COLLEGE OF THE HOLY CROSS
STUDY ABROAD PROGRAM
PRE-DEPARTURE CHECKLIST
2022-2023

Please read all of this information carefully.
Bring a hard copy with you abroad and keep the electronic copy in a file on your computer or flash drive and/or shared drive where it is easily accessible.

These guidelines are intended as general information to help students prepare to study abroad through one of Holy Cross's academic year or semester programs. **Almost all problems students encounter abroad can be avoided by following study abroad printed and web materials, as well as information given to students in program-specific pre-departure meetings.**

You need to understand that studying abroad is not the same as studying at Holy Cross, academically, bureaucratically, and in terms of amenities. There will be challenges in adapting to a new system and environment, and there are also many opportunities available to you abroad that you will not find at Holy Cross.

I. PRE-DEPARTURE

Pre-Departure Meetings:
ATTEND THE ***MANDATORY*** COUNTRY-SPECIFIC PRE-DEPARTURE MEETING(S) FOR MORE DETAILED INFORMATION ABOUT YOUR HOST COUNTRY.

CHECK YOUR REGULAR MAIL AND YOUR HOLY CROSS EMAIL DURING THE SUMMER BREAK! Please do not ignore our email communiques. They contain important and, frequently, time-sensitive instructions.

Mailing:
IMPORTANT DOCUMENTATION: You will receive a mailing to your home address with the following important documentation **(If you have an alternate address where you want this mailing to go, please advise Jacqui Schartner at (jschartn@holycross.edu)**

- ☐ **An Affidavit Letter of Enrollment from the Holy Cross Office of Study Abroad. You should have received, via email, an acceptance letter from your host institution that you will need to carry abroad with you also:** *legal* letters stating you are enrolled in your specific program abroad. **Make sure that your full name appears on the letters, exactly as it does on your passport. If not, contact our office immediately. Please note that your host institution letter may not show your name as appears on your passport.** Make copies and keep them in a safe place at home in the U.S and tell your parents/guardians where they are. Take the original with you when you go to the airport and through customs upon arrival in your host country. Take copies in your luggage. **Do not lose the letters**. These are legal documents necessary for immigrations processes.
- ☐ Your passport and visa documentation, if the Study Abroad Office has batch-processed it for Italy and Spain. In addition, we will be emailing the **Study Abroad Manual** to your Holy Cross Gmail account. If you have provided email addresses for your parents/guardians, they will be receiving the manual electronically as well.

Post-Decision Forms, Contracts, and Waivers:

- ☐ Be sure to read and "digitally" sign **ALL** documents in the **Requirements** section of your online Holy Cross application ***as soon as possible*** if you haven't done so already. All requirements should be completed by May 1st.
    - Remember, the Student Contract stipulates, among other things, that: (a) you cannot shift exam dates (even if the professor is willing); (b) a student enrolled in an academic-year program who wishes to return before completion of the full, academic-year for reasons other than safety or serious illness, forfeits all credits earned abroad and all program fees; (c) you must speak with a member of the Office of Study Abroad staff and the program director at your host institutions before dropping a course.
- ☐ **Insurance Waiver Information.** All students participating in the Study Abroad Program are required by Massachusetts state law to either purchase the Holy Cross Health Insurance Plan or complete and submit a "Waiver of Participation" which you do online via STAR.
- ☐ **Medical Questionnaire** on your Holy Cross online application under **Requirements**
    - ***IF*** you see a licensed medical specialist, such as a Cardiologist, Gastroenterologist, etc., for a condition you are currently under treatment for, then that specialist needs to sign the Licensed Medical Specialist form to clear you to study abroad. ***If you do not see a medical specialist, then you do not need to submit the form (your primary care physician DOES NOT have to sign the form).***
    - Likewise, ***IF*** you are under the care of a licensed mental health provider, that provider needs to sign the form to clear you to study abroad as well, and if this doesn't apply to you, then no form from a mental health provider needs to be submitted.
    - The above forms are available in your Holy Cross online application as well as on our application portal, sa.holycross.edu, under the **Accepted Students** tab on the left-side menu. Tab down to Specialist Medical Forms.

