



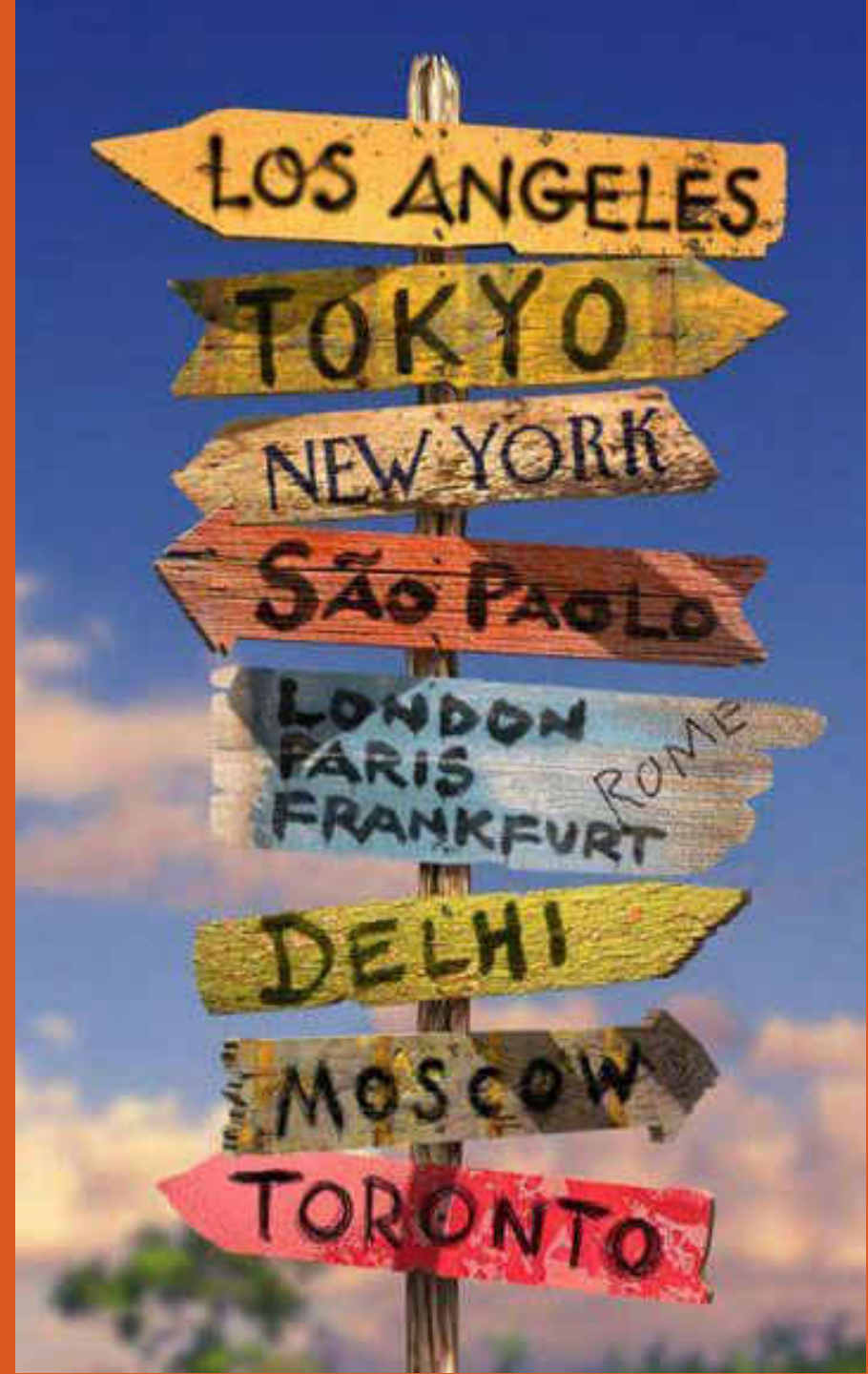
ADVENTURE AWAITS

Making The  
Most of Your  
**STUDY  
ABROAD**  
Experience!

