

ORAL ROBERTS UNIVERSITY

OFF CAMPUS AND
STUDY ABROAD PROGRAM

HANDBOOK



A WHOLE PERSON EDUCATION WITHIN
A WHOLE-WORLD CONTEXT

Study Abroad Staff & Emergency Contacts

ORU's 24-hr emergency number (Campus Security)
918-495-7750

ORU Off Campus and Study Abroad Program main number
918-495-6765

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U.S. Department of State
24-hr emergency number
202-647-5225 or 5226

U.S. Consulate number at my destination

A Message from the ORU Off Campus and Study Abroad Program

Dear ORU Student:

I am so pleased you are either already making plans to participate in an off-campus study program or are simply interested in finding out more.

First, on an autobiographical note, my enthusiasm for helping students become global citizens began with my son's study abroad experience in England, at Harlaxton College, in 2011. His college experience was greatly enhanced by his exposure to the professors from different parts of the world and their different approaches to their subjects. He also experienced living in a foreign country and came to appreciate his homeland even more. He was able to travel widely around Europe during his semester abroad, and this travel was, in itself, very educational. He still maintains contact with friends he made there and with his host family. He looks back at that semester as one of the highlights of his life.

Second, I hope you consider how an off-campus study experience can benefit you academically and professionally. Current research indicates that employers are looking for global, well-rounded citizens as employees. Your off-campus experience, whether it is at BestSemester's Contemporary Music Center in Nashville, Tennessee or at one of Oxford's ancient colleges, will transform the remainder of your undergraduate experience and give you a professional advantage as you begin seeking employment after graduation.

Whether you are prayerfully considering whether off-campus study should be part of your ORU undergraduate experience or are just weeks from packing your bags, know that ORU's Off Campus and Study Abroad Program is committed to being a resource for you and supporting you in prayer in this exciting season. This handbook is just one of our efforts to ensure you are well-informed and can make the most of your study abroad experience.

Please do not hesitate to stop by my office for a chat or contact me by phone or email. I look forward to hearing from you!

In Christ,

Dr. Joann Allen
Director, Off Campus and Study Abroad Programs
English and Modern Languages Department, GC 5A02
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918- 495-7391

Acknowledgements

I would like to thank the University of Tulsa and Ohio State University's study abroad programs and their directors for creating handbooks that served as models for this one and for generously allowing us to use and adapt various sections of their handbooks for our purposes.

I would also like to thank my honors intern, Noelle Smits, who for two and a half years engaged in painstaking research and writing to help ORU's Off Campus and Study Abroad Program produce this handbook. She brought to the project an amazing intellect, unparalleled attention to detail, and a passion for study abroad and for Christ. One example of her aesthetic and intellectual sensitivity is her selection of photos. She chose images that not only complement the content of the handbook's various sections but that also are careful to reflect a Christ-like sensitivity to the various cultures represented in them. The result is a handbook that is hugely informative, readable, and beautiful. Noelle, you were pure joy to work with and have set a standard few will be able to match. Thank you!

I would also like to thank the many current and past ORU students who sent us photos from their study abroad experiences. Thank you for your generosity in giving us permission to use them and a stunning array of gorgeous photos from which to choose. Thank you for helping us to create a handbook that will enable many more students like you have equally enjoyable experiences off campus.

Dr. Joann Allen
Director, Off Campus and Study Abroad Programs
August 2015

Table of Contents

Study Abroad Staff & Emergency Contacts

A Message from ORU Off Campus & Study Abroad Program

Chapter 1: Before Departure

ORU Honor Code and Conditions for Studying Abroad

Study Abroad in the Christian Worldview

The Benefits of Studying Abroad

Globalization and Developing Global Citizenship

Pre-Departure Checklist

On-Campus Pre-Departure Orientation

Program Costs/Financial Aid and Scholarship Information

Passport

Visa

Non-U.S. Citizens

Immigration and Customs

International Student Identity Card (ISIC)

Travel Arrangements

Green Travel

Chapter 2: Academics

ORU/Study Abroad Enrollment

Enrollment Abroad

Study and Time Management

Grades

Academic Credit and Credit Evaluation

Chapter 3: Overseas Housing

Chapter 4: Health

Health Pre-Departure

Sharing Information

Physicals and Check-Ups

ORU Insurance Requirement

Counseling and Consultation Service

- Students with Disabilities
- Prescriptions and Prescription Letters
- Jet Lag
- Mental and Physical Health
- Infectious Diseases and Inoculations
- Allergies/Medical Conditions
- Walking
- Health In-Country
 - Food/Water Safety
 - Getting Medical Care
 - Medical Emergencies
 - Other Emergencies
 - Emergency Contact Guidelines
 - HIV/Aids

Chapter 5: Safety

- Study Abroad and Safety
- STEP: Smart Traveler Program
- U.S. Department of State Information for Students
- Travel in Your Country/Region
- Top 11 Ways Not To Become a Victim of Crime
- Don't Take Unnecessary Risks
- Sexual Harassment
- Harassment Burn Out
- Dating and Sexual Behavior
- Personal Boundaries
- Nonverbal Communication
- Persistent People
- Trust
- Concept of Female/Male Friendship – Boundary Misunderstandings
- Women and Traveling Abroad
- Alcohol
- Drugs
- Politics
- Safe Road Travel
- U.S. Department of State Advisories
- Emergencies Stateside and Abroad
- U.S. Embassy

Chapter 6: Cultural Adjustment

- Expectations
- Practical Tips for Christian Witness While Studying Abroad
- Differences Make the World Go Around
- Don't be Afraid to Try New Things
- Be Patient, Open, and Friendly
- Stereotypes
- Avoiding Giving a Negative Perception of Americans
- Educate Yourself
- Culture Shock
- Suggestions for Overcoming Culture Shock
- Gender
- Racial Diversity
- Sexual Identity

Chapter 7: Money and Budgeting

- How to Exchange Money
- Safety with Money
- Budget Management
- Saving Money
- Cash
- ATM/Debit Cards
- Credit Cards
- Traveler's Checks
- Opening a Bank Account Overseas
- Running out of Money Overseas

Chapter 8: What to Take With You

- Packing for Study Abroad
- Do Not Take
- Copies, Copies, Copies

Chapter 9: Communication

- Changing Your Mailing Address with ORU
- Communication with ORU
- Email Communication
- Telephoning from Overseas
- Social Media

Chapter 10: Returning Home

- Reverse Culture Shock
- Study Abroad Final Survey
- Grades and Credit Transfers
- Where to Live at ORU
- Re-Entry and Ways to Stay Involved Internationally
- Post Travel Health Issues
- Final Thoughts

Useful Websites

NOTE: ORU's Off Campus and Study Abroad Programs office expects you to read this handbook and all of the other materials you receive from our office carefully. We encourage you to ask questions about anything that you do not understand. We also suggest that you leave a copy of this handbook with your parents or guardian.

DISCLAIMER

ORU's Off Campus and Study Abroad Programs works to ensure that the information in its brochures, advertisements, handbooks, web pages, and other print and non-print materials is accurate as of the time they were produced.

However, ORU and its Off Campus and Study Abroad Programs office makes no guarantee that contact information, web sites, costs, fees, starting dates, ending dates, housing options, content of the academic programs or availability of programs will remain the same as they are described in its print and non-print materials.

Further, ORU and its Off Campus and Study Abroad Office assumes no liability for losses caused by changes to or unintentional errors and/or inaccuracies in these materials.

Before Departure

ORU Honor Code & Conditions for Studying Abroad

As an ORU study abroad student, you are expected to attend all classes and to participate in all program activities, including on-site orientations, program field trips, excursions, and other group activities. Just as important, you are expected to conduct yourself in a manner that reflects positively on you, your university, and your country. As a member of the ORU student academic community, you have important rights and responsibilities as outlined in the ORU Honor Code Pledge. The Pledge applies to not only on-campus conduct of students, but also to off campus conduct of students, including those who participate in study abroad programs. The Honor ORU Honor Code Pledge identifies prohibited types of conduct that will subject a student to university discipline.

Inappropriate behavior abroad that is in violation of the Honor Code, the rules and regulations listed in the *Student Handbook*, or ORU policy can result in your dismissal from a study abroad program and subject you to disciplinary sanctions upon your return to campus.

Also be aware that while you are studying abroad, you are subject to the local and national laws of the host country. Once you leave the United States, you are not protected by U.S. laws and constitutional rights. Therefore, it is important to be informed about the laws of the countries you will be visiting and abide by them.



Rhine River, France / Marie Baker

Study Abroad in the Christian Worldview

Oral Roberts built ORU on God's authority and the Holy Spirit, receiving and obeying the commission to "Raise up your students to hear My voice, to go where My light is dim, where My voice is heard small, and My healing power is not known, even to the uttermost bounds of the earth. Their work will exceed yours, and in this I am well pleased." Oral Roberts University's mission directly aligns with the Great Commission that Jesus gave to all of His disciples in Mark 16:15-16: "And He said to them, "Go into all the world and preach the gospel to every creature."



Oxford, United Kingdom / Lauren Stanley

In accordance with this scriptural mandate, ORU seeks to train YOU to go into every person's world. To do that, you need to be well-prepared – spiritually, socially, intellectually, and physically (1 Thessalonians 5:23-24). In the ORU Off Campus and Study Abroad

Program department, we believe that the study abroad experience can be a unique, highly beneficial aspect of your whole person education. Study abroad can help provide the crucial intellectual and professional knowledge that you will need to succeed in your career. Spiritually and socially, studying abroad can help you better understand the extent of God's love for the whole world and for every people group as you literally go "even to the uttermost bounds of the earth!" Whether you believe you are called to be an evangelist to the nations, a business person on Wall Street, a teacher in your own community, or anything else, the greater sense of compassion, sensitivity to others, and cultural awareness that study abroad fosters helps you to be effective wherever you are. You may want to prayerfully consider how study abroad can empower you to go into every person's world and fulfill the calling God has placed on your life.

The Benefits of Studying Abroad

You are a college student. That means your life is probably a complex mélange of classes, extracurricular activities, internships, service learning, and church involvement – not to mention networking with friends and acquaintances, time

you spend with the friends you want to keep forever, and the occasional romantic intrigue that catches you off-guard. In this colorful mosaic of life, why choose to integrate a piece called “Study Abroad”? Why leave family, friends, and everything you know to study in a foreign country?



As a student considering studying abroad, you should know that rarely will one summer, one semester, or one year of your life yield so many benefits in such a variety of areas. For example, consider the option of studying abroad for one semester. Those weeks cannot be compared to any other of your life. Why?

- **Academics:** While abroad, you will interact with foreign students and professors who challenge and stretch your knowledge base and worldview. What will you learn in France, Taiwan, or Argentina that otherwise would not have been possible if you exclusively studied in the United States?
- **Professional preparation:** Study abroad should play an indispensable role in your career preparation and professional development – not to mention that employers worldwide place great value on seeing study abroad on a resume!
- **Language Skills:** Studies have proven study abroad students’ “greater capacity to develop communicative capacities in languages” (36). If you are serious about developing greater fluency in a foreign language, the study abroad experience is incredibly beneficial.

Carcassonne, France / Noelle Smits

- **Personal growth:** Study abroad can positively shape your worldview and help you to understand yourself and your place in the world. It compels you to re-examine the way you live your life in the context of others who

may live equally as happy and fulfilled lives but in a much different manner.

- **Spiritual growth:** Study abroad causes students to explore their “own identity [and] lifelong commitments and allegiances” (43). We pray that the study abroad experience will affirm and strengthen your core beliefs as a Christian, reveal to you the Father’s heart for the whole world, and increase the amount and depth of compassion you have for others.
- **Cultural and social awareness:** While abroad, you will be challenged to recognize and value others’ diverse heritages and presented with the opportunity to share your own. Not only will you see the similarities that highlight our common humanity, but you will learn to focus on the value of the *differences* and then embrace them. Your sincere curiosity about others’ ways of life will increase and you will learn problem-solving and appropriate cultural interaction through practice.
- **Moral development:** Studying abroad heightens your awareness of global and humanitarian issues and if you allow, can awaken the moral responsibility and creativity inside of you to effectively confront these problems through the power of the Holy Spirit.
- **Global citizenship:** Studying in a foreign nation encourages further patriotism for your own country and simultaneously helps you develop your global citizenship. The experience can help you feel a sense of belonging, a feeling of being “home,” wherever God places you.

The piece labeled “Study Abroad” lies before you – how will it become part of your mosaic?



Jinshanling, China / David Belousov

Globalization and Developing Global Citizenship

While researching study abroad opportunities, you have probably seen the word “globalization” in study abroad promotional material or advertisements and read about how study abroad will help you become a “global citizen.” However, you may never have seen these words defined. What do these terms even mean, and how are they important to you?



Paris, France / Tanesia Brazington

Globalization – Our Changing World

Fast-paced and constantly changing, our world is markedly different than it was even a decade ago. Advances in technology and communication have empowered us to transcend national and international barriers, and fewer and fewer places in the world may be called “remote” anymore. Communities often have a distinct multicultural nature, and the workplace is a melting pot of increasingly international dimensions. Working on multinational teams and for organizations with international connections is more common than ever before. Moreover, modern nations rarely make major policy choices without the intricate and vast political, economic, and cultural influences of other nations.

What kind of knowledge and skill sets will YOU need to succeed in this changing, globalizing world? As Dr. Riall W. Nolan of Purdue University, a senior university administrator specializing in international education and development, notes, “You can be a heck of an engineer, for example, but do you know how to work with the Germans, the Japanese, or the Brazilians to develop the next generation

of fuel-efficient vehicles? You may be a whiz at growing corn or soybeans, but can you show the people in Africa how to do that? Individuals who have acquired this ability will have an enormous advantage in the coming years. They will not only be better at dealing with events and situations—they will be in a better position to shape and direct them from the outset” (268).