  It is ***imperative*** that for your health and safety, you disclose all medical conditions. If you do not disclose, we cannot help to accommodate your health needs. Medical conditions are not considered in the application approval process.
- ☐ **Covid-19 Compliance:** Students going abroad must be in compliance with the College's vaccination requirements as well as any vaccination requirements in your host country. If you have not submitted the relevant information to the College, you will not be permitted to participate in Study Abroad. Study Abroad does not normally accept medical or religious exemptions to vaccination requirements.

Academics:

- ☐ If you need a course to fulfill a requirement for your **major, minor, or concentration**, consult with the department chair or concentration director and try to get written pre-approval. You will need to provide a course description and/or syllabus. If you need a course to count for a **common area requirement**, you can get pre-approval from the Registrar.
- ☐ Remember, HOLY CROSS gives credit for **liberal arts** courses, ***not*** for pre-professional courses such as business, marketing, or law. If in doubt, contact the Office of Study Abroad or the Registrar's Office before registering.

Before You Go:

THESE ARE GENERAL GUIDELINES. INDIVIDUAL PROGRAM DETAILS WILL BE PROVIDED AT THE **MANDATORY** COUNTRY-SPECIFIC PRE-DEPARTURE MEETINGS.

Holy Cross Study Abroad Pre-Departure Checklist
(25 April 2022)

Health:

- Download and set up the International SOS (ISOS) app. Make sure you know how to contact ISOS when you need medical care due to illness or injury, and make sure your parents also have this information.
- By contacting ISOS to coordinate medical care, students may be able to arrange for ISOS to pay for their medical bills up front for certain hospitals/medical providers. However, all students should be prepared to pay out-of-pocket for medical visits and procedures if necessary and submit a claim with ISOS afterwards. We recommend that students have a credit card on hand for this purpose. If you have questions about ISOS, please contact Assistant Director, Chris Van Booven (cvanboov@holycross.edu).
- Check that your medications are legal in your host country.
- Take all prescriptions for medications, eyeglasses, and contact lenses with you. If possible, take a spare pair of glasses or lenses.
- Some prescription drugs may not be available in your host country. Either take enough for the whole year, ask visitors to bring more when they visit, or work with your doctor and a local doctor to fill the prescription abroad. You cannot FedEx or UPS prescriptions without a special license. (In Ireland, regular mail is used.)
- Some prescription drugs in the U.S. are available over the counter in other countries, but **you must know the medical name**, not the brand name (e.g., not "Tylenol" but "acetaminophen"; also called "paracetamol" outside North America).
- Check with your physician and with the Centers for Disease Control (www.cdc.gov) for information on immunizations and vaccinations that are recommended or required for your destination. *It is your responsibility to receive the proper immunizations.*

Passports:

- Check that your passport is valid for six months beyond the expected date of your return to the U.S. and make sure your passport is signed.
- Make copies of the passport information pages in case your passport is lost or stolen. Give one copy to your parents, upload a scan to your HC online application, and take two with you: leave one in your room and carry another with you when traveling.
- Scan your passport, save as a file, and email the file to yourself. Save the file in a Study Abroad folder in your email. Consider using a shared drive to save important documents, sharing access with your parents and/or guardian.

Flights:

- You are responsible for purchasing your own flight. Students enrolled in a recognized Holy Cross program abroad will receive a travel credit applied to their HOLY CROSS accounts. The amount of the credit is a good faith estimate based on the average cost of round-trip travel from Boston to your host institution. If the ticket you purchase is less than the credit, you keep the difference; if it is more, you are responsible for the difference.
    - If there is a balance on your account, the credit will be applied to the balance. If your account is paid in full, you must request in writing that the credit be mailed to you. Otherwise, it will remain on your Holy Cross account.
- Do not purchase a ticket until you are advised to do so by your Study Abroad advisor. Please note that program dates are subject to change, which is why you must book a flight that can be changed. We strongly advise students to purchase airline tickets that permit a change of date. To avoid having to be in an additional airport during a pandemic, you should purchase a non-stop flight that offers, at best, free cancellation or a credit to be used at a later date. We strongly recommend purchasing tickets