# WHERE IN THE WORLD ARE YOU GOING?

## Country Specific Resources

- “Preparing to Go Section” at [rit.edu/StudyAbroad](http://rit.edu/StudyAbroad)
- RIT Libraries Info. Guide for Study Abroad
- U.S. Department of State website
- Other resources in your folder



# REMINDER:

## Upload your passport info. to your Compass profile

<https://www.rit.edu/global/compass-search-programs-apply>

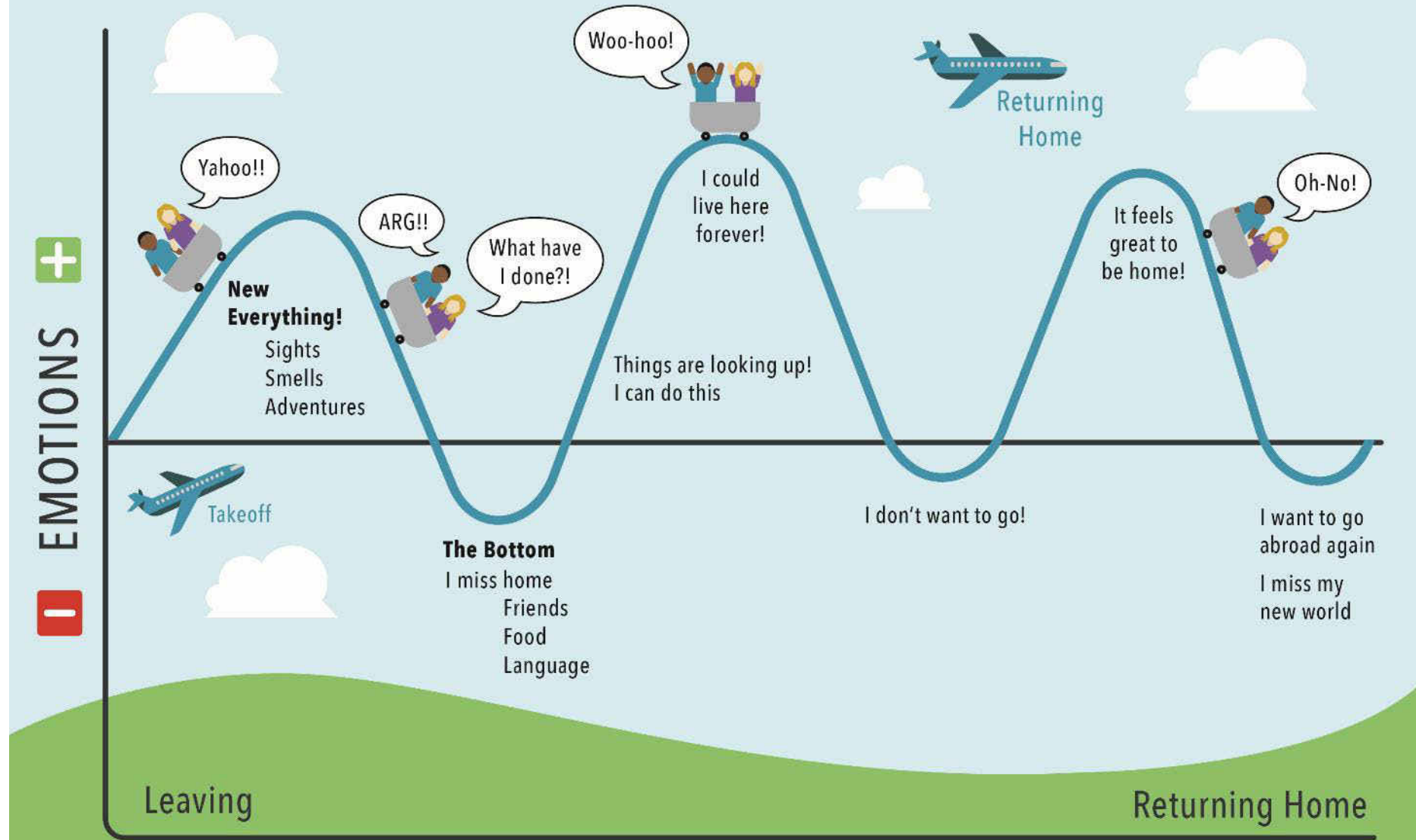
The image shows a screenshot of the RIT Global Education Abroad website. The top navigation bar includes 'Home', 'Search Programs', 'My Application', 'My Coursework', and 'My Profile', with 'My Profile' highlighted by a red box. Below the navigation bar, there are sections for 'Announcements' and 'My Applications'. The 'Announcements' section features a megaphone icon and a post titled 'Make an Appointment with a Study Abroad Advisor' dated 'DEC 07, 2020 4:09 PM'. The 'My Applications' section has a folder icon and a link to 'Select a program to begin your application.'.

