Spring Break 2017

CAFNR in Germany & UK

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Program Information

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Program

- Program Dates
  - March 23 (departure) – April 2 (return)

- Faculty Leaders
  - Dr. Leon Schumacher
  - Dr. Brian Robertson

- Course
  - AFNR 2191: International Agriculture and Natural Resources

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Costs

- Your student account has already been charged a program fee and you will soon receive a financial planning worksheet, if applicable.

- CAFNR Scholarship Awards have been announced. We are accepting second round applications until **MIDNIGHT TONIGHT**!

- CAFNR Student study abroad loans are still available. cafnr.missouri.edu/study-abroad
Forms

- International Center forms
  - **All** electronic forms were due Feb. 1!
  - CAFNR top priorities include:
    - CAFNR: International Program Cancellation Policy
    - CAFNR: Alcohol Policy Form
    - Accommodation Request for Students with Disabilities
    - Program Confirmation and Conditions of Participation
    - Student Contract Agreement
    - Health Information
    - UM System Assumption of Risk and Release

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Passports & Visas

- **Passports**
  - You should already have your passport and have sent a copy to Shanon Dickerson.
  - Make certain your passport is valid for at least six months after your return date.

- **Visas are not required for US citizens**

- **STEP**
  - All students will be registered with the US Department of State Smart Traveler Enrollment Program (STEP).
  - STEP allows students abroad to get routine information from the nearest US embassy or consulate.
Health & Safety
Insurance

- GEO Blue health insurance is included in your program fee.
  - We will enroll you in your insurance.
  - You will be asked to pick-up your insurance card and emergency contact card before you leave for spring break.
Disability & Access Abroad

- Disclose and discuss any disability with your faculty leader so reasonable accommodations can be made.

- Buildings and infrastructures abroad often do not comply with US ADA standards.

- Consider the possible challenges.

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Staying Safe Abroad

- Safety is not about avoiding bad areas, it is about being alert in all areas all the time.
- Be vigilant of your safety and the safety of your belongings.
- Do not carry large sums of cash.
- Beware of pickpockets.
- Do not carry all your money, bank cards and IDs in one place.
- Do not carry cameras and bags that immediately identify you as a tourist.
- Bad behavior and poor decision-making are the top causes of injury and death among foreign travelers.
Risk Management

- You are a risk manager.
- MU cannot guarantee your absolute safety abroad (or at MU).
- Being in another country does not diminish your personal responsibility for your actions.
- Your individual decisions will have the greatest impact on your personal safety.
Situations to Avoid

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Safety Tips

- Make copies of important documents.
- Leave expensive jewelry at home.
- Remember the Alcohol Policy and Risk & Release policies you signed.
- Be aware of your surroundings and avoid isolated areas.
- Never travel alone.
- Travel in groups, but not large packs.
- Try not to attract attention to being a traveler.
- Avoid “American” hangouts.
- Never meet someone in a non-public place or accept drinks from strangers.
- Keep emergency cards with you at all times.
- Avoid political gatherings/rallies/protests.
- Know how to get help in an emergency.
- Contact on-site faculty if you feel unsafe for any reason.
Alcohol & Vehicle Safety

- Remember the CAFNR alcohol agreement
  - Drinks may be available, but we expect you to be responsible.
  - Remember you have signed a code of conduct that governs your behavior during your time on this study abroad.
  - Infractions of this code will result in your being sent home **at your own expense**.
  - Do not ruin a wonderful experience by testing the limits!!

- Do not take or use drugs of any kind.

- Alcohol + Vehicles = **NO**

- You are advised not to drive abroad.
Misconduct

- Follow host country laws & rules.
- Your passport is not a get out of jail free card.
- Remember, you have signed an Assumption of Risk and Release, we can (and will) dismiss you from the program for misconduct.
  - You will be sent back to the US at your own expense and will fail the program courses.
Airport & Packing
Airport Tips

- Arrive no later than 2 hours before departure
- Luggage
  - If you pack it, you carry it!
  - Be smart with your carry-on
    - Change of clothes, money, prescriptions, toiletries, travel documents, etc.
  - Be aware of baggage restrictions (check with airline)
    - Typically, 1 carry on & 1 personal item (purse, briefcase, laptop case, etc.) & 1 piece of checked luggage (limit of 50 lbs.)
    - 3 ounces of fluid in carry-ons (3 oz.; 1 quart; 1 bag)
  - Use a luggage tag on all your luggage including your carry-on!
    - Place your address in Germany/UK on the tag on the way there and your home address on the tag on the way back.
- If you are a US citizen, your nationality/citizenship for your landing card is, “United States.”
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Packing Essentials

- To take...
  - Clothes you can mix & match
  - Some nice clothes
  - Comfortable walking shoes (leave the flip-flops for the beach)
  - Camera/laptop/phone
  - Converter/adapter
  - Glasses/contacts
  - Basic medications/prescriptions
  - Toiletries
  - Flight itinerary (leave a copy at home as well)
  - Passport and photocopy of your name page of your passport (leave a copy at home as well)
  - Credit/debit cards (be sure to take a photocopy of the card and the outside US phone number and to leave a copy at home as well), cash and security wallet.
  - Insurance card/emergency card

- Or not to take...
  - Anything you can live without
  - Large-sized toiletries/liquids
  - Pocket knives/etc.
Preventing Jet Lag

- Drink plenty of fluids.
- Avoid alcohol.
- Try to sleep.
- Once on the ground, stay active and set your watch to local time.
- Do not go to bed until it is time for bed locally, not at home.
On the Ground
Communicating Abroad

- Cell phones may be costly to use abroad. If you plan to call or text, check your plan before you depart.
  - It is rude to phone after 10 PM local time for non-emergencies.
  - Parents should know that no news is good news and that you may not contact them for a day or two after arrival.
  - Give family/friends realistic expectations about when you will be able to contact them.

- Communicating through e-mail, Facebook and SKYPE.
  - Internet access may be intermittent.
  - Check your MU email regularly!
  - Think before you post
    - If people know where you are, they also know where you aren’t.

- Avoid over-communication
Money

- Plan to use ATMs while abroad.
- Talk to your bank and credit card company prior to departure to tell them when you will be gone and to get an international pin if necessary.
  - Visa and Master Card are generally accepted. Discover and American Express are usually not accepted.
- Have two cards in case something happens to one of them.
- Get familiar with the Euro/Pound and find out the exchange rate.
- Get at least $100 worth of Euros/Pounds at your bank before you depart (or at the airport).
Culture Shock

- **Honeymoon**
  - Everything is great, nothing is wrong, I’m having a wonderful time!

- **Shock**
  - There are so many differences in this country that I don’t know how to deal with them. I didn’t think things would be like this.

- **Negotiation**
  - I’ve learned to deal with the problems set before me and can integrate them with my own beliefs.

- **Acceptance**
  - I’m able to live well in the environment with the differences I’m experiencing.

(Re-entry Shock is just as real as Culture Shock.)
Culture Discussions

- Do not be the “ugly American.”
  - Never forget that you are the visitor.
  - Mind your manners.

- Expect people to ask you about US politics.
  - Decide how you want to engage in those discussions.

- Expect ordinary things to be different.
  - Patience is essential.
  - Be flexible.
  - Observe and learn.
Questions?

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