directly from the airline rather than a third-party vendor (like Expedia or Travelocity). Making changes or cancellations is generally easier to do directly with the airline. Students should purchase a flexible flight. Research many different airlines. Some will waive change fees, regardless of fare type. For other airlines it depends on the fare you purchase. Be sure to read all of the rules associated with any airline ticket before purchasing. As indicated in the Study Abroad Acknowledgement and Release Form, Holy Cross is not responsible for travel expenses, including but not limited to airline tickets and transportation to and from airports, which result from Program suspension or termination, schedule changes, flight changes, emergency evacuation, or any other exigency. Such expenses are the sole responsibility of the student.

- Travel agents and insurance companies are sources of information about available trip cancellation insurance policies. Students purchasing trip insurance should be aware of what it does and does not cover (Pandemic/Covid-19). https://www.nerdwallet.com/article/travel/how-to-find-travel-insurance-that-offers-covid-coverage
- Know what is requested or what the rules are for your airline/airport/destination: COVID-19 test, mask on airline, quarantine upon arrival) https://www.iatatravelcentre.com/world.php
- Consult with CDC.gov and travel.state.gov for travel guidelines
- Upload a copy of your itinerary to your Holy Cross Study Abroad online application. In some cases, you can send one copy to the International Office at your host institution and, if applicable, one to your host family. As always, print a copy for yourself and keep a scanned copy in your electronic study abroad file.

Visas:

- **Visa Fees:** You are responsible for any fees associated with obtaining your visa.
- **Non-U.S. Citizens:**
  - If you are not a U.S. citizen, you will need to check on the consulate website of the host country you are visiting to see if you will need a visa to enter that country. You will be responsible for obtaining your visa as well as all costs associated with obtaining the visa. The Office of Study Abroad can assist in providing some documentation needed for your visa.

Packing:

- LESS IS MORE! Travel light. Almost all items can be purchased abroad.
- Packing too much can be **very** costly: 1) excess baggage fees add up when you change from international to national flight limits; 2) many airlines restrict baggage weight, even if they charge a fee; 3) when you return, you will likely have new things purchased abroad. Save room for the trip home!
- Be aware that carry-on sizes are different abroad than in the U.S. You may need a smaller bag for traveling around your country or region.
- Check with the students who were abroad last year to trade or purchase items.
- Divide up valuables and copies (passport, credit card emergency phone numbers) amongst your things. This way if you are pick-pocketed you have everything in a second, safe location. Also do this with your money and/or cards. Do not keep all your cards, cash, passport, passport copies, etc. in the same place, bag, or pocket!
- Fill out your luggage tags **and** place the same information inside your suitcases. Consider using the

contact information for your host institution and/or your host family. Be sure to change this on the way home after your program

- ☐ Be sure to bring:
  - All your legal documents and valuables, including the contact information for your host family and the onsite director (see Study Abroad Manual), and your credit card information. Keep this in your carry-on luggage.
  - U.S. dollars for your arrival back in the US.
  - One semi-formal outfit, keeping in mind that dress in your host country might be more or less formal than the US. This is required for Oxford, Melbourne, and St. Andrews.
  - Rain gear.
  - Good walking shoes, not (just) flip flops.
  - At least one electric plug adapter (available at travel stores, online, and in most airports). All dual current electronics (e.g.; laptop computers, smart phones, tablets) need an **ADAPTER**, not a CONVERTER. An adapter simply alters the plug; a converter changes the electric current and is usually much more expensive than an adapter.
  - Remember: Do not bring anything you cannot afford to lose.
- ☐ Buy abroad:
  - Hair dryer/straightener. Check with those abroad this year to see if you can purchase theirs.
  - Bedding (some student apartments do not provide bedding). Beds come in different sizes in different countries, so save the space and buy yours abroad.
- ☐ Print out a copy of the **Holy Cross Study Abroad Manual,** which will be sent via email to your Holy Cross Gmail account, and any pre-departure or handbook you received from your host institution.