On the right side, a detailed view of the 'Passport Information' form for 'Michelle Fitz' is shown. The form has two tabs: 'Personal Information' and 'Passport Information'. The 'Passport Information' tab is active and contains the following fields:

- Passport Scan upload\***: A file upload field with a 'Choose File' button and the text 'No file chosen'. A note below it says: 'Please upload a copy of the first page of your passport (which includes your name and photo). Be sure that the file you are uploading is a good quality scan or photo of the picture page.'
- Name as it Appears on Passport\***: A text input field.
- Passport Number\***: A text input field.
- Passport Expiration Date\***: A date selector with dropdown menus for 'December', '01', and '2020'.

A 'Save' button is located at the bottom left of the form. A small asterisk note in the top right corner of the form area states: '\* indicates a required field'.

# THE CULTURE SHOCK ROLLERCOASTER



# ACADEMICS ABROAD

## Differences

- Teaching styles and academic expectations abroad may be different than what you're accustomed to.

## Preparation

- Research teaching style, academics and grading structure of your host country.
- Ask questions – previous study abroad students, your in-country contacts, professors.

'I study better at night'

11 pm:



# ACADEMICS ABROAD

**If having difficulties - don't wait until it's too late**

- **Talk to your professors**  
Ask for suggestions on how to manage your time/reading/assignments and what assistance might be available.
- Explore **tutoring, study groups or other academic resources** at your host campus.
- **RIT Academic Success Center** has resources for time management, study schedules, etc., or meet with them before you go abroad to develop action plan.
- **Let RIT Education Abroad office know** so we are aware and can provide suggestions/support (email your study abroad advisor).

# MANAGING YOUR HEALTH IN ANOTHER COUNTRY



# THINGS TO CONSIDER

**Study abroad has the potential to heighten pre-existing medical, mental health or personal issues or contribute to new ones.**





# YOUR PHYSICAL & MENTAL HEALTH

**PHYSICAL**

**MENTAL  
HEALTH**

**SEVERE  
ALLERGIES**

**SPECIAL  
DIETARY  
NEEDS**

**Have A Plan For  
Managing Your  
Health In-Country:**

- Research your host country.
- Consult with health professionals **BEFORE** you go.
- Identify in-country service providers.
- If you feel comfortable, let your in-country staff/faculty member know about your condition.

# MEDICATIONS

## Prescriptions

- Get enough to cover your entire time abroad.
- Bring a list of all medications, ingredients, dosages in case you lose or need to replace them.
- Understand local laws about controlled substances.
- Study abroad is NOT a good time to make major changes to your prescription routine.

## Other Medications

- Bring enough prescription medications to cover you (ex. Advil, Tylenol, Pepto Bismol)
- Pack some basic first aid supplies like band-aids, cold medicine, cough drops, sunscreen.
- Pack masks and COVID tests.

## Tips

- Pack your medication in your carry on luggage in case your luggage gets lost.
- Keep medications in original containers
- You may want to bring copies of doctor's signed prescription or letter from doctor just in case.



# LOCAL HEALTH ISSUES

## May Include:

- Food & Water Cleanliness Standards
- COVID-19
- Zika
- Tic Borne Illness
- Bird Flu
- Etc.

## How To Prepare:

- Research your host country (and other countries you expect to visit)
- Visit the Center for Disease Control website to understand what health/disease risks might be present, how to protect yourself and if any vaccines are recommended.  
[www.cdc.gov/travel](http://www.cdc.gov/travel)
- For vaccines visit Passport Health of Upstate NY on Crittenden Blvd.