Not only is it the mark of an educated person to understand something of the world outside his country’s borders, but possessing global-mindedness empowers a person, increasing his effectiveness and impact in his field of influence.

Becoming a Global Citizen and Post-Study Abroad

You may wonder, “Well, how to do I develop this global-mindedness? How do I actually become a global citizen?” Studying abroad is a great place to begin! Immersing yourself in a foreign culture and language can greatly assist you as you begin to understand and develop your identity as a global citizen. However, know that fully realizing this goal may be a process. It may not happen because of just one summer or semester abroad in one location. In fact, you might actually feel more like a reaffirmed American citizen upon your return from study abroad than



Burano, Italy / Marie Baker

a citizen of the world. Or, you may feel like you’ve become a “global citizen” but worry that you could “lose” this newly-gained status after you return home. Whatever you may feel, don’t be disheartened! You don’t necessarily need to study abroad or even travel to become a global citizen. A core aspect of global citizenship is actually its local dimension. It has much to do with gaining cross-cultural awareness, developing intercultural skills, and comprehending global

dynamics—processes that may occur within the context of your own community. So, when you return home from study abroad, take advantage of local opportunities provided to you. Research service learning opportunities. Participate in internship options with diverse cultures, people, and places not necessarily familiar to you. Seek environmental and social justice in your community. Educate yourself about global systems and dynamics. Choose to navigate unknown environments. Your formation as a global citizen need not end when you return home from study abroad.



Barcelona, Spain / Noelle Smits

Pre-Departure Checklist

☐
☐

Decide **where and when** you would like to go.

Schedule a meeting with a study abroad coordinator.

- Students wanting to study in **Spanish-speaking countries** are required to see Sra. Calderon, GC 5B04, ext. 6775, bcalderon@oru.edu
- Students wanting to study in **Francophone countries** are required to see Dr. Stephanie Coker, GC 5B07, ext. 6770, scoker@oru.edu
- Students wanting to study in **all other programs or areas** are required to see Dr. Lori Kanitz, GC 5A02, ext. 6064, lkanitz@oru.edu

- ☐ Download the **ORU Study Abroad Packet** from the website and complete all required steps for completion and submission of the application.
- ☐ **Apply** to the program you plan to attend.
- ☐ Apply for **scholarships**. See list of possibilities on the website and in the Study Abroad Office.
- ☐ Make sure your **passport** is valid for at least six months after your planned return to the U.S. If not, renew it now. Depending on your program and length of stay, you may need a Student Visa/study permit.
- ☐ Depending on the program you wish to attend, you may need to arrange for **housing**.
- ☐ Do research, talk with students, and **inform yourself** about the culture; current affairs; economy; history of religious influences; and political and governmental structures in your country of study.
- ☐ Start searching for **plane tickets** preferably about three months before departure unless you are going in low season. Make reservations, if possible, two months ahead.
- ☐ Set up **Power of Attorney** so that another person can send your financial aid disbursement to you. Usually the best way is to have the money deposited so you can access it with ATM while abroad.
- ☐ Read through this **handbook** thoroughly and jot down questions to ask at the Pre-Departure Orientation.
- ☐ Inform your study abroad coordinator of your **final dates** of departure and return. This will affect your insurance coverage.
- ☐ Arrange for continuation of your regular **health insurance coverage** while you are studying abroad.
- ☐ It is recommended that you make an **international travel appointment** at the Student Health Services at (918) 495-6341 or with your healthcare provider.
- ☐ **Pay all required ORU fees** and clear all registration holds.
- ☐ Register yourself with the U.S. Department of State's Smart Traveler Enrollment Program (**STEP**) at travel.state.gov/travel/tips/registration/registration_4789.html
- ☐ If you are on any **medication(s)**, acquire enough to last the duration of your trip.
- ☐ **Make copies** of important travel documents.
- ☐ Discuss **safety concerns and emergency contact procedures** with parents.
- ☐ Visit the websites listed at the end of this handbook.
- ☐ Make **housing arrangements** for after your return from your study abroad program.
- ☐ Attend **required pre-departure orientation** meeting in the last month of the semester. Here you will get your final signature from the study abroad coordinator.

- ☐ **Stay in touch!** Contact your ORU academic advisor and study abroad coordinator while you are abroad. Any change in classes taken would need their approval. Have your transcript sent directly to ORU Registrar. Attn: Transfer Coordinator.
- ☐ Upon your return, please fill out a final survey/questionnaire in the Study Abroad office.



Amboise, Loire Valley, France / Noelle Smits

On-Campus Pre-Departure Orientation

In an effort to help you prepare for studying abroad, there will be a **mandatory** pre-departure orientation meeting. This meeting will provide basic information about studying abroad as an ORU student and cover specific program information. By having the correct information about your program, you can save time and avoid unnecessary mistakes. **Your study abroad trip will not be officially approved until you attend this orientation.** During this meeting, you will:

- Receive basic information pertinent to your program (travel, visa, housing, health information, transfer of credits, etc.).
- Learn safety and security protocol
- Meet other student participants.
- Discuss academic expectations for your program and host country academic standards.
- Have an opportunity to ask questions.



Paris, France / Tanesia Brazington

Program Costs

The costs of studying off campus vary widely depending on the program. As part of the application process, you will work with your

study abroad coordinator to develop a budget. You will also meet with members of the ORU Financial Aid and Student Accounts staff to discuss your plans, review what financial aid you might be eligible for, which if any scholarships you may have received will help offset the costs of off-campus study.

Scholarships

Your study abroad coordinator will acquaint you with any program-specific scholarships that you might be eligible for. ORU does not currently have in-house scholarships for study abroad. However, there may be external scholarships to which you can apply.

Federal Financial Aid

The good news is your federal financial aid award can be used for all of the expenses associated with studying abroad, not just your tuition, as long as you remain registered as a full-time student taking at least 12 ORU credits per semester. This means that you can use your aid for your total cost of attendance for your study abroad program, including your airline ticket, travel costs associated with obtaining your visa, your books, and even organized program excursions. Students receiving federal financial aid will need to work closely with the ORU Financial Aid Office to determine a financial aid package that is specific to your study abroad plans. You will be expected to provide the financial aid advisor your completed budget worksheet. Keep in mind that most loan and grant programs have a maximum amount that you can receive during your college career, and federal financial aid for your study abroad is included within that maximum. This is a matter to discuss with your financial aid advisor.

Program Enrollment/Confirmation Deposits

Students are required to pay program deposits directly to their program provider upon acceptance. Essentially, this deposit holds your place on the program.

Here are a few other issues that may affect the total price of your program:

- **Destination:** The cost of living will vary tremendously depending on the country or city in which you will be studying. Keep in mind that Oklahoma has a very low cost of living so it is possible that your living expenses will exceed what you typically spend in Tulsa, especially if you are studying in a major urban center. Your study abroad advisor and program provider should discuss this with you during the application process.

- **Exchange rate:** Currency exchange rates fluctuate constantly. It is a good idea to regularly check online currency converters to stay abreast of the latest rates. One useful converter is FX Converter (<http://www.oanda.com/convert/classic>).
- **Program duration/timing:** While short-term programs may be less expensive, you may find that there are more resources available to you for semester- or yearlong study. Some costs do not change according to the length of time you are abroad.

Fee Payment to Oral Roberts University

Most study abroad and off-campus programs will bill and be paid directly by ORU. ***Be sure to check your ORU Statement of Account prior to the start of each semester that you are studying abroad to confirm that your ORU account is paid in full and clear of any holds.***

Before leaving for your study abroad program, you may want to arrange for a responsible person to take care of your affairs and set up power of attorney so that another person can act on your behalf in financial, legal, and academic matters should you be unable to.

Withdrawal

If you decide not to participate in a study abroad program, you must inform the program coordinator immediately by email. If you decide to withdraw from the program, or if you do not meet the conditions for participation in an ORU study abroad program after acceptance to that program, you need to understand that your decision will have financial and/or academic consequences. You may lose all or part of your deposit to the program, academic credit for courses, and eligibility for federal financial aid.

Direct Deposit

When you meet with Financial Aid and Student Accounts about your financial arrangements for paying tuition and fees for your time off campus, you may want to discuss setting up direct deposit into your personal bank account. You do not have to establish a bank account locally to use direct deposit. Refunds may be electronically transferred to any bank in the United States. This is highly recommended since it will mean you do not have to make arrangements for financial aid checks to be mailed and deposited, and you will have direct access to your funds from anywhere in the world.

Passport

A passport is an internationally recognized travel document that verifies the identity and nationality of the traveler. A valid passport is required to enter and leave most countries. Only the U.S. Department of State has the authority to issue U.S. passports.



Dublin, Ireland / Tanesia Brazington

NOTE: Due to potentially long delays in processing time for new and renewed U.S. passports, for both regular and expedited services, you must apply for your passport as early as possible. You need your original Birth Certificate for the application.

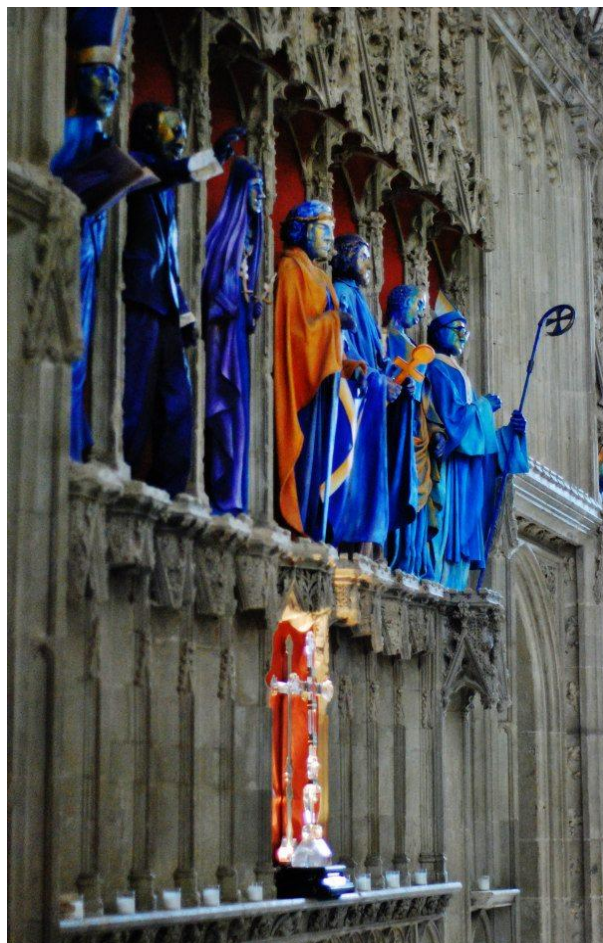
Passports are required for every ORU study abroad program. None is needed, however, for domestic off campus programs. If you do not have a passport and need one, apply for one immediately. Passport applications for U.S. citizens are available at many post offices, including the Campus Post Office on West 18th Avenue in the Journalism Building. Detailed passport information and application forms can also be found on the web at travel.state.gov/passport.

If you currently have a passport, check the passport expiration date. Most countries require that your passport be valid at least six months beyond the end date of your study abroad program. If your passport will expire before then, you should apply to renew your passport immediately.

Visas

A visa is an endorsement to a passport that indicates that the traveler meets the eligibility requirements to enter a foreign country for a specific purpose. The immigration official at the border (port of entry) permits the traveler to enter the country. A visa is issued by the consular section of the embassy of each country. Keep in mind that the amount of time to apply and process a visa varies according to each country's requirements.

Visas are required for some ORU study abroad programs. To determine if a visa is required for your study abroad destination, visit the Embassy and Consulate Directory at embassy.org. U.S. citizens can consult the



Oxford, United Kingdom / Lauren Stanley

U.S. Department of State website at travel.state.gov. Go to International Travel for U.S. Citizens, select the country you are visiting, Entry/Exit Requirements. You will also want to consult your study abroad coordinator to see if you need a visa and, if you do, whether the visa application will be sent as a group by the coordinator or if you will need to apply individually.

Non-U.S. Citizens

If you are not a U.S. citizen, let your study abroad coordinator know immediately. Visa requirements are often different for non-U.S. citizens.

If you are an international student, be sure to consult an international student advisor to have your immigration document(s) reviewed and signed before you leave the United States. Visa requirements will vary from country to country for non-U.S. citizens, and it is your responsibility to apply for and obtain the necessary travel documents according to your own country of citizenship. If you are a

sponsored international student, special permission from your company or government sponsor may need to be requested. If this applies to you, discuss this with your study abroad coordinator prior to departure.

Immigration and Customs

When you arrive and depart from your host country, you will be required to pass through Immigration and Customs. Immigration will check your passport and visa (if required) and Customs may check your luggage to ensure that you are following the import/export regulations for the country. You will also have to pass through Immigration and Customs when you return to the United States.



Sebaste, Israel / Seth Whitaker

International Student Identity Card (ISIC)

The ISIC, sponsored by the Council for International Educational Exchange, provides the most widely accepted proof of student status worldwide. The ISIC enables students to receive a number of special privileges and discounts throughout the world, such as reduced or free admissions to museums, theaters, concerts, and cultural and historical sites, as well as discounted prices on airfare and other travel. It may also be used as a phone card, and if the card is purchased in the U.S., it provides basic accident and sickness insurance for travel outside of the United States. For more information about the ISIC and benefits, visit isic.org.

