, cancel the transaction immediately. Don’t use an ATM if there is anything attached to the machine or if it looks unusual in any way. If the machine does not return your card, report the incident to the issuing bank immediately. If you need to visit an ATM always try to use the machines inside the bank, as they are monitored by CCTV and are the least likely to be targeted by thieves.

Don’t buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal to bring back into the United States, but you may also be breaking local law.

**Scams:** Financial crimes conducted over the Internet have increased dramatically in the United Kingdom as scammers attempt to convince you to send them money. These fraudulent schemes can include lotteries, online dating/social networking services, inheritance notices, work permits/job offers, bank overpayments, or schemes that make it appear you are helping a loved one or a friend in trouble. In many cases, scammers troll the Internet for victims, and spend weeks or months building a relationship. Once
they have gained their victim's trust, the scammers create a false situation and ask for money. Scammers can be very clever and deceptive, creating sad and believable stories that will make you want to send them money. A current scheme involves someone posing as a member of U.S. Special Forces who establishes a romantic relationship via online dating services, and then starts to ask for money once that relationship is established.

A number of U.S. citizens are lured to the United Kingdom each year in the belief that they have won a lottery or have inherited from the estate of a long-lost relative. U.S. citizens may also be contacted by persons with whom they have become acquainted over the Internet – or even receive an email purportedly from a friend or family member – who now need funds urgently to pay for hospital treatment, hotel bills, taxes, or airline security fees. Invariably, the person contacted becomes a victim of fraud. If you receive an email from family or friends requesting assistance you should first try calling them, as that person may not know their e-mail account has been hacked. You should view any unsolicited invitations to travel to the United Kingdom to collect winnings or an inheritance with skepticism. Many of these e-mails will contain grammatical and spelling errors. Also, there are no licenses or fees required when transiting a UK airport, emergency medical treatment is never withheld pending payment of fees, and hotels in the UK will not detain guests for lack of funds without involving the police. A claim that a hospital or hotel will not let someone depart until their bill is settled is usually a red flag for a scam.

Visit the Embassy London website for more information about Internet Financial Scams and how to protect yourself. The site contains useful tips to prevent becoming a victim. To view a common example of Internet financial scams, see Embassy London’s YouTube video. The U.S. Department of State also provides information about other types of international financial scams.

VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate (see the Department of State’s list of embassies and consulates). If your passport is stolen, we can help you replace it. For violent crimes such as assault and rape, we can, for example, help you find appropriate medical care, contact family members or friends and help you get money sent from them if you need it. Although the investigation and prosecution of the crime are solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

The local equivalent to the 911 emergency line in the United Kingdom is 999; in Gibraltar, it is 112.

The Victim Support website is maintained by an independent UK charity to help people cope with the effects of crime. A Northern Ireland-based independent charity maintains a similar victim’s support website. In Scotland victims of crime should contact Victim Support Scotland.

Please see our information for victims of crime, including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While you are traveling in the United Kingdom, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. If you break local laws in the United Kingdom, your U.S. passport won’t help you avoid arrest or prosecution. It’s very important to know what’s legal and what’s not where you are going.

Penalties for possessing, using, or trafficking in illegal drugs in the United Kingdom are severe, and convicted offenders can expect long jail sentences and heavy fines. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime prosecutable in the United States.

Many pocket knives and other blades, and mace or pepper spray canisters, although legal in the United States, are illegal in the United Kingdom and will result in arrest and confiscation if detected. Please refer
to “A UK Customs Guide,” detailing which items visitors are prohibited from bringing into the United Kingdom.

Air travelers to and from the United Kingdom should be aware that penalties against alcohol-related and other in-flight crimes (“air rage”) are stiff and are being enforced with prison sentences. Please also see our information on customs regulations that pertain when returning to the United States.

Drivers of non-UK-registered vehicles may have to provide an on-the-spot deposit of up to 900 pounds (approximately $1400) if stopped for a motoring offense. If the driver cannot pay due to lack of cash or credit, the vehicle may be impounded until payment is made, and a release fee will be charged in addition to the deposit.

Non-UK-resident drivers charged with motoring offenses are often unable to provide a verifiable address where a summons (subpoena) to appear in court can be delivered and/or enforced, or fail to return for court if released on bail. U.S. citizens may be detained and arrested if they cannot provide a UK address to receive a subpoena or are about to depart the United Kingdom and have to be brought to court quickly for a motoring offense. If alleged offenders attend court and are found not guilty, the deposit is returned.