# Health Insurance, Security & Emergency Response Coverage

Arcadia, CIS, CIEE, IES, DIS SAI, SUNY Oswego

## Affiliate Study Abroad Programs

- You will have international health insurance, security/emergency response coverage through your provider.
- Ask your program provider for details on your coverage BEFORE you travel.



# Security & Travel Assistance

**Crisis 24 – Security & Emergency Response coverage**  
**Security and travel assistance partner – your main contact for any security, safety or health emergency**

- Location-based alerts of security threats/issues (via app or email)
- View map of nearby locations to see areas of high crime risks to avoid
- Add contact info. to your phone & download the app
- Phone app: place call directly to Crisis 24; crisis signal button if you need assistance but cannot speak (need to have location services enabled)
- Crisis 24 can contact emergency responders on your behalf
- 24 hour hotline can be used for emergency assistance with security or medical concerns and non-emergencies such as a lost or stolen passport, medical referrals and more.

**RIT programs:**  
**Faculty-led**  
**Global Campus**  
**Exchange (KIT)**

**Affiliates:**  
**Perrotis (Med Diet)**  
**SRISA**  
**School for Field Studies**  
**Siena (Deaf studies)**  
**Deaf Culture in Europe**  
**(FERMO)**

**RIT will register you with Crisis 24 before you travel.**

**RIT Crisis 24 hotline (available 24/7):**

**+1-443-569-0230**

# International Health Insurance

## Chubb Educational Travel – International Health Insurance

Chubb assists with helping you find local medical providers, coordination of illness/medical issues (including translation services if needed), medication assistance, emergency evacuation.

- You will be registered for Chubb insurance by RIT and will be sent an email to access your Chubb ID number and insurance card.
- For **emergency** health issues – contact Crisis 24 first  
- Crisis 24 will connect you with Chubb for medical needs
- For **non-emergency** health issues – contact Chubb first

Access your Chubb insurance card and add them to your phone contacts (**do this BEFORE you travel!**)

**RIT programs:**  
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**Siena (Deaf studies)**  
**Deaf Culture in Europe**  
**(FERMO)**



# Watch for emails from Crisis 24 and Chubb

## Action items – before you travel:

- Download the Crisis 24 app and become familiar with it
- Add Crisis 24 phone number to your contacts
- Access your Chubb ID number and download your policy details and insurance card  
*(print card to carry with you)*
- Add Chubb phone number to your contacts



# HEALTH INSURANCE TIPS:



In general your international health insurance may cover doctor's visits, emergencies, travel insurance, emergency evacuation.

**Make sure you understand your policy!**

- **Keep your receipts!** You may need to pay for medical procedures out of pocket and then submit a claim for reimbursement when you return.
- Also a good idea to check with your current health insurance company to see if you have international coverage as a back up. (esp. for pre-existing or ongoing treatment)



# OTHER INSURANCE

## TRAVEL INSURANCE

- Covers things like missed flights, lost luggage
- Get quotes at [www.insuremytrip.com](http://www.insuremytrip.com)

## PERSONAL PROPERTY INSURANCE

- Covers computers, phones, etc.
- RIT has a provider that is inexpensive:  
<https://www.collegestudentinsurance.com/>

## TUITION INSURANCE

- In case of an unexpected withdrawal from program due to illness or accident.
- RIT has a provider – [GradGuard.com/tuition/RIT](http://GradGuard.com/tuition/RIT)  
*Ask if study abroad tuition is covered*
- \$99 for \$10,000 worth of coverage
- Must be purchased before your first day of classes



# BEING AWARE & STAYING SAFE IN ANOTHER COUNTRY

Foreign Laws & Student Conduct  
Identity Abroad  
Relationships  
Drugs & Alcohol  
Transportation  
Emergencies  
Banking



# KNOW THE LAWS OF YOUR HOST COUNTRY

- You are subject to their laws.
- Be aware of things like: possession of banned materials, drugs.
- Laws and sentences are often more strict, not necessarily innocent until proven guilty.
  - **Use the country-specific resources we provided to learn more about the laws of your host country.**
- Country information pages on the U.S. Department of State website – [travel.state.gov](https://travel.state.gov)



# STUDENT CONDUCT

**You are a representative of RIT on your program – act accordingly.**

**Anything you do abroad is subject to RIT student conduct guidelines.**

- If issues do arise, you could be mandated to go through the RIT conduct process and could receive disciplinary repercussions.
- If issue is severe, you can be sent home early at your own expense.
- You are guests on your programs and in your host country and your choices may affect RIT's relationship with overseas providers.