Travel Arrangements

Most ORU study abroad programs require that you make your own travel arrangements, while others arrange a group flight so that participants may travel together. Group flights are required for most short-term programs. There are numerous travel agencies who can assist you in making your travel arrangements. You can monitor websites where cheaper airline tickets may be on sale. If you need to make your own travel arrangements, you should be aware of a special class of discounted airfare, appropriately called “student airfares,” available only to students currently registered at degree-granting universities. Student airfares are generally cheaper and more flexible than published fares offered to the general public through travel agencies, online travel sites, or the airlines themselves. For

example, student airfares permit one-way, or “open jaw,” travel and stopovers and allow travel for as long as a full year. Student airfares are available on major airlines only from student travel agencies like Student Universe.com (studentuniverse.com) and STA Travel (statravel.com). Generally it is a good idea to do some comparison shopping before purchasing an airline ticket. It is also beneficial to shop early for tickets. The earlier you plan your trip, the more choices you will have in terms of prices and schedules.

Note: *If you make your own flight arrangements, you are required to give a copy of your flight itinerary to your study abroad coordinator prior to your departure.*

Green Travel

Many ORU faculty, staff, and students are increasingly interested in ways to travel “green,” although what this means and how it can be applied to study abroad varies widely. Green travel is an overarching term used to describe responsible travel practices that focus on economic, socio-cultural, and environmental sustainability.



Costa Rica / Megan Cain

Green travel is about making sure that travelers choose businesses, tour operators and transportation methods that maintain and preserve the ecological integrity of the environment and contribute to local community development; meeting the needs of the present without compromising the needs of current or future generations.

M – Modes of transportation

Consider walking or cycling during your trip, using public transportation, renting hybrid vehicles and choosing to travel by train when possible.

O – Offsets and environmental policy

Calculate and offset the carbon dioxide emitted by your travel and buy your trip from companies with policies that consider environmental, economic and socio-cultural norms.

D – Dollars spent locally

Ensure that local people benefit from your trip by spending money in community or locally-owned business and working with tour operators and lodges that employ local people.

E – Environmental conservation

Choose a trip that strengthens conservation efforts and enhances the natural integrity of the places you visit, including protected areas and wildlife habitats.

R – Respect for local culture

**ORU STUDY ABROAD & OFF-CAMPUS
PROGRAMS HANDBOOK**

Immerse yourself in and accept the differences of other cultures — learn about their customs and social norms before you visit, and speak their language when possible.

N – Natural resource use

Reduce, reuse and recycle — consider the efficient use of water, energy and building materials, as well as the method of waste disposal used by your tour operator or lodging establishment.

—Adapted from Green.Travel. Developed in conjunction with Frances Figart.



Martigues, France / Noelle Smits

Academics

ORU Study Abroad Enrollment

As part of the application process you are required to meet with your ORU academic advisor to obtain approval for the courses you plan to take while abroad. Before you leave for your program abroad, make a copy of your study abroad packet to take with you for reference. Maintain correspondence with your academic advisor while abroad. It is advisable to bring back to ORU all course documents, syllabi, papers, tests and textbooks for courses you took at the host university or program because these will aid in the credit transfer process.

Your application process also requires you to meet with ORU's registrar to ensure that you maintain active student status while you are abroad. You will need to obtain the registrar's signature as part of the final set of signatures on your application packet. Failure to enroll at ORU with the registrar before going abroad may jeopardize your status as an ORU student. Students must also be enrolled full time at ORU during their semester or summer term abroad in order to maintain current student status.

Students can enroll in a minimum of 12 ORU credit hours and a maximum of 15 ORU credit hours per semester. Students are required to be enrolled full time as determined by the host university or program provider during the period of study abroad; that means the number of courses you take abroad may vary. Enrollment for summer programs will vary depending upon the length of the program and the number of class contact hours. All students must have their academic advisor's approval for coursework taken abroad.



Beit Jala, West Bank, Israel / Rebecca Morris

Registering For Next Semester's Classes While Abroad

The ORU Off Campus and Study Abroad Program is not authorized to register students for classes following their return from study abroad. Therefore, you are responsible for registering yourself for the semester upon return from studying abroad.

There are several ways to register while abroad. You can do so online through VISION. Be sure to communicate with your academic advisor before and during your time off campus to ensure you enroll in the correct classes. If you will return in time, you can also wait until you arrive back in the United States to register for classes. Be sure that all holds have been removed from your ORU Statement of Account (parking tickets, library fines, health insurance, etc.) prior to leaving for your study abroad program or you will not be able to register while you are overseas.

Study and Time Management

The academic learning environment abroad will most likely differ from what you are accustomed to in the United States. For some program types and certain destinations, you may be enrolled in courses that require you to be more self-directed in your academic endeavors. You may be taking courses that do not require you to attend classes all the time, so you could have much more time for independent studying and preparation outside the classroom. This means that you will have to organize your study time accordingly. Often this learning environment can be somewhat difficult for U.S. students who are accustomed to having their time scheduled and getting credit for simply attending class. Remember, a good balance between work and play is vital to success abroad. Academic expectations inside and outside the classroom are typically discussed during the on-site orientation abroad and tutoring can often be made available to assist students to manage successfully a different learning environment.



Albarracín, Spain / Joy Stark

Grades

Grading systems vary across the globe. Regardless of the grading system used, you should ask at the beginning of your program how you will be evaluated and who is responsible for submitting the final course grades to ORU. In many cases, the course syllabus will define course objectives and requirements, including criteria for grading. If a course syllabus is not available, consult your host university about course requirements and grading criteria at the beginning of the program. At the end of your program, you will be responsible for informing your host institution that your academic transcript should be sent to the ORU Registrar's Office.

Academic Credit and Credit Evaluation

All course work you take overseas will be for graded ORU credit. All credits earned are transferable to ORU pending approval of individual academic departments. Consult the host institution's website for course descriptions and/or syllabi for the classes you wish to take overseas. You will need to obtain pre-

approval for the courses you will be taking while studying abroad from the ORU academic department offering the course for which you hope to receive credit.

Before leaving for your study abroad program, you will want to meet with your academic advisor to inform him or her of your study abroad plans. ORU academic departments approve ORU equivalency credit for courses completed during your study abroad program, but your academic advisor will advise you on how your study abroad credit fulfills graduation requirements (major, minor, and/or elective credit hours). You should contact your academic advisor well in advance of your study abroad program to help you plan your course schedule for the semesters preceding and after your study abroad program so that you continue to make progress toward your academic degree without interruption. You will also want to take your academic advisor's phone number, email, and mailing address with you overseas. This information will be useful when it is time for you to register for the classes you will be taking at ORU the semester following your return.

We recommend the following steps:

- Review the course descriptions on your off-campus study program website or in the host institution's course catalog and determine what courses you intend to take while abroad. It is a good idea to have several "back-up" courses approved in case the courses you intend to take are not offered or are full.
- Schedule a meeting with your academic advisor to review the course descriptions and see if they meet ORU course equivalencies.
- If you plan to take courses in different departments, and you wish to receive credit from each of those departments, you must meet with the chair of that department and get permission *in writing* to take that course for ORU credit. For example, if you plan to take a history course, an art course, and a psychology course abroad and would like to receive credit in each of those departments, you must meet individually with each respective department chair. Be sure to take to your meeting the course description and/or university catalog so that the chair can evaluate whether it is equivalent to a course ORU offers.
- Have your academic advisor and/or the relevant department chairs sign your study abroad application packet, approving your selection of courses.

Credit for Courses Abroad

Coursework taken abroad can transfer back to your permanent ORU record and fulfill major, minor, block and elective credits to satisfy graduation requirements, pending the registrar's approval, and upon successful completion whilst abroad.

**ORU STUDY ABROAD & OFF-CAMPUS
PROGRAMS HANDBOOK**

Upon completion of your courses at the off campus institution or program, you will be responsible for having your transcript sent to the ORU Registrar.

Students have two options for transferring courses taken off campus to ORU, in consultation with their academic advisors: (1) students take courses for the actual grade from the host school, which will affect the overall ORU GPA; or (2) students take courses for the actual grade from the host school. In that case, the course will be treated like any transferred course. It will count toward the fulfillment of graduation requirements but the grade will not become part of your overall GPA. You must discuss in advance with your study abroad coordinator, the academic department awarding transfer credit, and the Registrar which option applies to your situation.

In both cases, students will receive an official grade report or transcript from the host program or institution, and all transferable coursework taken abroad will appear on the permanent ORU record.

Overseas Housing

Housing varies with each study abroad program. Some programs offer on-campus dormitory accommodations, home stays with local families, or a choice of housing options. In a few cases, you may be responsible for securing your own housing. To learn about the housing options offered for your program, consult your study abroad coordinator. It is always a good idea, regardless of your housing situation, to take your own towel(s) and washcloth(s). You may want to bring several small inexpensive gifts, perhaps something that represents the United States or ORU (for example, T-shirts, coffee mugs, cookbooks, etc.) to give to a roommate, new friends, or home stay family. These gifts will be greatly appreciated.

If you are living in a home stay with a local family, your experience will depend as much on your cooperation and courtesy as it does on the family. As a guest in a home, the ORU Off Campus and Study Abroad Program recommends that you:

- Help out with daily household tasks, as culturally appropriate, such as washing the dishes.
- Ask permission to use the telephone and pay adequately for your calls, as local calls typically cost money. Phone cards may be a better and less expensive option.



Valencia, Spain / Joy Stark

**ORU STUDY ABROAD & OFF-CAMPUS
PROGRAMS HANDBOOK**

- Be receptive to activities planned by your host family.
- Ask permission before helping yourself to food in the refrigerator.
- Do not use an excessive amount of hot water.
- Establish guidelines with your host family that are mutually acceptable for late night outings.
- Be flexible and try to fit in with the family's routine. If you are unsure of something, learn from the other family members and ask questions.

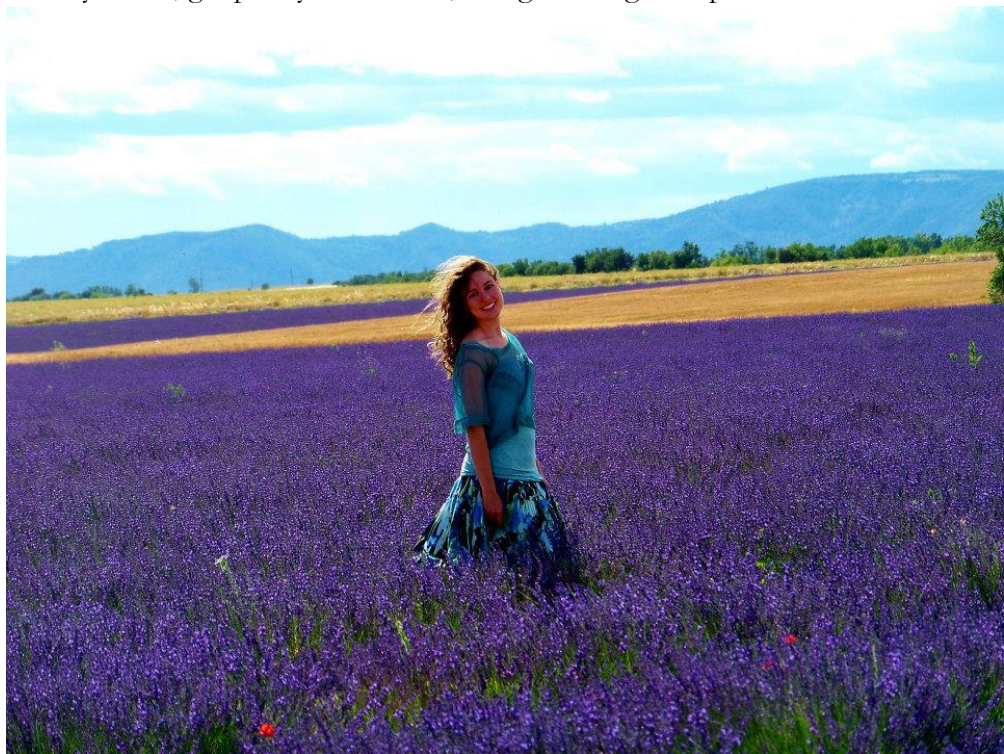


Valencia, Spain / Joy Stark

Health

Health Pre-Departure

Keeping yourself in good health is import when you study overseas. Changes in climate, the fast pace of travel and different types of food may cause health problems abroad. Exposure to new foods, water sources, and climates can cause illness. The best way to stay healthy while you're overseas is the same way you stay healthy when you are at home: eat healthy foods, get plenty of exercise, and get enough sleep.



Provence, France / Noelle Smits

Sharing Information

Through the emergency information and health questionnaire in your study abroad packet, ORU Off Campus and Study Abroad Program asks you to tell your study abroad coordinator about any allergies, physical, and/or mental health conditions that may affect your study abroad experience. This is critical since for many chronic or cyclical conditions (physical and mental), changes in diet and schedule can trigger an acute episode. Information that you share on your



Casa Batlló, Barcelona, Spain / Hannah Covington

Emergency Information Form with your study abroad advisor will be treated confidentially, will not jeopardize your participation in the study abroad program, and will assist the ORU Off Campus and Study Abroad Program in helping you receive proper services and care while abroad.

Physicals and Check-Ups

We recommend that you get a complete physical, eye exam, and dental checkup before going abroad. Talk to your doctor about any specific health concerns or conditions you may have and discuss ways to cope with these issues before you travel overseas.

ORU Insurance Requirement

There is a mandatory health and accident insurance requirement for all ORU students who participate in a study abroad program. As part of the application process, your insurance amount will be calculated based on the number of days you will be away and will be billed directly to Student Accounts. While participating in an ORU study abroad program, you are also required to maintain your primary insurance coverage. You will be asked to provide information about your current health insurance provider in your application packet.