UK authorities nearly always promptly notify the U.S. Embassy or a consulate if a U.S. citizen is detained or arrested in the UK, but to ensure the State Department is aware of your circumstances, request that the police and prison officials notify the U.S. Embassy or nearest consulate as soon as you are arrested or detained in the UK.

SPECIAL CIRCUMSTANCES: The legal drinking age (18 years old to purchase alcohol) in the United Kingdom is lower than in the United States, and social drinking in pubs (bars) is often seen as a routine aspect of British life. Parents, organizers of school trips, and young travelers should be aware of the impact that this environment may have when combined with the sense of adventure that comes with being abroad. Please see our Students Abroad website to help you plan a safe and enjoyable experience.

The United Kingdom has very strict gun-control laws, and importing firearms is extremely complicated. Travelers should consider leaving all firearms in the United States. There are restrictions on the type and number of weapons that an individual may possess. All handguns, such as pistols and revolvers, are prohibited, with very few exceptions. Police control the licensing of firearms in the United Kingdom. Applicants for a license must be prepared to show good reason why they require each weapon. Applicants must also provide a copy of their U.S. gun license, a letter of good conduct from their local U.S. police station, and a letter detailing any previous training, hunting, or shooting experience. Background checks will also be carried out. Additional information on applying for a firearm certificate and/or shotgun certificate can be found on the London Metropolitan Police Firearms licensing web page. For firearms certificates for Scotland, please check with Police Scotland, as Scotland has separate regulations. Licenses from England or Wales may not be valid in Scotland; please check with the appropriate authorities.

Accessibility: In the UK, accessibility and accommodation for individuals with disabilities may be very different from what you find in the United States. UK law mandates access to buildings for persons with disabilities, and the government effectively enforces this requirement in practice. The law requires that all public service providers (except in the transportation sector) make “reasonable adjustments” to ensure their services are available to persons with disabilities.

Getting around in UK cities may be difficult at times since many sidewalks are narrow and uneven. Although the London Underground and the UK’s National Rail System are very efficient methods for traveling throughout central London and the UK, most stations are not readily accessible for people with disabilities. Very few stations have elevators, and most have stairways and long corridors for changing trains or exiting to the street. However, many UK buses are equipped with lowering platforms for limited-mobility or sight- or hearing-disabled travelers. Taxis are also a good means of transportation.
The [Transport for London](https://www.tfl.gov.uk) and [National Rail](https://www.nationalrail.co.uk) websites provide information for passengers with disabilities. There are many other resources available on the internet for disabled persons traveling to or living in the UK. You may also contact any of our consular offices by e-mail for further information on this topic.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** While medical services are widely available, free care under the National Health System (NHS) is allowed only for UK residents and certain EU nationals. Tourists and short-term visitors will be charged for medical treatment in the United Kingdom. Charges may be significantly higher than those assessed in the United States. Travelers to the United Kingdom should ensure they have adequate medical insurance to cover the cost of any treatment received - please see additional insurance information below.

You can find detailed information on vaccinations and other health precautions on the Centers for Disease Control and Prevention ([CDC](https://www.cdc.gov)) website. For information about outbreaks of infectious diseases abroad, consult the [World Health Organization (WHO) website](https://www.who.int), which also contains additional health information for travelers, including detailed country-specific health information.

Hiking in higher elevations can be treacherous. Several people die each year while hiking, particularly in Scotland, often due to sudden changes in weather. We encourage visitors, including experienced hikers, to discuss their intended routes with local residents familiar with the area and to adhere closely to recommendations.

**MEDICAL INSURANCE:** You can’t assume your insurance will go with you when you travel. It’s very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I’m out of the United States?
- Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctor and hospital visits in other countries. If your policy doesn’t go with you when you travel, it’s a very good idea to take out another one for your trip. For more information, please see our [medical insurance overseas page](https://travel.state.gov/content/travel/en/usvisas/medicalinsurance.html).

Visitors to the UK should be aware that effective November 1, 2011, the UK Border Agency (UKBA) now requires any visitor or resident without recourse to public funds to clear any National Health Service (NHS) charges before being admitted back into the UK. The threshold for defaulters is £1,000 (approximately $1,600). Anyone who has not paid their outstanding NHS debts will be refused entry or the issuance of a visa until the charges are settled. Visit the UKBA website for more details.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in the United Kingdom, U.S. citizens may encounter road conditions that differ significantly from those in the United States.