# IDENTITY ABROAD

Other cultures value diversity differently and your diverse characteristics may be more or less embraced in the culture you will be living in.

# IDENTITY ABROAD

Identify your own diverse characteristics

+

Research how these are viewed in your host country

+

Utilize resources to develop a plan BEFORE you get to your host country

**Thoughts for Women:** Research and be aware of customs towards women in your host culture, some might be offensive to you, and be prepared to deal with them.



**Study Abroad Website – Preparing to Go Section:**

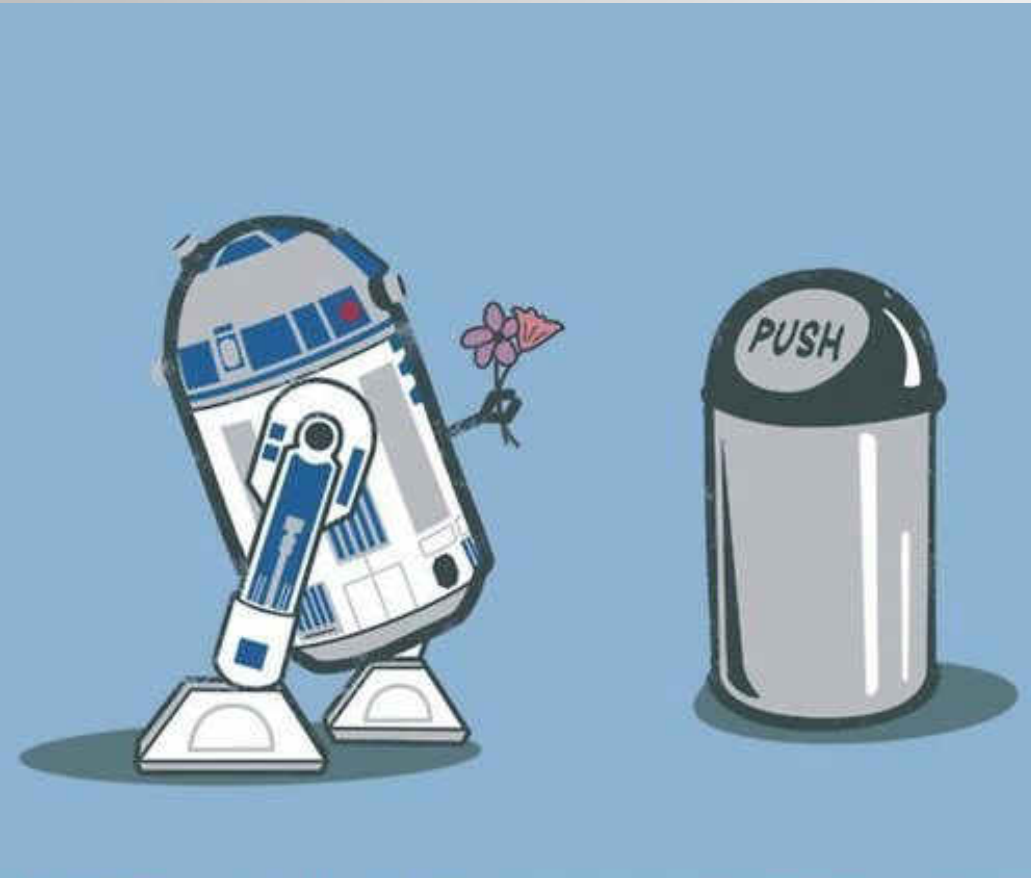
[www.rit.edu/global/diversity-abroad](http://www.rit.edu/global/diversity-abroad)

**RIT Diversity & Inclusion Office:** [www.rit.edu/diversity](http://www.rit.edu/diversity)

**Diversity Abroad:** [www.diversityabroad.com](http://www.diversityabroad.com)

## Different countries and cultures have different values and norms around sex and relationships.

- Research the general feeling of the country regarding sexual orientation, displays of affection, and sexual activity.
- Other cultures respond differently to sexual misconduct/crimes.
- Practice safe sex.
- Rates of STDs may be higher in other countries.
- Consent laws may differ from the U.S.
- Be more aware and make good choices about safety.