Mental and Physical Health



Oxford, United Kingdom / Lauren Stanley

It is important to note that the standards of mental health care are not the same abroad as they are in the U.S. If you are currently receiving psychological treatment or treatment for any physical condition, it is very important that you discuss your program abroad with your doctor and/or counselor so that you are aware of what you need to do in order to continue treatment. It is equally important to disclose any information regarding your physical and mental health on the appropriate forms in your study abroad packet so we can assist you with any special needs, accommodations or give general advice on the risks you might face.

For many chronic or cyclical mental health conditions, changes in diet and schedule can trigger an acute episode. Prior to departure, discuss with your

doctor and/or counselor suggested coping skills for living in a culturally different environment. ORU Counseling Services provides free and confidential counseling services to all ORU students. For more information, see the counseling center's web page under the "Services" tab for current ORU students.

Students with Disabilities

Just as cultures differ from country to country, so do perceptions of disability and accommodations. Some countries may have a wide range of services for students with disabilities, others may rely on peer or family support, and some may have limited disability accommodations available. The most important quality for any study abroad participant is flexibility and an open mind. As a study abroad student, you are going overseas to experience a different way of life, which may also include a different way of dealing with your disability. If you are a student who requires academic accommodations through the Office of Disability Services, you *must* communicate this to the ORU Off Campus and Study Abroad Program

and host institution, so that each has an opportunity to consider alternative ways to meet your needs. Your study abroad coordinator and an ORU Disability Service Center counselor can assist you in determining the type of accommodations possible for your program and what other considerations you ought to think about before studying overseas.



Albarracín, Aragon, Spain / Etin Odiase

Websites of interest:

- **ORU Disability Service Center:**
http://www.oru.edu/current_students/my_services/student_resources/disability.php
- **Mobility International USA:** miusa.org

Prescriptions and Prescription Letters

When studying abroad, it is important to take with you an adequate supply of the prescription medication(s) you regularly use. It is crucial that you check the Center for Disease Control and Prevention Web site at <http://wwwnc.cdc.gov/travel/> to make sure you can bring your drug into the country in which you will be studying. What may be a legally prescribed drug in the U.S. may be considered an illegal drug in another country (e.g., Ritalin in Japan).

Include an extra supply in case there's an unexpected delay getting home. Get a doctor's signed prescription for any medication you have to take abroad and may

need to have refilled. Some prescriptions may need to be translated if you wish to fill them abroad. Carry prescriptions in their labeled containers as many countries have strict narcotic trafficking laws and may be suspicious of pills in an unlabeled bottle. Be sure the information on the container has your name, your physician's name, and the name of the medication. It is imperative that you take your medication exactly as prescribed by your physician. Discontinuing medication or changing the dose could result in negative consequences for your health. If the required medication is habit-forming or a narcotic drug, or if you are required to carry a large quantity, we recommend you take a doctor's letter certifying your need for this particular medication.

It is also suggested that you take any over-the-counter medications you might normally use at home since these items might not always be readily available overseas. You will then have a supply in case you need some allergy or headache relief on a weekend or when pharmacies are closed. The 24/7 shopping experience is a U.S. phenomenon! Over-the-counter medications could include pain relievers, cold/flu/allergy medications, anti-diarrhea or upset stomach treatments. Finally, include your glasses or contact lenses prescription. Bring an extra pair just in case.

Jet Lag

Jet lag is something that occurs when people fly over multiple time zones rapidly, disturbing their physiological and psychological rhythms.

Some symptoms of jet lag include general discomfort, sleep disturbances, reduced mental and physical performance, and disturbed appetite and eating patterns.



Segovia, Spain / Hannah Covington

Here are a few tips to help lessen the effects of jet lag:

- Try to get enough sleep the week before your trip and try to sleep while on the flight. Bring an inflatable neck pillow for those extra-long flights, which you can also use when you have layovers and need to rest at an airport.
- Reset your watch at the beginning of your flight to the local time of your destination. This will help you adjust to the new time zone.
- Drink fluids! Airplane cabins are very dry places, so drink lots of liquids like water and juice while on your flight. Avoid caffeine which causes dehydration.

- During the flight, take a break by getting up and walking around the cabin frequently or do stretching exercises in your seat. Activity will help your body's circulation and allow you to feel less sluggish after the flight.
- As soon as you arrive in-country, adjust your meal times and sleep schedule to the local time. This will help your body adjust to the new time zone more quickly.
- Be aware that you may feel sluggish, drowsy, and have reduced performance for a few days after you arrive.

Allergies/Medical Conditions

If you are allergic to penicillin or have any other medical conditions that may require emergency care, carry some kind of identification card, tag, or bracelet on your person at all times indicating the specific nature of the problem, spelling out clearly what must or must not be done, should you be unable to communicate (e.g., in case of unconsciousness). Again, disclosing this information on appropriate forms will make those charged with your care aware of these issues in the event of an emergency.

Infectious Diseases and Inoculations

Find out about infectious diseases in the countries to which you will be traveling, and get appropriate shots and pills. If immunizations are required, you need to get those before you leave. Check the CDC's Web site for the latest info: <http://www.cdc.gov/travel/>

Walking

Take a good pair of comfortable walking shoes. Without access to a car, you will most likely do quite a bit of walking in many cases on cobblestone sidewalks, streets, and uneven surfaces. Break in your shoes before you go.



Oxford, United Kingdom / Lauren Stanley

Health In-Country

Food and Water Safety

Poor refrigeration, undercooked meat, poor water supply, and outdoor vendors could pose problems related to food contamination. Be mindful of the source of your water and ice cubes.

Use bottled water, even to brush your teeth in some locations, if necessary. If you get diarrhea or food poisoning, remember to drink plenty of fluids to stay hydrated. It is a good idea to take with you an over-the-counter antidiarrheal medication with you just in case. See a doctor if your condition worsens.



Getting Medical Care

Paris, France / Tanesia Brazington

If you need medical care overseas, ask your program administrator and/or institution's student health services department for recommended physicians, hospitals and dentists. This is usually covered in your onsite orientation once abroad. Make it clear that you expect high standards of hygiene and care. Most medical services and doctors will require advance payments for consultation and services. A credit card can come in handy in this case. Keep receipts for submitting a re-imbursement claim to your insurance company upon your return to the U.S.

Medical Emergencies

What should you do if you become ill or are injured? In the event of a medical emergency, ***use the emergency contact information found on your insurance card provided by ORU.*** If your medical condition requires immediate attention, go to the nearest hospital or medical facility.

Emergency Contact Guidelines

- Contact your resident director, host institution coordinator, or other in-country contact person immediately.
- Contact the ORU Off Campus and Study Abroad Program coordinator
- After hours and on weekends, call Oral Roberts University's 24-hour number at 918-495-7750 to report your emergency. This 24-hour number will be answered by the university's Security personnel, who will take your information and contact the appropriate university personnel.
- Contact your family or appropriate person(s) in the United States and establish a communication schedule.

Other Emergencies

Non-medical emergencies are situations that do not involve injury, illness, or urgent medical attention. Nevertheless, such circumstances can be upsetting and stressful and need to be promptly resolved. In the event of a non-medical emergency, follow the emergency contact guidelines above. In some cases, it may be necessary to file a police report with local authorities, particularly if you are assaulted or robbed. If your passport is lost or stolen, you will need to report it to the U.S. consulate in your host country as soon as possible. If your credit/debit cards are lost or stolen, you should immediately contact the bank or financial institution that issued the cards.

Emergencies Stateside and Abroad

If a relative in the U.S. needs to transmit an urgent message to you while you are traveling, or if someone thinks you have disappeared, he or she may call the Overseas Citizens Services from the U.S. (toll free): 1-888-407-4747; and from abroad and 24 hours/day: 1-202-501-4444. If you are overseas and your traveling companion gets lost or there is an emergency involving a U.S. citizen, contact the Overseas Citizens Services immediately.

If you find yourself in trouble overseas, the Consular Office at the nearest U.S. embassy can provide certain assistance and advice. However, they are limited in what they can



Sea of Galilee, Israel / Rebecca Morris

do to assist you should you get into legal trouble. Consular Offices can help in the event of illness, injury, natural catastrophe, evacuations, destitution, or death. However, consular officers CANNOT cash checks, lend money, act as an interpreter, settle disputes with landlords, get you out of jail, or serve as your attorney.

Any emergency that occurs while a student is abroad should be reported to Security at ORU, the English and Modern Languages Department, and your study abroad coordinator. A university crisis management team is in place to handle student emergencies. After hours emergencies involving students abroad should be reported directly to ORU Security at (918) 495-7750.

HIV/AIDS

HIV (Human Immunodeficiency Virus), the virus that causes AIDS (Acquired Immune Deficiency Syndrome) remains a prevalent health problem worldwide. Contaminated blood and unprotected sexual contact remain the primary means by which HIV is transmitted.

There is no foolproof list of guidelines that will protect you from the AIDS virus. However, while you study abroad, there are things you can do to significantly decrease the risk of infection.

Keep the following suggestions in mind:

- Act responsibly and in accordance with the ORU Honor Code.
- Avoid injections, IVs, or medical or dental treatments unless you are certain that needles and instruments are sterile.
- If you have a health condition that requires injections (e.g., diabetes), you should take an adequate supply of syringes and needles. Please bring a note or prescription from your doctor if you carry syringes or needles with you.
- Avoid blood transfusions if at all possible. If you require a blood transfusion due to an injury, then you, your resident director, or treating physician can call HTH Worldwide at +1-610-254-8771 (collect) for advice before giving your consent.
- Refrain from high-risk activities, which involve the use of needles or syringes such as skin piercing, tattooing, acupuncture, or intravenous drug use.
- Some countries may require foreign visitors (usually those staying more than three months) to take an HIV test. Before traveling abroad, check with the embassy of the host country to learn about entry requirements, whether HIV testing is one of those and if you may need to show documentation upon arrival. To review country specific information, including entry and exit requirements, visit travel.state.gov and click on International Travel.

For more information about HIV and AIDS, contact:

- **ORU Student Health Services Center:**
http://www.oru.edu/current_students/my_services/health_services/
- **National AIDS Hotline:** 1-800-342-2437
- **Centers for Disease Control:** cdc.gov



Salamanca, Spain / Hannah Covington

Safety

ORU's Off Campus and Study Abroad Program is strongly committed to providing a safe, healthy, and productive learning experience for all students participating in study abroad programs. The following guidelines have been developed to promote the safety and well-being of every study abroad participant and to raise students' awareness of potential areas of concern.

Study Abroad and Safety

Student safety and well-being are the foremost concerns of the ORU Off Campus and Study Abroad Program. From initially obtaining the study abroad packet to the pre-departure orientation, the ORU Off Campus and Study Abroad Program

provides guidance on maintaining personal safety while overseas. In addition, the ORU Off Campus and Study Abroad Program implements the following protocol for all of our study abroad students:



Valencia, Spain / Joy Stark



Petite France, Strasbourg, France / Marie Baker

- **All ORU students are required to register with the U.S. Department of State for the period of time they are out of the United States. The website is travel.state.gov/travel/tips/registration/registration_4789.html.**
- Study abroad coordinators maintain regular email and telephone contact with ORU resident directors and/or host institutions where our students are studying.
- **All ORU students are enrolled for supplemental health insurance, which includes emergency medical features.**
- ORU Security can be contacted twenty-four hours a day, seven days a week at 918-495-7550.
- ORU reminds study abroad students to take personal responsibility for their own health and safety.

The ORU Off Campus and Study Abroad Program draws upon a variety of information sources to assess the security situation in countries where we send students. We routinely monitor U.S. government travel advisories issued from the state department and by U.S. embassies. We encourage potential and current study abroad students to regularly visit the U.S. Department of State website (state.gov) for security updates and related information for U.S. citizens who are overseas.

And, of course, we take advantage of the expertise available from ORU faculty with experience in the regions and countries where we send students.

While total safety cannot be guaranteed abroad just as it cannot be in the United States, the ORU Off Campus and Study Abroad Program is committed to taking steps to maximize safety for students who participate in ORU study abroad programs.



Manarola, Italy / Marie Baker

STEP: Smart Traveler Enrollment Program

The ORU Off Campus and Study Abroad Program strongly recommends that study abroad students sign up for the free Smart Traveler Enrollment Program (formerly known as “Travel Registration” or “Registration with Embassies”) to receive the latest travel updates and information from the U.S. Department of State. The website for STEP is travel.state.gov/travel/tips/registration/registration_4789.html.

A well-informed traveler is a safer traveler. Consular officers around the world compile country-specific information, travel alerts, travel warnings, fact sheets and emergency messages to provide you with timely and accurate travel information about every country where you may travel. In addition, STEP reports on possible risks and security threats so that you can make informed decisions about your travel plans and activities. Stay informed by connecting with the Smart Traveler Enrollment Program so you can have safe and enjoyable travels.

International students cannot register through the U.S. Department of State travel website. If you are an international student participating in an ORU study abroad program, you are encouraged to check the website of your home country embassy to find out if you can register your overseas travel. The ORU Off Campus and Study Abroad Program is nonetheless committed to ensuring the safety and welfare of every study abroad student. In an emergency, contact your resident director or host institution coordinator first. If this is not possible, call Oral Roberts University’s Security Department 24-hour emergency number at (918) 495-7750 to locate the help and resources you need.



Chenonceaux, Loire Valley, France / Noelle Smits

U.S. Department of State Information for Students

The U.S. Department of State has also created a very comprehensive website devoted to health, safety, and other important resources specifically for students who are preparing to go abroad at studentsabroad.state.gov.

Independent Travel While Abroad

Depending upon your study abroad program, you may have opportunities to travel in the region where you will be studying. Doing research on the country will help you decide what extra activities to do while you are there. Surf the Web and consult our list of websites in this handbook. Your study abroad advisor and academic advisor will likely be able to give you some program-specific websites as well. Make yourself the most informed traveler possible.

