Spring Break 2019
Germany

Study Abroad
College of Agriculture,
Food and Natural Resources
University of Missouri
Program Information
Program

- Program Dates
  - March 21 (departure) – March 31 (return)
- 18 MU students
- Faculty Leader
  - Dr. Leon Schumacher
- Course
  - AFNR 2191
Costs

- You will soon receive the updated program fee for this year & financial planning worksheet, if applicable.
- CAFNR Scholarship applications due March 15.
- CAFNR student study abroad loans are available.
Forms

- International Center forms
  - All forms should have been completed by Nov. 15.
  - Your CAFNR to do list should be completed TODAY!
Passports & Visas

- **Passports**
  - You should already have your passport.
  - Make certain your passport is valid for at least three months after your return date.
  - If you just received your passport, please send a photocopy of your name page to Shanon Dickerson today.

- **Visas**
  - 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.
  - U.S. State Department website
    - [https://travel.state.gov/content/passports/en/country/germany.html](https://travel.state.gov/content/passports/en/country/germany.html)

- **Alert Traveler App**
  - [https://www.youtube.com/watch?v=GLbjlJD4kCM](https://www.youtube.com/watch?v=GLbjlJD4kCM)
Health & Safety
Health Information

- You have been asked to fill out health information forms in myStudyAbroad. In case of an emergency abroad, please also relay any health issues or concerns to your faculty leader (and roommate).

- You will receive a Power Point presentation from the MU Health Center. It is essential that you carefully read it before your departure.
Insurance

- GEO Blue health insurance is included in your program fee.
  - You have been enrolled in your insurance.
  - Your insurance card and emergency contact card are part of your emergency packet.
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.
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 cell phones 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 (Embassy website)
- Keep a low profile/don’t be an obvious foreigner (demeanor, dress, jewelry, etc.)
- 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 the Germany address 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.”
Packing Essentials

- To take...
  - “Tidy and neat” casual clothes
  - Clothes you can layer/mix & match
  - Some nice clothes for walking around the city
  - Comfortable walking shoes
  - 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 via apps and social media
  - 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.
  - 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 and find out the exchange rate.
- Get at least $100 worth of Euros 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.

(Remember, 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