# RELATIONSHIPS

# Harassment, Discrimination and Sexual Misconduct

**TITLE IX** is federal a law that protects people from discrimination based on sex and gender in education programs.

**RIT policies** protect students while they are abroad and provides support in incidents related to:

SEXUAL HARASSMENT  
SEXUAL ASSAULT  
DATING VIOLENCE  
DOMESTIC VIOLENCE  
STALKING  
GENDER DISCRIMINATION



RIT support is available to you.  
**Even if the perpetrator is not American or related to RIT at all!**



# REPORTING & RECEIVING SUPPORT

If an incident of sexual misconduct occurs, RIT support is available to you.

- 1) **Remove yourself from the situation and seek medical or law enforcement assistance, if needed.**
- 2) **We encourage you to report**
  - Many ways to report: emergency, confidential, anonymous

RIT Title IX office will reach out to you to explain your options for things like medical treatment, mental health treatment, if you choose to move forward with an investigation at RIT or with local law enforcement and provide resources – **you are not required to take any further action if you choose not to**



**RIT faculty/staff are mandatory reporters**

**A list of Title IX contacts is in your folder.**



# ALCOHOL

- Drinking age is often lower and may be more important part of the culture.
- Participate within reason/limits – be careful about drawing attention to yourself.
- Do not leave your drink unattended.
- Be an active bystander and look out for friends/classmates.

# DRUGS

- Legal risks be more severe.
- Cannabis laws may be different than U.S.
- Tainted drugs pose a serious threat.
- Beware of corruption.



# FIRE SAFETY ABROAD

**Building codes and safety regulations vary around the world.**

- Make sure your home/room/apartment has a fire extinguisher.
- Have an emergency plan in place – know where your exits are.
- Consider packing a portable smoke alarm and carbon monoxide detector.

## **More Info:**

- Fire safety guide in your folder
- [www.FireSafetyFoundation.org](http://www.FireSafetyFoundation.org)



# DOCUMENTS & STEP PROGRAM

## Documents:

- Upload copies of your passport and emergency contacts to your Profile section in the Compass.
- Make two copies of your:
  - Photo page of passport
  - Bank cards, credit cards, driver's license (front & back)
- Bring one set of copies with you, leave the second set at home.

## STEP Program

- Register with the U.S. State Department's Smart Traveler Enrollment Program (STEP)  
<https://step.state.gov/step/>

**Or download the STEP app to your phone**



# • EMERGENCY PREPARDNESS

- What constitutes as an emergency abroad?



**IN CASE OF AN**

**EMERGENCY**

- Learn how to say “help” in the local language.
- Learn the local emergency phone number.
- Use the wallet cards provided.
- Parents should have a valid passport.
- Know the location of the nearest U.S. embassy.
- Have a communication plan in place with family.
- Put important phone numbers in your phone contacts – health insurance, in-country contact, bank/credit card customer service.

# WHAT TO DO IN AN EMERGENCY

## Take care of immediate needs first

- Police/fire/ambulance/hospital



## Reporting an incident & your needs

### PRIMARY

- Your safety/security/health insurance provider
  - RIT programs: Crisis24/Chubb
  - Affiliate programs: your providers
- Communicate with your in-country contacts.

### SECONDARY

- Contact RIT Public Safety (call or via button on our website)
- Contact your family/support system

## Further Action

- Once informed RIT has an emergency response team in place
- Refer you to local services
- Make arrangements to modify your program if necessary

**We May Also Reach Out to You! Keep an eye on your RIT email while abroad!**

# REPORTING A NON-EMERGENCY

- Use the Report A Non-Emergency form found on the RIT Study Abroad website under the Emergency section

**Remember that RIT & the Education Abroad Office is always here as a resource and to provide assistance!**

- ✓ Lost or stolen passport
- ✓ Stolen property
- ✓ Ongoing illness, injury, mental health concerns
- ✓ Any other safety concerns or issues you encounter



# AVOIDING COMMON TRAVEL SCAMS

- Travel with a buddy, especially at night.
- Avoid obvious tourist behaviors.
- Be more aware of your surroundings and your belongings.
- Avoid crowds/large gatherings/demonstrations.
- Research local scams and distraction techniques.