You should also invest in a good travel guide for the country or region you are visiting. Travel guides give you very specific information about the country and culture, even down to which side of the bus offers the best view. They also give price guides that are more in line with a student traveler's budget. The ORU Off Campus and Study Abroad Program recommends guides by Lonely Planet (lonelyplanet.com), Let's Go (letsgo.com), and Rough Guides (roughguides.com). To comparison shop, take a trip to a local bookstore or the Tulsa City-County Public Library and start reading. Beyond guidebooks and websites, students from the host country you will be going and students who have studied there previously

can be a great source of information about the must-see things to do while on your program. Whether traveling through a study abroad program or independently, students need to take personal responsibility for their own health and safety.

Top Ten Ways Not to Become a Victim of Crime

While crime is a reality in every country, travel overseas introduces foreign travelers to new types of risk. As a rule, people are more likely to be targeted by criminals when they are in unfamiliar surroundings and unskilled at interpreting events around them. For Americans with limited international travel experience, many parts of the world represent just this kind of environment. Following are 10 points ORU students should adhere to when traveling the globe:

1. Don't be an obvious foreigner:

More than likely, you'll stand out no matter what you do but make an effort to blend in as much as you can and respect local norms and customs. Loud or boisterous behavior advertises your presence in a very negative way. Not being aware of unwritten rules of conduct or being naïve about the intentions of others around you can put you at a disadvantage in another culture. Display confidence. By looking and acting as if you know where you are going, you may be able to ward off danger.

2. Dress conservatively and leave expensive jewelry at home:

Fashion makes a statement, but others might not interpret your statement the same way you would. What you may consider as casual clothing (shorts, sleeveless tops) might be seen as provocative or inappropriate in another culture. It is often best to dress conservatively and by local standards. Take cues from locals. Choose clothing which will not draw attention. Avoid camouflage clothing and T-shirts with slogans and/or words which could be offensive to the host culture. Also, be sure to avoid clothing with corporate logos or American flags. The developing world often looks at Westerners as rich with money to spare and may try to take advantage of you.

3. Protect yourself and your possessions:

Protect yourself: Adopt an attitude of watchfulness and notice the people in your proximity. If someone seems to be following you, vary your route. Go to a store or a populated place or flag down a taxi. Be sure to use only registered or legitimate taxis. When using public transportation in general, avoid deserted trains, buses, and metros, and move to where other people are sitting. Stay away from deserted streets and exercise caution in unfamiliar neighborhoods. Also, be sure to know the basic help phrases in the local language!

Protect your possessions: Have your valuable items (laptop, iPod, camera, etc.) insured. Wear a concealed money belt or neck pouch when traveling or sightseeing. Also, keep your money in two places. If you are robbed or lose some money, you will have a backup. Finally, know that resisting robbers' demands can lead to unpleasant outcomes. Items are replaceable; you are not!

4. Carry copies of your passport and hide the original:

While traveling, always carry copies of your passport. Put one in each suitcase or bag, and carry one on your person. Put the original in the safest place you can find which will depend upon your living and traveling arrangements. You do not need to carry your passport on a daily basis, unless you are going to cash traveler's checks. Passports are one of the hottest commodities in the world, so be mindful of where yours is at all times.

5. Listen to the Holy Spirit and your gut instincts:

Never ignore either the Holy Spirit's promptings or your own instincts! When you get alarmed or spooked, there is probably a good reason for it. Stop, pray, and calmly think for a few seconds. Observe and assess the situation around you, decide what your options are for getting to a safer place, then make a decision and act.

6. Learn where your embassy or consulate offices are located:

It is recommended to check in with your country's embassy when you're staying in a foreign country. As soon as you arrive, orient yourself so you can find your country's consular offices. Learn two or three different routes as well as the best transportation methods. Ask to speak to the Regional Security Office and get a crime fact sheet for the area. The local embassy or consulate offices are there to help you.



The Night Café, Arles, France / Noelle Smits



The Mezquita, Córdoba, Spain / Joy Stark

7. Read local English-language newspapers, if possible:

Local citizens and expatriates who write for these papers can be some of the best sources of information about the local scene. Be aware that in some countries, the media are under government control, so information can be quite biased. Inform yourself as much as possible about your new environment by getting your news from various sources.

8. Avoid unexpectedly amorous men and women:

It is strongly advisable to be wary of people who approach and try to woo you. Most of the time, the real motive is to try to gain a foreign passport, your wallet, or to take advantage of you. Be firm. Say “no” and walk away.

9. Become aware of real security threats:

Before you ever set foot out of the U.S., you should do some research. What is the political climate in the country you’ll be visiting? Might there be strong anti-American sentiment? Most countries have some type of English-language media outlets on the Internet that publish local news; wire services, such as Reuters, often cover such developments (check their archives), or the U.S. State Department. Check them out. It is always better to enter a foreign country with your eyes open. It might take keen eyes and ears to detect rumblings of civil unrest that can increase dangers to foreign visitors. Not only will a heightened awareness shorten your response time to potential warning signs, but also gaining an education in local or national politics will demonstrate to those you meet that you have a greater depth of interest in your host country than sampling the local pastries. Watch local news programs, read local papers and ask people who live there.

You will also discover that people in other countries are often very knowledgeable about U.S. issues, and they may approach you to ask questions or discuss opinions. It is important to educate yourself about current political and social issues of your host country as well as the political and economic relationships between your host country and the United States.

10. Avoid known hot spots, political conversations, and political rallies:

Countries and regions that have experienced severe levels of conflict and violence are probably best left off your study-abroad itinerary for the immediate future. Places that the U.S. State Department does not consider safe are places where you will not be allowed to travel in accordance with ORU's Risk Management policies.

Even if the country or region does not appear on the U. S. State Department's travel advisory list, you should still avoid political debates and rallies, which may increase tensions and emotions or breed angry mobs for which a U.S. citizen may serve as a scapegoat. While overseas, you may encounter political demonstrations, which are specifically anti-American. *It is extremely unwise to become involved in any sort of political demonstration or activity while you are abroad—whether leftist, rightist, or anything in between—no matter how strongly you may feel about the issue.*

Political issues with host nationals may escalate and provoke retaliation against hostile or bigoted remarks concerning Americans. The foreign policy of the U.S. does not always sit well with people from other countries. Be extremely mindful of this. Become aware of your surroundings and ask locals about unsafe areas of the city in which you are living or going to visit. Above all, know and obey the laws of the host country because no matter what your country of citizenship is, you are subject to the laws of your host country. Even if you agree with the demonstrators, you must remember that you are in another country and should refrain from any action that may jeopardize your status in your host country.

11. Control the things you can control:

The ORU Off Campus and Study Abroad Program recommends places to study and program providers that can offer comprehensive support and services abroad. Before you go abroad, learn about the country — especially the health and safety support mechanisms. Bring an emergency card with a list of contact information for:

- The equivalent to “911” abroad
- A U.S. 24-Hour Contact

- Insurance/Assistance Information and 24-Hour Contact
- On-Site 24-Hour Contact
- Local Medical Care Facility
- Local Police Contact Information
- U.S. Embassy or Consulate Contact Information
- Also, bring a list of “help statements” translated into the local language



Paris, France / Noelle Smits

Don't take unnecessary risks

This includes limiting unsafe activities like bungee jumping, river rafting, and mountain climbing. While overseas, you are still enrolled as a full-time ORU student, and your conduct must be consistent with ORU's Honor Code. Consumption of alcohol, illegal drug use, and sexual relations outside of marriage are not allowed and could significantly jeopardize your safety. Using alcohol or drugs will limit your control over yourself and your interactions with others.

Never travel alone, and always report your travel plans to a resident advisor, your host family, or someone who can notify others of your whereabouts in the event of an emergency. Do not hitchhike. Use only reputable taxis. Do not give your home phone number or address to someone you have just met. Do not go out alone with someone you have just met – try to meet in a public place. Do not leave luggage unattended or accept packages from strangers. Do not accept babysitting or other responsibilities in your host family. It may create liability issues.

Sometimes unfortunate things do happen even though you may have taken all the precautions you could have. While your travels overseas are likely to create some of the most valuable and positive learning experiences of your life, maintain a common-sense expectation that things may not always go as planned, and react as calmly as possible if they do not. In a crisis situation, panicking only leads to more confusion and potentially poor decision making. Think carefully and cautiously watch everything around you.

The most important advice is to control your own situations. Do not engage in activities that put you at risk:

- Being under the influence of alcohol and drugs
- Being out after midnight
- Being alone at night in an isolated area
- Being in a known high crime area
- Sleeping in an unlocked area
- Being out after local curfew, if any

Sexual Harassment

Study abroad participants, both women and men, should be aware that ORU is committed to providing a learning environment free from sexual harassment. The university encourages study abroad participants to report concerns and complaints so that prompt corrective measures can be taken to stop sexual harassment whenever it occurs.

What should you do if you experience sexual harassment while studying abroad?

- Be assertive and let the individual concerned know that his or her conduct is unwelcome and offensive to you.
- Document what has happened in writing.
- Report the situation to the appropriate authorities at your host institution, your study abroad coordinator, and ORU's Human Resources Department at 918-495-7163.

ORU's Human Resources Department is committed to take prompt and appropriate action in your support. In the event you are subject to harassment, sexual violence or have knowledge or information concerning its occurrence, it is your responsibility to report the matter to the appropriate authorities at your host institution, your study abroad coordinator and ORU's Human Resources Department. If the individual who harassed you is not an employee of ORU or the host institution, you should still report the incident. An investigation will be conducted and appropriate remedial and disciplinary action will be taken to prevent re-occurrence. While ORU will endeavor to maintain the sensitive nature

of any complaint, absolute confidentiality is not and cannot be guaranteed. To the extent appropriate, you will be informed of the outcome of your complaint. Please refer to ORU's Student Handbook, Sexual and Other Prohibited Harassment Policy for more information.



Granada, Spain / Hannah Covington

Harassment Burn Out

Harassing behavior is annoying at best and threatening and dangerous at worst. At times, inappropriate behavior, such as catcalls, may be encountered while walking down the street. All students should seek assistance from their on-site staff if harassment towards them causes increased anxiety and anger.

Dating and Sexual Behavior

A survey conducted at the University of Indiana on dating and sexual behavior while abroad shows that students dated more host nationals abroad than was previously expected. It also found that men seem to be involved in a greater number of relationships than women. Some reported that their relationships abroad gave them access to a greater understanding of the culture in which they lived. Others reported that by not engaging in serious relationships they were able to gain more since they could focus on other activities. Dating relationship norms abroad differ from the U.S. It is important to understand the norms of the country where you will be studying. Discussions with host nationals and observing the behavior of others may help you, as well as consulting guidebooks prior to and during travel. Before engaging in relationships, think carefully about your own academic and professional goals for your study abroad experience and how a relationship abroad might affect them.



Nice, France / Noelle Smits

Personal Boundaries

Personal boundaries are the personal space around us, physically and emotionally, that serves to preserve our physical and emotional integrity. When someone gets too close, an alarm sounds inside. We need to listen for, respect, and respond to that alarm. We “assume” everyone has the same understanding about personal boundaries as we do. However, in another country you will find the whole issue of boundaries and personal space highly influenced by cultural norms and very different from what you are accustomed to in the U.S. The amount of personal space has a certain meaning in one culture and a different meaning in another. This may be one of the most confusing of cultural differences. Customs and personal boundaries in a new culture cannot be assumed or always be known. Try to learn as much about these boundaries before traveling to a new area, and do not assume that others are being rude or “pushy” if their sense of boundaries differs from yours. However, should you feel your needs for emotional and physical space are not being appropriately respected, politely but firmly establish those boundaries.

Concept of Female/Male Friendship – Boundary Misunderstandings

American women and men are accustomed to the concept of female-male friendships and are quite used to having them. Keep in mind that this same concept may not translate in the new culture. “He/she is just a friend” or “Going out” with a member of the opposite sex may have a different meaning in the culture than a student may intend. What does it mean in the culture you are in? Is that your intention? If not, change your behavior to send the message you intend.

Nonverbal Communication

Actions do speak louder than words, and sometimes more so in a different culture. Cross-cultural nonverbal cues can raise some eyebrows and leave you feeling embarrassed and or possibly offended. Hand gestures, eye contact (or lack thereof) and body language that we are accustomed to and consider harmless in the U.S. may be offensive in another culture. Make sure you are aware of what your body language is saying, and don't be surprised if you observe another's which may differ greatly and even offend you.

Persistent People

Use the broken record technique when faced with a situation when someone will not take no for an answer. Do not be coerced into backing down from your position by the persistence of the person insisting. Just because they did not accept your "no" does not mean you now need to come up with another reason or excuse. "No" may not always be interpreted as "No" in other countries. Stand your ground and remain firm when trying to get this message across.

Trust

Trust needs to be earned. Many people have the mistaken notion that people should be trusted until proven otherwise. Actually, it is prudent to stay in a neutral position about a person, neither trusting nor distrusting them at first. Listen to the Holy Spirit and use your gut instinct. Gather information from a person that will help you determine the person's trustworthiness. In a new culture, watch for clues and cues from people who know the person and figure out how trusted he or she is by the community or others.