UK penalties for driving under the influence of even minimal amounts of alcohol or drugs are stiff and often result in prison sentences. In contrast to U.S. and continental European traffic, which moves on the right side of the road, UK traffic moves on the left. Visitors uncomfortable with or intimidated by the prospect of driving on the left side of the road may wish to use the United Kingdom’s extensive bus, rail, and air transport networks. Roads in the United Kingdom are generally excellent but are narrow and often congested in urban areas. If you plan to drive while in the United Kingdom, you may wish to obtain a copy of the [Highway Code](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/162436/highway-code.pdf), available for purchase at most UK bookstores.
It is illegal to operate a motor vehicle in the UK while you are using a hand-held cell phone or similar device, including a Personal Data Assistant (PDA) that incorporates a cell phone. Hands-free phones may be used. Use of cell phones and hand-held communication devices while driving can lead to a substantial fine, and in the event of an accident, could result in a jail sentence.

The maximum speed limit on highways/motorways in the United Kingdom is 70 mph. Motorways generally have a hard shoulder (breakdown lane) on the far left, defined by a solid white line. It is illegal to stop or park on a hard shoulder unless it is an emergency. In such cases, you should activate your hazard lights, get out of your vehicle, and go onto an embankment for safety.

Emergency call boxes (orange telephone booths with “SOS” printed on them) may be found at half-mile intervals along the motorway. White and blue poles placed every 100 yards along the motorway point in the direction of the nearest call box. Emergency call boxes dial directly to a motorway center. It is best to use these phones rather than a personal cell phone, because motorway center personnel will immediately know the location of a call received from an emergency call box.

Roadside towing services may cost approximately £150 (approximately $240). However, membership fees of automotive associations such as the RAC (Royal Automobile Club) or AA (Automobile Association) often include free roadside towing service.

Travelers intending to rent cars in the United Kingdom should make sure they are adequately insured. U.S. auto insurance is not always valid outside the United States, and travelers may wish to purchase supplemental insurance, which is generally available from most major rental agents. Authorities impose a congestion charge on all cars entering much of central London Monday through Friday from 7:00 a.m. to 6:00 p.m. Information on the congestion charge can be found on the Transport for London website.

Public transport in the United Kingdom is excellent and extensive. Information on disruptions to London transportation services can be found on the Transport for London website. Information about the status of National Rail Services can be found on the National Rail Enquiries website. Information on bus and train services in Northern Ireland can be found on the Translink website. Information on bus and train services in Scotland can be found on the Traveline Scotland website. Many U.S. citizen pedestrians are injured, some fatally, every year in the United Kingdom because they forget that oncoming traffic approaches from the opposite direction than in the United States. You should exercise extra care when crossing streets; remember to remain alert and look both ways before stepping into the street.

Driving in Gibraltar is on the right side of the road, as in the United States and continental Europe. Persons traveling overland between Gibraltar and Spain may experience long delays in clearing Spanish border controls.

Please refer to our Road Safety page for more information. For specific information concerning UK driving permits, vehicle inspection, road tax, and mandatory insurance, refer to the UK Department for Transport website or the Driving Standards Agency website. The U.S. Embassy in London can also provide information.

AVIATION SAFETY OVERSIGHT: The U.S. Federal Aviation Administration (FAA) has assessed the UK government’s Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of the United Kingdom’s air carrier operations. Further information may be found on the FAA’s safety assessment page.

CHILDREN’S ISSUES: Please see our Office of Children’s Issues web pages on intercountry adoption and international parental child abduction.

* * *
This replaces the Country Specific Information for the United Kingdom dated October 26, 2012 to update the following section: Threats to Safety and Security, Special Circumstances, and Crime.
Appendix L: Letter from 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 his or her 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 makes 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.

The office of International Education has prepared a web site to assist you and your student in preparing for study abroad: http://www.uga.edu/oie/saorientation.htm or http://oie.uga.edu/saorientation.htm This web site has important information, including:

- General pre-departure advice and links to useful web sites
- Responsibilities of participants (from NAFSA: Association of International Educators)
- Links to U.S. State Department Consular Information Sheets and Travel Warnings, as well as to travel health resources
- Appropriate foreign equivalent of 911 emergency telephone numbers for the nearest police, fire, and ambulance service
- Daytime telephone and fax numbers and emails of OIE staff in the U.S., as well as a number for Public Safety to reach OIE staff during non-office hours
- Daytime and emergency telephone and fax numbers and e-mail of the in-country program director(s)
- Daytime and emergency telephone and fax numbers of the nearest U.S. Embassy or Consulate
- Address and telephone number of the nearest hospital or clinic and the name, address and telephone number of an English-speaking physician

In order to protect your students’ and the group's security and privacy, part of this information is in a password-protected section of the site. The password will be distributed to your student at the program's pre-departure orientation and your student may share it with you. Please note that the Office of International Education does not normally give out the password to non-participants (including parents).