**Google your host country + travel scams to learn what to watch out for.**



# TRANSPORTATION

- Only take marked taxis
- Be pedestrian savvy
- Beware of traffic patterns
- Don't rent cars/mopeds
- Practice safe biking
- Take advantage of public transportation
- Common place for pick pocketing, beggars – stay aware of your surrounds and keep an eye on your belongings

# BANKING & MONEY HANDLING



- Check with your bank and credit card company if you need to inform them of leaving the country to prevent your accounts from being frozen.
- ATMS are prevalent and easy to use – use only in well lit areas with a buddy
- Understand any international banking, ATM or credit card fees that may apply.
- Consider how you will carry your money
  - Don't carry all your money in one place, split it up
  - Choose a secure bag

# TRAVEL TIPS

Watch our YouTube playlist for helpful travel tips.

@RITGlobal Study Abroad

Connect with an RIT Student Global Ambassador

<https://www.rit.edu/global/global-ambassadors>

*Ask them questions about packing, using your cell phone, independent travel, etc.*



# Resources

**Food allergies** – purchase professional translated allergen cards to carry <https://allergytranslation.com/>

**Crisis 24** – security/emergency response coverage.  
**RIT Crisis 24 hotline:** +1-443-569-0230  
Mobile app: Crisis24 Horizon Mobile (iOS app store or Google Play)

**Chubb (AXA)** – international health insurance coverage provided to RIT students on faculty-led, global campus and exchange programs  
**1-855-327-1425 (Toll-Free)**  
visit <https://travelassistance.chubb.com/>

**Personal Property Insurance Policy**  
<https://www.collegestudentinsurance.com/>

**Smart Traveler Enrollment Program (STEP)**  
<https://step.state.gov/step/>

## Traveling with Medication

<https://wwwnc.cdc.gov/travel/page/travel-abroad-with-medicine>

## U.S. Embassies & Consulates Worldwide

<https://www.usembassy.gov/>

## Emergency phone numbers abroad

[https://travel.state.gov/content/dam/students-abroad/pdfs/911\\_ABROAD.pdf](https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf)

## Using cell phone abroad

[rit.edu/global/stay-touch](http://rit.edu/global/stay-touch)

## How to spot travel scams abroad

<https://expertvagabond.com/common-travel-scams/>

## Converters and Adapters when traveling abroad

<https://www.goinginstyle.com/blogs/news/difference-between-adapters-and-converters>

**Many more resources available at:**

<https://www.rit.edu/global/health-safety>

# Title IX

**TITLE IX INCLUDES**  
Gender Discrimination  
Sexual Assault  
Sexual Harassment  
Sexual Violence  
Stalking  
Dating & Domestic Violence

**I NEED IMMEDIATE ASSISTANCE**

- Contact Public Safety Call (585) 475-3333 or Text (585) 205-8333
- Call 911
- Go to Strong Memorial Hospital (Area Safe Center)
- Go to Student Health
- Contact CARES (585) 295-3533 (Campus Advocacy Response & Support)

**I WANT TO REMAIN ANONYMOUS**

- Contact RIT Ethics and Compliance Hotline  
Anonymous Report  
866-294-9358

**I WANT TO REPORT AN INCIDENT**

- Contact the Title IX Coordinator or a Deputy Coordinator, or file a report online at [RIT Title IX](#)
- Contact Public Safety Call (585) 475-3333 or Text (585) 205-8333
- Call 911
- Tell any Responsible Employee (all employees other than confidential offices)

**I WANT CONFIDENTIAL SUPPORT**

- Visit a Confidential Office
  - Center for Women and Gender
  - Student Health Center
  - Counseling Center
  - NTID Counseling & Advising Services
  - Center for Religious Life
  - Ombuds Office