Costa Rica / Megan Cain

Women and Traveling Abroad

Many exciting study abroad destinations may have conservative views about women and what is appropriate behavior for them. You may not agree with these views, but it is wise to take notice and abide by these customs to avoid problems. While traveling abroad, there are steps to take that minimize risk and maximize fun and a rich cultural experience. If you are a woman, it is important to:

- Be aware of your surroundings and remain alert.
- Dress modestly, taking cues from local women.
- Make friends with women and integrate into their community.
- Learn from these women about self-protection and what the ‘unwritten’ social norms are.
- Interact with men according to local customs.
- Stay in control; staying sober and alert keeps your senses in place to protect you.
- Be vigilant in restaurants and clubs, and don’t leave your drink unattended or accept anything from a stranger. “Spiking” drinks happens in other cultures as well.
- Have a buddy system; having at least one other person with you that you trust can help you in regular circumstances as well as in problematic situations.
- Never travel alone, and it is generally a good idea to travel in small groups.
- Pay attention and respond to the Holy’s Spirit’s promptings and your intuition that “something just isn’t right” then remove yourself from the situation.



Strasbourg, France / Marie Baker

For women it is often difficult to fully accept some of the norms of a new culture and what is or is not appropriate behavior. Do your best to try to move past this prejudice and enjoy the new culture on its terms. You go abroad to experience a

different way of life – one that allows you to assimilate into a new community and to have a rich cultural experience. Do not try to behave like you would back at home in the U.S. Learn new ways of adapting. You are not giving up yourself – indeed, you are expanding your choices as a female, which in the long run will enrich your life enormously.

Alcohol

Drinking alcohol may seem tempting when you travel to countries where attitudes, customs, and drinking age may be different from those of the U.S. However, the ORU Honor Code still applies when you study abroad. Remember that alcohol consumption impairs your judgment, can lead to disruptive behavior and risk of harm to yourself and to others, and may cause poor academic performance

Drugs

Do not under any circumstances carry, use, buy, or sell illegal or controlled substances. The ORU Honor Code still applies when you study abroad. Also, do not associate with anyone engaged in such activities. If you are detained or caught with illegal substances overseas, you are subject to local, not U.S., laws. Being ignorant about drug laws of a country that you are visiting is not a defense. Penalties for possession or trafficking of illegal drugs are often severe.



The Alhambra, Granada, Spain / Joy Stark

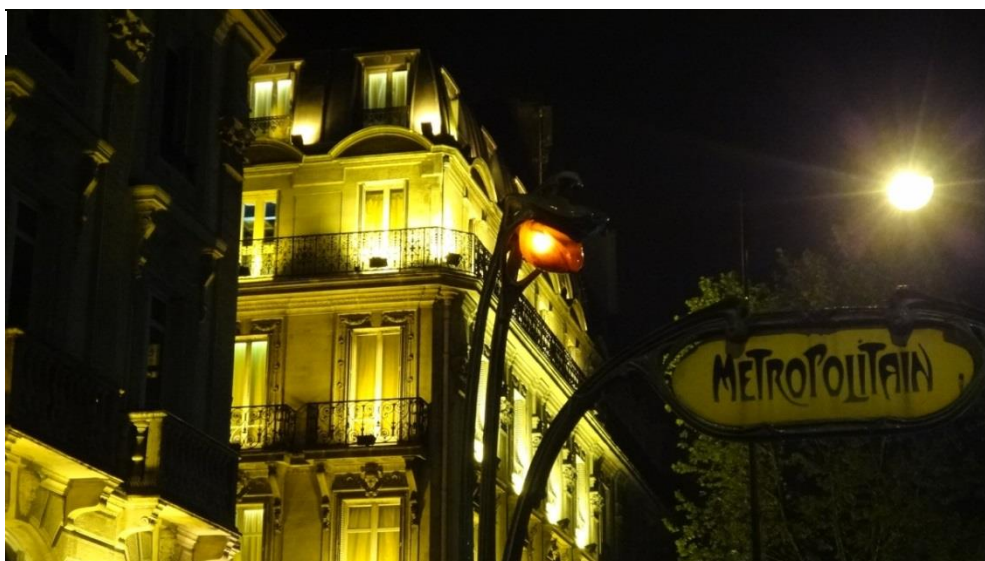
In the event that an ORU study abroad student is detained or arrested by foreign officials for possession of an illegal substance, there is little that ORU or the U.S. Embassy or Consulate can do to help you. Many countries do not accept bail, and pre-trial detention – often in solitary confinement – may last for months. Prisons lack even minimal comforts. Physical abuse, confiscation of personal property, degrading or inhumane treatment, and

extortion are not unknown. Trials can be lengthy, and few countries provide jury trials or require the presence of the accused at his or her trial.

Safe Road Travel

Driving customs and etiquette vary from one country to the next. For example, driving on the left side of the road is the law in many countries, especially in the UK, Australia, and many countries in Africa and Asia. Unusual traffic patterns, traffic roundabouts, and laws regarding passing or right-of-way can seem confusing and disorienting for someone unfamiliar with the traffic laws and practices of the host country. Statistics indicate that road accidents are the single greatest cause of serious injury and death to U.S. citizens traveling abroad. Also, pedestrian rights vary widely from country to country and unfamiliarity with traffic patterns has occasionally resulted in accidents and serious injuries.

Students wanting to rent cars, motorcycles, or mopeds in the host country do so at their own risk and should consult their own auto insurance carrier. The foreign travel insurance ORU students are required to purchase does not cover injuries or damages incurred by riding as a passenger in or driving any motor vehicle as part of a speed contest or scheduled race, including testing vehicles on a track, speed way or proving ground. ORU's travel insurance also excludes also any type of injury, not just vehicular, caused by accidents due to a crime, sports-related activities, or use of alcohol or drugs. Most countries have safe, convenient and reliable modes of public transportation. If you travel by taxi, use only reputable taxi services.



Paris, France / Noelle Smits

For more information on international road travel, visit:

- **Association for Safe International Road Travel:** asirt.org
- **U.S. Department of State:**
travel.state.gov/travel/tips/safety/safety_1747.html

U.S. Department of State Advisories

The U.S. Department of State monitors political conditions in every country of the world. Students and parents with concerns about crime and security threats in a given country are urged to take advantage of U.S. Department of State travel advisories. These come in three forms and are available to the public free of charge:

- **Travel Warnings** are issued when the U.S. Department of State decides, based on all relevant information, to recommend that Americans avoid travel to a certain country.
- **Travel Alerts** offer information about terrorist threats and other relatively short-term or transactional conditions posing significant risk to the security of U.S. travelers.
- **Country Specific Information** is available for every country of the world.

This includes information such as immigration practices, health conditions, minor



Madrid, Spain / Etin Odiase

political disturbances, unusual currency and entry regulations, crime and security information, and drug policies. If an unstable situation exists that is not severe enough to warrant a travel warning, this is duly noted.

For current information, travel advisories, or warnings, you can

contact the U.S. Department of State Office of Overseas Citizens by phone at (202) 647-3000 or visit its website at travel.state.gov.

After you know your address abroad, you should register online with the U.S. embassy shortly after arrival in your host country. This is the way the U.S. embassy can find you in the event of an evacuation or a family emergency stateside.

Cultural Adjustment

Expectations

For many students, this will be their first time in another country and an extraordinary opportunity to learn about another part of the world from firsthand experience. Cultural immersion and interacting and living with people from other cultures are important parts of the study abroad experience. As a study abroad participant, you should know what to expect from your study abroad program as well as what is expected of you while abroad before you leave the U.S. Educating yourself before your departure is one of the best ways to prepare yourself for what to expect overseas.



Beijing, China / David Belousov

Practical Tips for Christian Witness While Studying Abroad

As an ORU study abroad student, you are in a unique position. You are not just a student studying abroad but a *Christian* student studying abroad. You may, then, have certain questions – what role does my Christian witness play while I am abroad? How do I survive as a Christian in a foreign nation?

Matthew 5:13-16 says, “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? [...] You are the light of the world. A city that is set on a hill cannot be hidden. [...] Let your light so shine before men!” (Matthew 5:13-16).

Many commonly visited study abroad destinations, though academically, culturally, and artistically vibrant, may be spiritually dark. While a study abroad trip is not the same as a mission trip, your responsibility to live in integrity and obedience to the Holy Spirit may require an expression of faith. If this is the case, here are some helpful, practical tips for Christian witness while you study abroad:

- The best approach to evangelism is relational. People are more willing to accept what you say if they already have a relationship with you and trust you.
- Listen more than you talk. Ask other people what they believe first, and listen to them with interest and compassion. Often they will reciprocate the question, giving you an open door to share your faith.
- Research the history of religious influences as well as political and governmental structures in your country of study. How they might these historical events still influence the peoples’ worldviews and mindsets



Oxford, United Kingdom / Lauren Stanley

concerning religion? Think and pray about how to share the gospel specifically to *that* culture and *these* people as the Spirit leads you.

- Learn the main points of the gospel story and key Bible verses that support them in that country's language so that you'll be prepared if the circumstance arises. Bring or buy a Bible in that language in case others want to see the scriptures themselves.
- Diligently pray for the people God places on your heart.

Wherever you choose to study, ORU's Off Campus and Study Abroad Program strongly encourages you to consider finding and joining a church for the duration of your time there. You don't need to be alone! Surrounding yourself with other believers can help you overcome the spiritual, emotional, and mental discouragement that living and studying in a foreign nation can sometimes bring. Also, it is often true that the warmest and friendliest people you meet while studying abroad may be members of the church you join. Many ORU students have formed the deepest, longest-lasting relationships of their study abroad experience through church involvement.



Hillsong Paris Easter Sunday / Tanesia Brazington

Differences Make the World Go Around

Every culture, every neighborhood, and every family have different ways of doing things, even if we share the same language. Keeping an open mind, a sense of humor, and a positive attitude about those differences are crucial to your study abroad experience. Learn to be flexible in the event an unpredicted change in your program or itinerary or a health issue arises.

An unforeseen emergency can be disruptive but should not overshadow your entire program. Being able to go with the flow and adapt to change is part of the study abroad experience.



Peníscola, Spain / Joy Stark

Don't be Afraid to Try New Things

Be spontaneous! Be adventurous! Don't be afraid to try something new. Your time abroad will go by quickly, so don't pass up the opportunity to eat things you have never eaten and see places you've never seen. Step outside of your comfort zone, without jeopardizing your health or safety, and try new things. It may be a little frightening at first, but you'll be glad you did!

Be Patient, Open, and Friendly

Remember that happiness is catching. If you are positive and outgoing, people will respond to you. Keep in mind that you are both an academic student and a student of the world. Learn from and about the new people you meet and allow yourself adequate time to get acclimated to your new culture. Don't be discouraged if it seems to take a long time to get adjusted to the new culture and language – your learning is already taking place!

Stereotypes

Every culture creates stereotypes of other cultures and people they don't fully understand. Making generalizations about people who are different from you is a common yet problematic reaction to the fear of the unknown. Some stereotypes are harmless, some are complimentary, and some are misinformed. However, it is

important to understand that stereotypes are often completely untrue, and they always interfere with your ability to really understand a new culture and new people.

Studying overseas involves dealing with your host culture's stereotypes about you and coming to grips with your own pre-determined ideas about your host culture. It is important to recognize that not everyone in your host country is going to behave in one particular way. Becoming immersed in another culture is the best way to deconstruct damaging stereotypes and understand the new culture on its own terms and not yours.

Avoiding Creating a Negative Perception of Americans

If you are an American citizen studying abroad, be a conscientious global citizen and avoid creating a negative perception of Americans:

- Avoid the temptation to tell people that Americans do things better.
- Be a person who shares and is inclusive in relationships.
- Be genuinely interested in your host country and its people.
- Do not talk a lot about your possessions or your family and friends.
- Do not demand special treatment because you are an American.
- Do not tell your host country's citizens how much they are behind the United States.
- Do not be too obvious or loud about your patriotism/nationalism.
- Do not throw your money around.

—Adapted from Australian Education Office's pre-departure guide.



Strasbourg, France / Tanesia Brazington



Valencia, Spain / Joy Stark

Educate Yourself

It is critical to begin now to learn about the country where you will be studying abroad. The more research you do about the host country's political system, culture, customs, and language, the better prepared you will be for living in and understanding the host society.

Some ways of educating yourself include:

- Read pertinent foreign newspapers and periodicals at libraries or online.
- Read the *New York Times*, *Miami Herald*, *Christian Science Monitor*, and other newspapers or magazines with extensive international coverage.
- Listen to radio stations that provide international news coverage, such as National Public Radio.
- Visit area bookstores or your local library to explore their international travel sections.
- Check out Tulsa's Circle Cinema, a movie theatre that shows many international films, and rent foreign films from the ORU Library's collection of DVDs.
- Meet former participants from your study abroad program. Ask your coordinator for names of former participants.
- Talk with people who are originally from that country or have lived there for an extended period of time. There are international students at ORU from more than 60 countries, some of whom may be from the country you are going to visit.

- Review the most recent Consular Information Sheet and/or current Travel Warnings and Public Announcements issued by the U.S. State Department on your host country. This information can be viewed at travel.state.gov.

Culture Shock

When you leave a familiar environment and go for an extended stay somewhere quite different, you are bound to experience a wide range of feelings. Many of these emotions will be unexpected and sometimes very strong, perhaps making you feel a little out of control or confused. This is what is commonly called “culture shock.” Even in countries similar to the U.S. and with the same language, you will probably still feel the effects of culture shock. You are confronted continuously with new ways of thinking, valuing, and doing things. We recommend that you go abroad expecting it to be very different and be surprised at the similarities, rather than vice versa.



Oxford, England / Lauren Stanley

Small things – like the unavailability of certain foods, modes of dress, “appropriate” behavior, and the climate – may seem even more difficult to get used to than something as obviously different as driving on the left side of the road. Just try to remind yourself that you will feel less and less uncomfortable as you become more immersed in your new culture. While some elements of culture shock may not completely disappear, differences that seem overwhelming at the beginning of your stay will probably become minute or even routine. Fortunately, culture shock is predictable and manageable, and if you are prepared for it, you can do a great deal to control it.