NAFSA: Association of International Educators, in their publications "Responsible Study Abroad: Good Practices for Health and Safety" notes that "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." NAFSA recommends that parents/guardians/families:

- Be informed about and involved in the decisions of the participants 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 participants any of his/her 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 request from the program sponsor for information regarding the participants.
- Keep in touch with the participant.
- Be aware that the participant rather than the program may most appropriately provide some information.

If you have any questions or concerns about the program that cannot be answered by the program directors, we encourage you to call and speak with the Director of Education Abroad in the Office of International
Education, 706-542-5544, or email: klaster@uga.edu
Sincerely,
Kavita Pandit

Associate Provost for International Education
1324 S. Lumpkin Street· Athens, Georgia 30602
Telephone 706-542-2202 · Fax 706-583-0106 · www.uga.edu/oie
An Equal Opportunity/Affirmative Action Institution
Appendix M: 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.

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 N: 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, 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 O: India Specific Information

Health Information

No vaccinations are required for entry into India for tourists, however the CDC and Indian Government recommend the following:

- **Routine** – Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
- **Hepatitis A or immune globulin (IG)** – Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
- **Hepatitis B** – Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
- **Typhoid** – Recommended for all unvaccinated people traveling to or working in South Asia, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.
- **Rabies** – Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.
- **Japanese encephalitis** – Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see country-specific information.
- **Polio** – Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.

Complete information on health issues, vaccinations and more can be found at CDC online.

Delhi Belly

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. This is easy advice, but is probably the most important if you want to have a good trip. Watch what and where you eat. Please drink only bottled water in India, even for brushing your teeth, which is available most anywhere. It takes only one drop of bad water to cause stomach problems. Also, avoid ice everywhere in your drinks. You should eat only hot, cooked food or peeled fruits and vegetables. Do not eat from street sellers (we will provide you a safe experience during the program)! To reduce the occurrence of Delhi Belly 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 – Do not consume it
• It is NOT OK to drink the tap water in India. Stomach upsets can wreck a short trip. Use only bottled water and check the seal when buying. Do not have drinks with ice, and brush your teeth with bottled water.
• Do not eat vegetables unless they have been cooked (avoid salads). Only fruits that can be peeled are OK. Cold milk for cereal is NOT recommended. 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.

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 rehydration with clear liquids, especially oral rehydration salts, which is often beneficial to replace lost fluids and electrolytes. Most diarrheas do not require antibiotics, but in all cases rehydration 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 India. In India the main risk is probably Malaria or 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. Also see CDC recommendations.

How to Prepare for Culture Shock in India

So you’re packed and off to see the magnificent sights of India; Palaces, forts, temples and more. Only when you arrive, the scenery isn’t quite what the brochure depicted. Culture shock sets in immediately. And that’s when visitors either love India, or they choose to dislike it

Pollution: Not nearly as bad as it was just a few years ago, you will notice a difference in the air quality. A brief common cold is normal thanks to the exhaust and dust mixing up in the air. In the larger cities, buses and taxis have converted to CNG, compressed Natural Gas. CNG is a clean burning fuel attributing to a large decrease in emissions. However, the growth in motorcycles and scooters, which still run simple technology combustion engines, clog the roads and the air. Travelers with asthma should be especially prepared during the drier seasons.

Motorcyclists commonly wear a rag tied around their face so as not to breathe in all the fumes while driving. It’s not uncommon to see tourists wearing facemasks for protection against the air quality but more so for health precautions.
Crowds: Streets, markets, and shops everywhere in India it seems is brimming with people, vehicles, animals, vending carts and more. Mass transit does exist and has taken a dent out of the traffic issues. Cows have been banned from Delhi as well as large trucks from 9 A.M. to 9 P.M. Rickshaws are also being phased out in the cities. Stray dogs are a nuisance in all cities and villages, be wary of them, as they can be rather aggressive at times.

Narrow streets can pose a problem when a speeding scooter or lazy cow faces you down. Give way to traffic while minding the ground - animal feces and open sewer drains can prove to be a nasty clean-up job with just one wrong step. Do not touch animals, as this is a fast and easy way to spread germs.

Attention: Try as you might, you won't blend in with the crowds in India. You will find yourself being stared at throughout the day. Most times this is innocent interest and simple observation of a foreign tourist. Indians are curious what we are looking at, shopping for, what we give our approval or disapproval to. At the same time, some of these gawkers may be beggars or touts looking to sell you product, lead you out of public areas to carry out scams or pickpockets.

Keep about your business; pay no attention to the beggars. Open up a conversation with those that appear genuinely interested. Kids will come up to shake your hand and practice their English without second thought.