Visit [www.rit.edu/titleix](http://www.rit.edu/titleix) for more information

## **Title IX – To report a violation of your rights, contact an RIT Title IX team member:**

### **STACY DEROOY**

Clery Compliance Officer, Office of Compliance and Ethics

Title IX Coordinator

1262 Hale Andrews Student Life Center

**585-475-7158**    [Stacy.Derooy@rit.edu](mailto:Stacy.Derooy@rit.edu)

### **DARCI LANE-WILLIAMS**

Assistant Director of Title IX and Clery Compliance

Eastman Building 6045

**585-475-7383**    [drlcae@rit.edu](mailto:drlcae@rit.edu)

### **LANA VERSCHAGE**

Director of Diversity Initiatives and Women in Computing, Deans  
Office (GCCIS)

**585-475-7155**    [ltvse@rit.edu](mailto:ltvse@rit.edu)

### **AMY STORNELLO**

Senior Employment Advisor, Co-op and Career Center

National Technical Institute for the Deaf

**585-270-1797 (text)**

**585-391-9990 (Video Phone)**

[Amy.Stornello@rit.edu](mailto:Amy.Stornello@rit.edu)

### **RIT INTERNAL RESOURCES:**

#### **RIT Public Safety**

585-475-2853 (V) or 585-475-6654 (TTY)

[www.rit.edu/fa/publicsafety/](http://www.rit.edu/fa/publicsafety/)

#### **Center for Student Conduct and Conflict Resolution**

585-475-5662 (V/TTY)

[www.rit.edu/studentconduct/](http://www.rit.edu/studentconduct/)

#### **RIT Conduct Advocate Program**

<https://www.rit.edu/studentlife/student-conduct/conduct-advocate-program>

#### **Student Government Services/Legal Advice**

585-475-4043 (V)

<https://www.rit.edu/studentgovernment/legal-aid>

#### **International Student Services**

585-475-6943 (V)

[www.rit.edu/studentaffairs/iss/](http://www.rit.edu/studentaffairs/iss/)

## Title IX – Additional Resources

### CONFIDENTIAL RIT RESOURCES

#### **RIT Counseling Center**

585-475-2261 (V) 585-475-6897 (TTY)

[www.rit.edu/counseling/](http://www.rit.edu/counseling/)

#### **RIT Student Health Center**

585-475-2255 (V)

[www.rit.edu/studentaffairs/studenthealth](http://www.rit.edu/studentaffairs/studenthealth)

#### **RIT Center for Women and Gender/CARES**

585-475-7464 (V/TTY)

[www.rit.edu/womenandgender/](http://www.rit.edu/womenandgender/)

#### **RIT Ombuds Office**

585-475-7200 or 585-475-2876 (V)

[www.rit.edu/ombuds/contact-us](http://www.rit.edu/ombuds/contact-us)

#### **RIT Spirituality & Religious Life**

585-475-2137

[www.rit.edu/studentaffairs/religion](http://www.rit.edu/studentaffairs/religion)

#### **NTID Counseling & Academic Advising Services**

585-475-6468 (V) 585-286-4854 (VP)

<https://www.rit.edu/ntid/caas>

### EXTERNAL RESOURCES

#### **Willow Center**

24-Hour Hotline 585-222-7233 (V)

585-348-7233 (text)

<http://willowcenterny.org/>

#### **Lifeline**

585-275-5151

#### **Monroe County Sheriff's Office**

585-753-4178 (V)

[www.monroecounty.gov/sheriff](http://www.monroecounty.gov/sheriff)

#### **NYS Police Sexual Assault Hotline**

844-845-7269 (V)

#### **IGNITE (formerly Advocacy Services for Abused Deaf Victims)**

24 hour hotline

585-222-7233 (V)

585-348-7233 (text)

[www.deafignite.org](http://www.deafignite.org)

#### **RESTORE Sexual Assault Services**

585-546-2777 (24 hour hotline)

<https://restoresas.org>

#### **National Sexual Assault Hotline**

24 hours a day, 7 days a week

800-656-4673

<https://www.rain.org>



# RIT

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## **Rochester Institute of Technology**

**RIT does not discriminate. RIT promotes and values diversity within its workforce and provides equal opportunity to all qualified individuals regardless of race, color, creed, age, marital status, sex, gender, religion, sexual orientation, gender identity, gender expression, national origin, veteran status, or disability.**