Culture shock is typically marked by four phases:

1. **Euphoria:** The “tourist phase” or the “honeymoon phase”. You are excited about your new environment, and you feel that the people and way of life is not that different from what you are used to. Everything is new and exciting.
2. **Irritation and hostility:** The initial excitement has faded, and you begin to notice more dissimilarity between life in the foreign country and what



Paris, France / Tanesia Brazington

you are used to. Minor nuisances and inconveniences lead to intense upset. Symptoms during this phase include: homesickness, boredom, irritability, withdrawal (e.g., avoiding contact with locals, spending time with Americans only), compulsive eating or drinking, stereotyping of or hostility towards locals. Fortunately, most people only experience a few of these symptoms, but this second phase of culture shock is a difficult period. It is helpful to be aware of these symptoms so that you can understand what is happening to you or your friends and can take steps to counteract them.

3. **Gradual adjustment:** You gradually learn to change your perspective and will be able to adapt to the new culture. The culture becomes more familiar as you begin to orient yourself and are more able to interpret cultural cues. Your self-confidence returns and you realize that the situation is not hopeless after all.
4. **Adaptation or biculturalism:** Full recovery has occurred! At this time, you realize that you enjoy some of the customs, ways of doing and saying things and personal attitudes that bothered you so much in phase two. You may not realize how well you have adjusted to the new culture until it is time to return to the U.S., and you don't feel ready to leave. After returning home, you may experience 'reverse culture shock' as you re-adapt to life in the U.S.

Suggestions for Overcoming Culture Shock



Nice, France / Noelle Smits

- Understand that practically everyone who goes overseas will experience some form of culture shock. It is a very natural part of the study abroad process, and you will get through it.
- People who make an effort to learn as much as possible about their temporary home before they leave the U.S., and who arrive with an open mind often find it much easier to adjust. Before you leave, gather information on the country's history and current events and collect the Do's and Don'ts of the culture. The number of surprises you experience will decrease the more you know in advance about your host culture.
- Look for logical reasons behind things in the host culture that seem strange, confusing, threatening or difficult. Avoid the temptation to be negative or belittle the host culture.
- Upon arriving abroad, do not wait for people around you to make the first move, but start reaching out right away. Form friendships with host nationals – many will be sympathetic, understanding, and open to discussions about the situations and feelings you are going through.
- Take care of yourself: get enough rest, exercise and eat well. Know how and when to release tension, and pay close attention to your physical and emotional health. Consider keeping a journal that will help you to collect your thoughts about what you are experiencing and can act as a great outlet for expressing your feelings and frustrations. Pray, read the scripture, and take the quiet time you need with the Lord.
- Buy a map of the city, become familiar with your new neighborhood, and find the closest bank, post office, telephone, grocery store, etc. By making your new surroundings as familiar as possible, you will become more comfortable and feel more like home.

- If you do find that you are unable to cope with these differences or your new surroundings, don't hesitate to contact someone at your host institution. Most universities and colleges employ professional counselors and tutors, with special training in offering support and advice, to help integrate into the community and overcome any initial emotional and practical difficulties.
- No one can assure you that these elements of culture shock will completely disappear or that they will happen in any neat order. Each reaction is individual, and you may flow back and forth from one to another over the course of your semester abroad. Try to remember that what you are feeling is completely normal, and the intensity will fade with time and experience in the host culture. As time goes on, you may not only learn to tolerate these differences but to appreciate them as well.
- Social customs differ greatly from one country, region and city to another. It is therefore impossible to give guidelines that will be applicable in every situation in which you find yourself. A general rule of thumb is to just be yourself. Remain friendly, courteous, and dignified. Always keep in mind that you are a guest in someone else's country. Just as you would be on your best behavior in someone else's home, you should treat your host country with respect, courtesy, and decent manners.



Stonehenge, Wiltshire, England / Lauren Stanley

- Making a small (or sometimes big) cultural or language “faux pas” is to be expected for anyone traveling abroad. You can't automatically know the “ins and outs” of a place you have never really experienced. And much of what is said or unsaid is in fact lost in translation. Just keep a sense of humor about the situation, and remember that it is all a part of adapting to the new culture.

Women and Gender Politics

You will find that gender politics in the United States are unique and often different from countries around the world. It is extremely important to research your host culture's gender roles and assumptions before you leave. Perhaps the greatest challenge to U.S. women abroad stems from their tendency to be independent and to hold the belief that women may go where men go and do what men do. Unfortunately, these beliefs do not hold true in many other countries. In order to stay safe and enjoy your time abroad, women must educate themselves on the unwritten rules of the host culture to which they will travel. Be aware that women's behavior may have different meanings in the host culture than in the United States. The belief that U.S. women are wealthy and "easy" is reinforced by movies, popular television shows viewed around the world, magazines, etc. Making eye contact with or smiling at a stranger in the street may be interpreted as an "invitation" abroad, though it may be completely acceptable and innocuous behavior in the United States.



Le Palais Rohan, Strasbourg, France / Marie Baker

In certain areas of the world (e.g., Latin America, parts of Europe, the Middle East, and Africa) men may openly and publicly express their appraisal of women in ways that are offensive by U.S. standards. For some, the honking horns, catcalls, and other such attention may be flattering; however, most find it annoying

and even demeaning. Though difficult, it is important to learn to ignore this behavior and conduct oneself in a manner in which the attention is not further encouraged.

Study abroad students, both men and women, should understand that relationships between the sexes may differ significantly from what is familiar to them in the United States. What may be considered normal relations with people of the opposite sex in the U.S. could be interpreted very differently by the host culture. Be aware that sexual behavior considered normal in the U.S. might invite trouble in the host country. Men and women alike should take the time to talk to host culture counterparts to better understand local customs as they pertain to such details as acceptable dress and other prevailing social mores. A website of interest is www.journeywoman.com, which provides travel tips for women.

Racial Diversity

Cultural and racial diversity are significant factors for students in choosing a study abroad program. Students who live in racially diverse communities or have attended racially diverse schools are generally aware of the issues that racial differences can produce. Students traveling to a foreign country, especially one in which the racial mix is different from their own, may be challenged to understand their new environment. Attitudes toward race differ widely across the globe, and reactions to racial differences can range from tolerance to intolerance, from acceptance to discrimination.

For some students, traveling abroad may be the first time they have to deal with their own feelings toward people whose racial backgrounds are different from their own. It can also be the first time they realize that others perceive them to be racially different. Stereotypes about race exist in all cultures and sometimes can lead to prejudice, discrimination, or harassment.

What should you do if you experience prejudice while abroad?

- Know that it happens. Being intellectually prepared for it may help you to cope with it.
- Don't take it personally. Racism is not directed at you personally but to a generalized perception or stereotype about the group to which you belong.
- Understand that racism is an irrational reaction. Once people get to know you, their prejudice may disappear.
- Take the initiative to educate others about your own ethnic background. Acknowledging racial differences need not be an occasion for strife but an opportunity to help others understand these differences. If you encounter race issues or find yourself in racially tense situations while traveling abroad, talk with your in-country contact or another member of your group.



Sevilla, Spain / Joy Stark

A Note about Sexual Identity

Before you live in another culture, it is important to know what the attitude of the host country will be in regards to sexual orientation. Research your country's attitudes concerning gay, lesbian, bisexual, and transgender students prior to your departure.

Some of the things you can do are:

- Talk to your study abroad coordinator about his or her knowledge of the country and past participant information.
- Discuss any feelings and concerns with your in-country host or appropriate counselor or staff person at the foreign institution.

Please remember that there may be gay, lesbian, bisexual, or transgender students on your study abroad program or in the host country. Some may be “out,” some may not, and others may be coming to terms with their sexual identity. In this setting, you have a wonderful opportunity to love people whom others may typically judge and to share the light of Christ with them. Always remain sensitive to the Holy Spirit in your words and actions.



Aix-en-Provence, France / Noelle Smits

Money and Budgeting

Access to money overseas is a topic of great concern for every study abroad participant. Your study abroad coordinator will discuss country-specific considerations in regards to money at your pre-departure orientation. The ORU Off Campus and Study Abroad Program offers the following general guidelines for study abroad students when dealing with money overseas.

How to Exchange Money

You can exchange cash and traveler's checks overseas at banks, airports, railroad stations, large hotels, some tourist information centers, and travel agencies. Every time you exchange money, you can expect to pay a commission or fee, which varies. In some places the commission is based on a percentage of the amount you exchange, while in others there is a flat fee regardless of the amount of the transaction. As exchange rates fluctuate daily, try to keep up with current rates to get the most for your money and always ask what the fee is to exchange money at a particular



Sevilla, Spain / Hannah Covington



Colmar, France / Tanesia Brazington

location. Unfortunately, it is not possible to exchange coins. Also, remember to bring your passport as your personal identification every time you exchange money overseas.

Safety with Money

No matter what type of money you take with you overseas, be careful! Use extreme caution while using public transportation, standing in a public transportation station, or in crowded areas where pick pocketing may be prevalent. A money belt worn inside your clothing or a money pouch around your neck is recommended for safekeeping your passport, insurance and emergency cards, health

information, credit cards, traveler's checks, and cash.

Budget Management

Prepare a daily budget before you leave so your money will last the duration of your stay. Consider all potential money-items and expenses not included in your room and board (e.g., entertainment, snacks, toiletries, travel, etc). Build in a "cushion" to avoid problems. Find out what exactly the program fees cover (e.g., meals or excursions), so that you may budget for incidental costs accordingly. Keep in mind that costs may vary a great deal from those in the U.S. It is advisable that you talk with previous study abroad participants about their expenses and study abroad costs. Some expenses related to study abroad you may not have considered include:

- **Travel:** transportation, lodging, food, and extracurricular expenses inside and outside the host country.
- **Local Transportation:** day-to-day travel including getting to and from school. Bus or subway passes.
- **Meals:** if some are provided, obtain a cost estimate for the others. Are meals provided during orientation period? Remember to budget for meals and food when doing independent travel as well.
- **Housing:** are you required to pay a deposit or pay separately for utilities?
- **Health Insurance:** may or may not be included in Program Fee. If not, you **MUST** make sure to be adequately covered while abroad. In most countries, you need to pay cash or use a credit card for medical treatment

and then submit claims to your insurance company. Familiarize yourself with these procedures, as well as the documentation required by your insurer. Additionally, you should consider insuring valuables you may be taking (e.g. camera, laptop computer, etc).

- **Books, school supplies, lab and studio art fees.**
- **Immunizations:** some may be required depending on your country.
- **Student Visa/Study Permit:** consider cost of the visa and potential travel to U.S. consulate to apply plus mailing expenses.
- **Personal Expenses:** toiletries, clothing, entertainment, excursions, local events, and souvenirs.
- **Additional Fees:** obtain thorough information about who is responsible for costs involved with visa applications, airport taxes, entry fees, administrative and student fees at host universities, internship placements, etc.

Saving Money

Buy a travel guidebook for information on inexpensive travel options, low cost restaurants and grocery stores, cheap entertainment, and transportation ideas (e.g., local travel passes, rail passes, etc). Some popular guidebooks are: Lonely Planet, Let's Go, and Rick Steve's Travel Guides. Note the "free days" at local tourist sites like museums and art galleries. The International Student Identification Card (ISIC) can be used to get student discounts at

restaurants, hostels, museums, and for transportation. Going out to dinner and clubs will be more expensive abroad than you are accustomed to here in Tulsa. It is suggested that you limit yourself if you are on a tight budget.



Paris, France / Jessica Sherwood

Cash

For most destinations, the ORU Off Campus and Study Abroad Program recommends that you carry only a small amount of U.S. cash in case it is lost or stolen. It can be extremely helpful to obtain a small amount of foreign currency

before departure to use for buses, taxis, telephone calls, and tips upon arrival. Check with local banks to see if you can obtain foreign currency before you leave. Depending on which currency you are seeking, it may take up to a week before the bank can obtain the foreign currency. Foreign currency is also available at most international airports.

Personal checks drawn from a U.S. bank account are virtually impossible to cash overseas due to the long amount of time it takes an overseas bank to clear the check.

ATM / Debit Cards

ATM cards with a Cirrus or Plus designation can often be used to obtain foreign currency from an ATM overseas. ATM cards are a popular option for obtaining money overseas for study abroad students because overseas ATMs are typically available 24 hours a day. ATM cards are advantageous because you can often get a low bank exchange rate and the card withdraws money directly from your checking account at home. However, most banks and/or card companies may charge an extra fee for international transactions. Before you go abroad, check with your local bank to see if it is possible to use your ATM card in your host country, if there are any added fees for withdrawing money overseas, and if your PIN will work abroad. Most ATMs accept only a four-digit numerical PIN. You will also want to tell your bank to note on your account that you will be using your card abroad, so they don't "freeze" it, thinking it has been stolen. You should also be aware of your daily withdrawal limit and have your bank adjust it before you depart, if necessary. Make sure that your card will not expire while you are abroad.



Tintern Abbey, Wales / Lauren Stanley

Sometimes ATM cards do not work overseas or are “eaten” by an ATM, so make sure you have other ways of obtaining money. ATM cards can also be difficult to replace if lost or stolen. In some countries, ATMs are linked only to local banks and are not part of an international network. You should also be aware that when withdrawing money from an ATM, you may not know the exchange rate you are receiving for your transaction. If you are planning to take an ATM/debit card overseas with you, it is advisable to leave a bank account deposit slip at home with a family member who can deposit money into your account in case of an emergency.