Laptops:

- ☐ If you take a laptop, bring the appropriate adapter for your country (not a converter).
- ☐ Have a tech support plan and note the general INTERNATIONAL call-in number. See if there is a specific contact number for your host country. If so, take both (you may be on the road when something happens).
- ☐ In general, it is best not to travel with a laptop. When you are away from your host institution, make sure it is secure (not in plain view once on-site) in your room abroad while you're away.
- ☐ If applicable, check your parents' homeowner's policy *before you leave* to see if your laptop is covered abroad for theft or loss and whom you should contact in the event of such an incident.
- ☐ Keep a copy of the serial number and other identifying information separate from your computer.
- ☐ If you choose not to take your laptop, there are computer labs at most host institutions.

Mobile Phones:

- ☐ It is often easiest and cheapest to buy a phone abroad, but it might only work in the country where you purchase the phone. You may also look into getting an international plan or local SIM card for your current phone.
- ☐ Contact returning students about buying their used phones.
- ☐ If you must use your U.S. phone, research your options with your phone company before going.
- ☐ For most incoming international calls on most cell plans, the call is free after initial connection fee. Check with your provider. For outgoing international calls, it is best to use WhatsApp, Skype or virtual phone cards, sold online, or local cards, which are sold, depending on the country, in tobacco stores or post offices, lottery stands, etc. Ask your host family, peers, or check online. Research phone plans abroad because some call the USA at very low rates.
- ☐ Many people in the U.S. and abroad use applications such as WhatsApp to text and call. They may be

useful for staying in touch with people at home and communicating with friends and your host family abroad.

- ☐ In case of an emergency, follow the procedure page 1 of the Study Abroad Manual.

Banking and Money:

- ☐ With few exceptions it is no longer necessary to open a bank account in the host country.
- ☐ Carry a credit card (with 4-digit PIN; AmEx should not be the only card) and an **ATM/debit card**.
- ☐ European credit and debit cards have a chip and PIN as opposed to a magnetic stripe. Many U.S. banks are now creating cards with both the chip and the magnetic stripe. Contact your bank to see if you can get a card with a chip. In many countries it is often easier to pay in cash.
- ☐ Make sure your bank and credit card company know that you will be abroad, in which countries, and for how long, or they might deny the charge. Have the phone number of your bank easily accessible!
- ☐ Check international fees for debit and credit cards and shop around for the best deal (e.g. no interest fees, no or low transaction fees or user fees). Students may be able to negotiate reduced fees.
- ☐ For added security, try to get a credit card and ATM/debit card that display your photo.
- ☐ For both cards, determine before you leave home how you can replace the cards overseas if lost or stolen.
- ☐ Consider ordering $200-$300 in your host country's currency from your bank at home before you leave so that you have some money to get you started. Get mixed bills (large and small). It is also possible to order currency from AAA.
- ☐ Write down the INTERNATIONAL emergency contact numbers for credit/debit cards and the actual card numbers on a separate sheet of paper and keep it in a safe place. Keep a copy with you when traveling (separate from the cards themselves).
- ☐ Take some U.S. dollars and/or host country currency with you in case you have trouble getting money out of the ATM at the airport. Be aware of what time you arrive as exchange offices will not stay open all night.

II. ARRIVAL AND GETTING SETTLED

Don't expect to feel at home right away. You might even feel overwhelmed at first: that's normal! Study abroad is a process, and it takes time to adjust to a new environment. There is not necessarily a Hart Center or a Kimball Dining Hall at your prospective university. You will have many resources available to you at your host institution, but you should not expect that all resources you have at Holy Cross will be available abroad. Moreover, no two programs are exactly alike (for example, some provide homestay accommodations while others provide rooms in residence halls or off-campus housing), so read with care and weigh this document against country-specific information you receive from Holy Cross and your host institution. You should not expect that because one service is provided at one program abroad it is automatically provided at another. Each program is unique. It is important to focus on your own experience and not be too concerned with what students in other programs are doing; every person's experience is unique.