Filth: Don’t expect this emerging superpower nation to be lush green lawns with garbage cans at the end of perfectly manicured lawns. Do expect to see open sewers, trash, dirt, and more wherever you find yourself. Traveling by car or rail you’ll see roadsides used as urinals. Bring travel size packages of wet ones or hand sanitizer to counter your exposure.

Noise: Rarely do you find a peaceful moment from a car horn in India. Drivers live by blaring their horn at every chance. Combine this with loud radios playing in cars and shops, plus TV’s showing constant video channels. Temples and Mosques pump their prayers and songs through simple, ear screeching PA systems throughout the day, including early morning hours. Within a few short days you’ll find yourself looking past many of these issues. India has far too many positive attributes to let the above issues bring your trip to a dead end.

Traffic: Toots and honks from the harried frenzy of vehicles rushing past one another dictates the daily flow of life. Hand and facial gestures say far more than words ever could between drivers and their passengers. Tourists must surrender to the drivers of whatever car, bus or taxi they’ve climbed into. The organized chaos of traffic slogs forth slowly at times leaving passengers exhausted from watching in silent horror. Yet, that is the fun of India. To see the local markets from the inside of a tuk tuk, winding through narrow alleys a car could never fit, is to see an entirely different landscape of people and their natural surroundings. A bicycle rickshaw allows travelers to reach out and touch the flowers or vegetables from the roadside cart as you slowly move around. Buses provide an opportunity to meet people from all walks of life who are as interested in getting to know you, as you are to know them. Do as the cliche phrase says, “Get in, sit down, and shut up”. And remember to wear a seat belt.

Stray Animals: They appear cute and adorable but are full of bugs, diseases and the natural instinct to attack if provoked. Avoid stray dogs with a relaxed demeanor bearing in mind they’re not interested in a confrontation. In very random instances dogs that may be cornered due to large crowds or startled from behind will growl and attempt to bite. Walk away calmly.

It is normal to have a feeling of sadness overcome your thoughts when initially presented with the struggles of living as a street dog. Deformed joints, open sores, missing body parts and emaciated bodies are repetitive sights. This is an issue of personal interest, which allows me to give this advice: Do not think of the hardship of their short lives now, but rather, focus on the time when they no longer feel pain. Wandering cows, buffalo, boars, and chicken are common sights in India. As with stray dogs, these animals are best left untouched nor
bothered. Cows are notorious snoops so keep food or bags with snacks out of reach from hungry bovines. And be patient when little Betsy holds up traffic as she is known to do.

The Indian Toilet

You can’t escape it. At some point in your travels you’ll be faced with the dilemma of using an Indian toilet. While it might seem crass to discuss this topic, it’s better to arrive prepared before finding yourself in an awkward situation. Using an Indian toilet requires not only learning a new position for release but also an entirely new way of cleaning.

Most mid-range hotels and all high-end hotels are equipped with Western style toilets as well as paper and washing soap. Budget, extreme cheap and trekking travel will normally include squat toilets and no paper. The same applies to restaurants, newer shopping centers are built with options for both and rail stations are slowly converting away from floor toilets as well as airports. It’s best to pack toilet paper if you’re really that concerned. For some training wheels and sanitary back-up, pack wet ones and bum wipes until you’ve learned the ropes.

A typical Indian toilet will be floor mounted with grates on either side of the hole for your feet. You may encounter the hybrid style which looks like a Western toilet but affixed with feet grates on the seat. Nearby you’ll find a water spigot or hose with spray for cleaning and flushing of the toilet.

It’s as easy as 1-2-3-4:

1. While placing both feet firmly onto the grates, lower yourself into a squat or half-sitting position so your dispensary is lined up near the hole. Hold onto something.

2. Let the moment move you. No straining please!

3. Now, aim the water hose toward your dispensary, release the water until you feel fresh as a daisy. No water hose? Use the provided hand mug and spigot to collect water. Reach behind yourself, use the right hand to pour water into your left hand while you wash. Continue as needed and air dry. If paper is needed, be mindful that too much can clog the pipes. Once finished be sure to wash your hands thoroughly with soap and water or use your trusty wet ones.

4. Flush the toilet. If a water tank is attached as a Western toilet, simply push the button. If not, fill the provided bucket with a mindful amount of water and forcefully empty into the toilet.TIPS: Pouring a bit of water down before you start prevents sticking and aids in final flushing. Roll your pant legs up to prevent any accidental sopping of the floor.

Still not sure you can handle it? Consider the majority of the world relieves themselves in this fashion everyday. This process is very hygienic and far less wasteful than the massive amounts of paper we consume in the “industrialized” nations.
Appendix P: 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.