Communication:

- ☐ Call home as soon as you can and let your family know that you arrived safely. Note the time difference and ask your parents/guardians if they want you to call when you arrive regardless of the time, or if you should wait until they're awake.
    - As soon as you have internet access and your accommodation address, log into your Holy Cross Study Abroad online application via the Study Abroad icon in your HC Gmail Google waffle (you must be logged into your HC Gmail account to access your application), or go to sa.holycross.edu, click on the LOGIN button and select your HC Gmail account to access your

application and fill out the **Student Host Country Arrival and Contact Information Form**.

- Alternatively, you can send an email to the Office of Study Abroad (jschartn@holycross.edu) containing your cell phone number, host university email account, and your mailing address. **Don't forget!**
- Contact the on-site director at your host institution AND the Office of Study Abroad whenever an issue or a problem arises. Do not wait for an issue to snowball!
- Send us an occasional e-mail and tell us about your courses, experiences, and impressions of the world beyond the U.S.

E-mail:

- Check your host institution AND Holy Cross email accounts on a regular basis. *You will get crucial information sent to both accounts throughout the year.*
- Watch your email for Crusader Internship Fund emails from Ms. Pamela Ahearn for summer internship opportunities; and for Scholarships, Grants and Grad School from Dr. Tony Cashman (see the Study Abroad Manual). They are also available by email and phone.
- **Do not ignore emails** from our office or from your advisors overseas. It is considered especially rude overseas not to reply to your advisors. If they ask a specific question, answer it. If they're just checking in, thank them for their concern. If they are inviting you to an event or meeting, respond whether or not you can make the meeting.

Internet Access:

- Internet access may be more limited than you are used to at home or at Holy Cross. Your housing might not include unlimited access.
- In general, although you need to stay informed, it is good to "unplug" significantly from your regular contacts and from most, if not all, on-line entertainment. Make time to seek out new friends and experiences. Do not use the internet as a crutch to avoid immersion in your host country. Parents also need to give their young adults abroad the space they need to immerse themselves in the host culture.

Academics Abroad:

- You will need to work much more independently. There will likely be fewer assessments (papers, quizzes, exams) and less guidance than you are used to, and you will need to seek out information on your own rather than following a ready-made syllabus. This might feel overwhelming at first, but you will learn to work on your own – it is gaining experience in learning independently that is one of the main benefits of study abroad.
- Expect that teaching and learning styles will be different.
- Study Abroad is a lot more unstructured than your life at Holy Cross – you have to create structure for yourself. Ask a lot of questions to clarify things – even "stupid" questions can help you understand things better. With academics, you get out what you put in – you definitely need to be self-motivated.
- Local students' attitudes toward coursework and their study habits may differ from those of Holy Cross students. They may pretend not to work when, in fact, they really are working hard.
- Class attendance abroad is MANDATORY, just as at Holy Cross.
- Consequences of poor performance are worse for Holy Cross students than for local students (e.g. Holy Cross students cannot, in many instances, retake a final exam or retake a course).
- You should exhibit the same work ethic abroad as you do at Holy Cross.
- You must take your exams at the regularly scheduled time; you may not change the date, even if

the professor is willing, even for an internship. You are expected to fulfill the same requirements as your local peers, who cannot alter their exam schedules.
- If tutorials have been arranged for you by the program director, be sure to attend regularly.

Bureaucracy/Administration:
- There is no STAR system abroad. Registration can be time-consuming and involve multiple visits to multiple offices. Universities see students as having the privilege and resources to learn, and they expect you to take advantage of what is available instead of expecting them to offer you what you need. You need to be proactive and resourceful.

Course Approval Forms:
- You must submit course descriptions for each course you are enrolled in while abroad with the Course Approval Form on STAR. Directions are in the Study Abroad Manual. Contact the Registrar's Office with any questions.
- Provide as much information as possible: detailed course description, syllabus, types of assignments, etc. If you got pre-approval attach the email or paste the text of the email in the form.

Independent Cultural Immersion Project (ICIP):
- For detailed information on the ICIP, check your Study Abroad Manual, our website, and/or with your ICIP advisor.
- Get started early by meeting with the ICIP advisor. In most sites, you should be fully engaged in your ICIP within a month of your arrival.
- Choose an activity that will immerse you in your host community: an internship, community-based learning or by following your passion—a sport, a hobby, a musical instrument, etc.
- Your ICIP will be evaluated and graded by the advisor. Each year, the Study Abroad Committee presents an award to the graduating senior with the best ICIP, and all students are encouraged to present at the Holy Cross Academic Conference the spring after they return (for more information and criteria, see the Study Abroad Manual.

Travel:
- Owing to COVID-19, your ability to travel independently may be limited once you arrive in your host city. The specifics will depend on the conditions on the ground when you arrive, but you must abide by whatever travel restrictions are given to you by Holy Cross, by your host institution, and/or by the local authorities. Failure to comply with travel restrictions will have serious consequences, including the possibility of dismissal from the program with no refunds.

- Travel is an important and exciting aspect of study abroad, and you may have many opportunities to travel. **Remember that your priority is *study* abroad, not *travel* abroad.** When you make travel plans, check in with your learning plan and decide what serves your academic and cultural competence goals best. **Do not sacrifice academic and local opportunities to create better schedules for traveling – you're going abroad for the unique experience of local immersion, not to be a tourist.**
- Check with locals for sites and other tips.
- A good guidebook is invaluable. Get a book or do research online, make a list of 20 things you want to see in your host city/region, and make a point of visiting those sites. It can be hard to know what to do at first, and if you have a few ideas prepared it can be a great way to connect with your new

home.

Get to know your host city and host country first:

- If you rush to other destinations (a common occurrence with students in Europe), you won't meet people in your new "home" or get to know your surroundings. It's very important to know your host city and people. Again, given the pandemic, there will most likely be travel restrictions and you are expected to follow them.
- Plan your first outings within your host country: getting to know your host country better will help you understand your new context and your position in it. Americans are known for their ignorance about other countries and cultures, but most quickly realize it when they encounter others abroad and hear them speak of the U.S. Don't be the person that moves to a country without knowing anything about the government, languages, history, and culture. With the internet, there's no excuse for not having basic knowledge.
- Plan to travel to more distant destinations during vacation periods, or after your academic term has ended.
- Take this advice from a fellow student: "Too many people focus on seeing as many countries as they can; I think it is extremely important to travel to various parts of your host country because it will deepen your understanding of the culture and give perspective on your institution and location abroad."
- Many students go abroad to become what they call "global citizens." You don't achieve that by ticking off as many countries as possible – in order to be global you have to become a local in a different place, not a visitor. Sometimes students complain about not being able to connect with local people in their host location – those same students often to not appreciate that, by traveling constantly, they are showing a very clear lack of interest in their host community. People won't take time to integrate you if you show no interest in integrating, they'll treat you like the tourist you're choosing to be.

Travel Safety:

Please note that if you undertake personal travel before, during, or after your program, The Office of Study Abroad may not be in a position to support you should emergencies arise.

- Avoid traveling alone and be aware of your surroundings.
- Do not leave bags or backpacks on the ground without having them strapped to your leg or to some non- moveable object.
- You are ***REQUIRED*** to register all of your travels with the **U.S. Dept. of State** (www.travel.state.gov). This only takes a moment of your time but ensures that your local US Embassy knows where you are in case of emergencies. ***This is also a requirement in the* Requirements *section of your Holy Cross online application.***
- Check out the **U.S. Dept. of State's website for student travelers** at: https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/students.html
- Always inform your host family, parents, and on-site advisor of your travel plans ***before*** you leave.
- Review your program-specific pre-departure handouts for instructions on how to "check in" using the International SOS app when you travel outside of your host city.
- Be aware that what you have learned about health and safety in your host country does not necessarily apply to other countries you visit. Talk to local friends and/or read guidebooks and the State Department travel information for that country.

Health and Safety Responsibilities:

- Think before you act; don't take unnecessary risks.
- Follow the guidelines from the State Department country information and the mandatory pre-departure country-specific meetings.
- Follow the advice of the on-site staff.
- If you become sick, notify your host program director AND our office immediately.
- If you know that another Holy Cross student in your group is sick or missing, notify your on-site program director as well as our office immediately via e-mail to studyabr@holycross.edu or phone 508-793-3082. We would rather receive 10 emails or calls than none!
- Know how to access health services, both for routine care and emergencies. This information should be provided to you during your on-site orientation. If not, you need to seek it out yourself.
- See your Study Abroad Manual for strategies on staying safe.

Alcohol:

- In most foreign countries you can purchase and consume alcohol legally. Be a responsible consumer. You represent not just yourself, but your family and Holy Cross (as well as every Holy Cross student who will attend your host institution in the future), and lastly, your country. You have a vital role to play in helping us to maintain good relations with our partner schools abroad and even international goodwill.

Sexual Assault:

- If you feel threatened or need help, immediately contact your program director. If at any point you are the victim of sexual assault or other crime, feel uncomfortable, need support, or would like more information about resources, reporting policies, etc. you will find a list of confidential and non- confidential resources on the Holy Cross Sexual Respect and Title IX website here: https://www.holycross.edu/sexual-respect-and-title-ix.
- In addition, Holy Cross' Counseling Services are available. Visit https://www.holycross.edu/health-wellness-and-access/counseling-center for their current hours and contact information. The HC Counseling Center can help you set up care abroad if you would like. Their website provides useful resources including emergency steps: http://www.holycross.edu/counseling-center/emergencies. You can call our office at +508-793-3082, M-F 8:30am - 4:30pm EST and Jacqui Schartner can transfer you to your Study Abroad program director, Chaplain's Office, or any other department on campus.
- What is considered acceptable varies from country to country. This is not an excuse for sexual harassment or assault, but it is important to be aware of cultural differences. It is best to follow cues from host peers you trust, on-site advisors you trust, and err on the side of caution.

Identity and Study Abroad

- For resources on race, gender identity, disability, and sexuality in your host country, please contact the Office of Study Abroad, the Office of Multicultural Education, the Office of Diversity and Inclusion, and/or the Office of Disability Services.
- Every country has its own historical and political context that produce different social hierarchies based on race, nationality, language ability, gender identity, sexuality, and so on. Because of this, it is important to go into your study abroad experience with an open mind and a willingness to learn about and understand a world that you are new to.
- That being said, this does not mean that you should brush off racism because it's "how it is," accept

sexist treatment because it seems to be normal or be made to feel unsafe or ostracized due to any aspect of your identity. If you at any time experience discrimination abroad because of your identity and want to discuss it, find more resources on how others work with and through these experiences, or even just let us know that it exists - please reach out to us, anyone in the office you feel comfortable with. If you do not feel comfortable speaking to us, we encourage you to reach out to whoever you feel best communicating with.

- We would appreciate you making us aware of these experiences so that a) we can work to make sure you have a fulfilling experience abroad, and b) we can better understand the different experiences our students have abroad and better prepare future groups about what they may encounter.

Disability Services Abroad:

- As always, know before you go. Preparing yourself before going abroad will allow you to better adjust to physical and mental challenges as well as differing attitudes and perceptions.
- Please tell us about your disability so we can help your host university and on-site advisors make the necessary arrangements.
- Request documentation of any accommodations you receive from the Office of Disability Services, and bring it with you abroad. Check your host university's website to see if they have information on steps to secure accommodations at their institution.
- Mobility International is an organization dedicated to empowering students with disabilities to study abroad. Their website has helpful resources: http://www.miusa.org/

III. RETURNING TO CAMPUS

We'll cover re-entry at a later time – for now, please remember to **read all emails** from our office, pay attention to **visa** requirements and **application timelines**, and **talk with your advisor** about your academic plans!

Bon voyage!
The Office of Study Abroad