For information on ATMs worldwide, visit:

Visa: visa.com (Visa/Plus card members)

MasterCard: mastercard.com (MasterCard/Cirrus members)



Batalla de las Flores, Valencia, Spain / Joy Stark

Credit Cards

Most major U.S. credit cards can be used worldwide and are extremely valuable in a financial emergency. It is highly advisable to obtain a major credit card before studying abroad. The most commonly accepted credit cards are Visa and MasterCard. Credit cards you use overseas must be in your own name as given on your passport. Be sure to record your credit card number and emergency card numbers in a separate place in case your card is lost or stolen.



Oxford, United Kingdom / Lauren Stanley

You can get a cash advance at a bank using a credit card, but you will be charged interest continually until you pay back the advance. Therefore, it is important to arrange for someone to pay your credit card bills while you are gone.

Typically, the amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processed the transaction. Be aware that some banks and/or credit card companies may charge an extra fee for international transactions. Not all overseas merchants accept credit cards, regardless of the name brand. You will also want to call your credit card company before you depart to let them know that you will be using your card abroad. Make sure that your card will not expire while you are abroad.

Traveler's Checks

Traveler's checks are becoming an increasingly obsolete way to obtain money overseas, but they can still serve as a back-up should you have difficulty obtaining money from an ATM or your card is lost or stolen. Lost or stolen cash cannot be replaced; traveler's checks can be replaced. You can purchase traveler's checks from a variety of internationally recognized sources such as American Express, Bank of America and Visa. Traveler's checks can be obtained at most banks in the United States for typically a 1% commission charge. Members of AAA can get traveler's checks without a commission charge from an AAA office.

Traveler's checks purchased in the United States can be cashed into local currency at overseas banks, money exchange places, or at the overseas offices of the agency that issued the checks, such as American Express. Local banks overseas typically charge a commission fee to cash traveler's checks. To avoid this fee, you can cash

your traveler's checks at a local branch of the issuing agency (e.g., cash American Express traveler's checks at an American Express office overseas).

Each traveler's check you purchase will have a serial number. You will need to have these serial numbers in case your traveler's checks are lost or stolen and you wish to obtain a refund. It is important to keep a copy of the serial numbers of your traveler's checks in a safe place separate from the checks themselves and, as you cash the checks, to keep track of the ones that are not cashed.

Opening a Bank Account Overseas

If you plan to be overseas for a semester or longer, you may wish to open a local bank account in the host country, which you will need to do in person once you arrive. This is especially helpful if you will need to make payments via wire transfer for housing. Many banks overseas will have their own bank cards, allowing you to make withdrawals from their ATMs. If you open a bank account overseas, make your deposit with traveler's checks or have your U.S. bank wire the funds. A personal check or money order can take weeks and even months to clear and will delay the ability to open a bank account quickly.



Provence, France / Noelle Smits

Running Out of Money Overseas

First of all, try not to run out of money when you go overseas. Plan to bring enough resources along with you so that you will not be caught short. In the event that you do run out and need emergency funds, you may have money sent to you through these means:

- **Western Union:** If you have a major credit card, you may telephone Western Union at 1-800-325-6000 or online at westernunion.com to receive information on how Western Union transfers money worldwide. Western Union charges a fee for this service based on the amount of money sent.
- **American Express MoneyGram:** This is an immediate cash transfer for American Express members. Call the MoneyGram Information Line at 1-800-543-4080 to find the nearest participating office from which money can be sent. Transactions must be initiated at an American Express office in the United States and completed at one of its branch offices abroad. Fees vary according to the amount of money sent.

What to Take With You

Packing for Study Abroad

How much and what you pack will depend a great deal on the location and duration of your study abroad program. A yearlong program in Germany calls for a different type of clothing than a six-week program in the Dominican Republic. As a rule of thumb, always pack sensibly and lightly. Keep in mind that while overseas it is perfectly acceptable to wear the same outfit a few times in one week. Choose clothes that you can mix and match in order to utilize a minimum number of items. Also, weather can vary quite a bit throughout the day and from town to town, so take clothes that are good for layering.



Venice, Italy / Marie Baker

Remember you are going to have to carry whatever you pack, so practice carrying your bags with the items you plan to take before going overseas and adjust accordingly. When you fly, you will be limited to two pieces of checked luggage and one carry-on bag. Your carry-on bag should contain all the necessities to live for one or two days in the event that your luggage is delayed or lost.

Packing tips specific to your program will be provided at your orientation; however, here are some more helpful guidelines for all study abroad students:

- Pack sensibly and lightly.
- Take comfortable walking shoes. You will be walking a lot!
- Take bedroom/house slippers. In many cultures it is unacceptable to walk barefoot in the house.
- Take an extra pair of eyeglasses and/or contacts. Take enough contact solution to last for the duration of the program.
- Take enough prescription medication to last the duration of the program.
- Keep prescriptions in their original, labeled containers.
- Take your own towel and washcloth. Some programs may require you to bring bed linens as well. Ask your host institution for details.
- Take a small, battery-operated alarm clock.
- Take photos of family, friends, or the ORU campus to share with the new friends you will make abroad.



**Oxford, United Kingdom /
Lauren Stanley**

- Take small items typical of ORU, Oklahoma, or the United States to give as gifts.
- Electrical service is not identical throughout the world. If you plan to bring any electrical appliances (e.g., hair dryer, electric razor), you will need to take a voltage converter and a set of adapter plugs. For a worldwide electrical guide, go to kropla.com.

- Take personal hygiene products.
- Consult the website of your airline to find out specific luggage allowances. You are normally allowed one piece of luggage, weighing 50 pounds (22.5 kgs) on international flights; however, luggage allowances can change with little prior notice. Luggage allowances for domestic flights within your host country may be less.
- Consult the website of your airline or the U.S. Department of State website (travel.state.gov/travel) for up-to-date information on restrictions on specific items allowed in checked and carry-on luggage.
- The website journeywoman.com provides country-specific packing recommendations for women.
- Don't forget to pack an open mind and a sense of humor!



Tiananmen Square, Beijing, China / David Belousov

Many students ask if they should take their laptops overseas with them. You can take your laptop if you have the right converters to adapt to the local electrical currency and are willing to find a place to print your work. If you are thinking of bringing your laptop, consider the following:

- Your laptop should have its own multi-voltage transformer/converter.
- Inexpensive transformers will not work for computers and can damage your computer.
- Have your computer insured, as laptops are high-risk theft items.
- Carry your computer with you on the plane as a carry-on; do not pack it in your checked luggage.
- You might not be able to find anyone at your university who can help you with computer problems.

Do Not Take

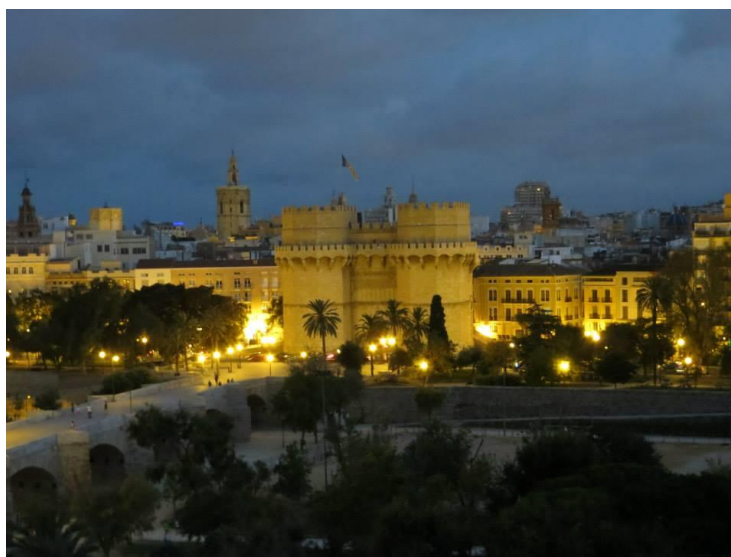
It is not recommended that you take electronic equipment (CD players, hair dryers, etc.) that requires a plug in unless you purchase the appropriate voltage converters and adapters prior to departure. Otherwise, your equipment may not be protected from the higher voltages that are common in most countries outside the U.S. For a worldwide electrical guide, go to www.kropla.com. You can purchase voltage converters and plug adapters at most travel or luggage stores. Do not take jewelry or other items of value. It is advisable to take an inexpensive watch. Do not take unnecessary books, knick-knacks or heavy things you can do without abroad. It is expensive to ship boxes overseas, and you certainly don't want to carry those things with you!

Copies, Copies, Copies

Before you leave the United States, it is vital that you make copies of the following items:

- Your passport information page (page with your photo)
- Any special immigration papers
- Airplane ticket and train tickets (if any)
- Credit/debit card information
- Any other important documents

Carry the copies with you in a separate place from the originals. Store the copies in a safe place, separate from the originals – in your room or in a hotel safe. Also leave a set at home with your family.



Valencia, Spain / Joy Stark

Communication

Changing Your Mailing Address with ORU

Before leaving for your study abroad program, be sure to change your local address with ORU to ensure that any mail sent by the university will go to a U.S. address where a parent or responsible friend will take care of your affairs.

Communication with ORU

The ORU Off Campus and Study Abroad Program looks forward to hearing from you while you are studying abroad. Though you provided contact information in your study abroad packet, one of the first things we need is confirmation of your address and phone number while abroad, which you can simply email to your coordinator. We also appreciate postcards or emails that include information on your latest adventures and accomplishments.

Email Communication

Internet access is fairly convenient around the world. Be sure to check your ORU email on a regular basis, if possible, and keep your account cleared of unnecessary email. You can access your ORU email at mail.oru.edu. The ORU Off Campus and Study Abroad Program and ORU will communicate with you through your ORU email account and provide you with important information, such as your registration information. ***Be sure to check it***



Costa Rica / Hillary Minick

regularly and/or have your ORU email forwarded to another email account you plan to check frequently. Many host institutions or overseas residence halls will provide computer facilities with Internet access for study abroad students. In addition, you can access the Internet for a fee at a local Internet café.

Telephoning from Overseas



When you make your first call overseas, you will need to learn a new telephone system, which will vary from country to country. Here are some options for phoning while overseas.

Purchase a phone card for the host country phone system.

While some countries may still have coin-operated telephones, most have telephones that operate with phone cards. You can

Spain / Etin Odiase

buy a country-specific phone card for a certain amount of time at airports, train stations, newsstands, and some hotels. These phone cards are used as debit cards. When you insert the phone card into the telephone, you will get a dial tone and will be able to see how many units you have left to use on that particular card. Just direct dial the phone number you wish to call. The phone card will automatically deduct the cost of your call from the card. When making a local call, you may use only a few units on a phone call. Phone calls to the United States will use up a larger number of units depending on the length of the call.

In the center of some cities, you might find phone stations. These stations are public phone rooms, which provide phones to use for a small fee.

Get a cell phone

You can rent or buy a cell phone in the host country you are visiting for the duration of your stay or purchase a cell phone in the United States that provides international coverage. You should research cell phone options and rates on the Web.

Calling from a computer

There are increasingly more programs such as Skype (skype.com) or FaceTime, which are often available for download and allow users to make calls for free to other users through the computer. It is also often possible to make calls to landlines and cell phones from these accounts at a discounted rate.

Use an international calling card from a U.S. phone service company (e.g., Verizon, AT&T, Sprint).

This may not always be the most convenient or inexpensive option for some countries, but if you choose this option, shop around to see which U.S. phone company provides the best rates for calls from overseas destinations to the United States. The phone company you choose will send you an international calling card, billing instructions, and a list of country toll-free numbers for your particular phone service. Make sure to obtain the toll-free numbers for all of the countries you plan to visit before leaving for your trip.

Have family or friends call you overseas using a U.S. calling plan.

Typically, phone rates for calls originating overseas are usually more expensive than the cost of overseas calls originating in the United States. Many U.S. long distance providers now have discounted or special international calling card rates for calls originating from the U.S. So, if you have access to a phone where you can receive incoming calls, it may be cheaper to have people call you directly.

Social media

When studying abroad it is appealing to create multiple sources of information about your travels abroad, one for family and one for friends. We encourage you to think carefully about what you post online regarding your trip. Future employers, family members, and university officials could come across your more “social” identity which could have a negative impact on your future. Keep in mind that people in the U.S. are not the only ones watching these websites. Posting revealing information about yourself could make you a target both in the U.S. and in the country you are visiting.



Valencia, Spain / Joy Stark

You should always ask permission before posting videos/photos of your classmates, instructors, and tour guides, as well. Remember that when you are online, you are in public domain and while you may be comfortable with this, not everyone feels the same way. Please represent yourself, your classmates, your instructors, the United States, and Oral Roberts University in a respectable, Christ-centered manner.

Returning Home

Before you expect it, the time to return home will arrive! Just as you looked forward to your travel overseas with a mixture of apprehension and excitement, you will most likely think about returning home in just the same way. You will probably be glad to go back home to your family and the friends you've missed during your term abroad. On one hand, this is very exciting. On the other hand, you are leaving behind a new part of your life. Some students feel that just as they are beginning to adjust and integrate into their new culture and life abroad, it is time for them to come home.



Manarola, Italy / Jessica Sherwood

Reverse Culture Shock

Believe it or not, you may experience difficulties adjusting to your former routines and habits after returning to the U.S. Keep in mind that you have undergone tremendous personal and intellectual growth in a short period of time. This “reverse culture shock” is marked typically by four stages:

- 1. Disengagement:** This stage usually begins before you leave your host country. You realize it is time to say good-bye to your overseas friends and to the new place you’ve called home. The hustle and bustle of finals, good-bye parties, and packing can intensify your feelings of sadness and frustration. You already miss the friends you have made, and you are reluctant to leave.
- 2. Initial euphoria:** Usually begins shortly before departure with feelings of excitement and anticipation. You may be very happy to see your family and friends again, and they are happy to see you. It ends with the realization that people are not as interested in your experiences abroad as you had hoped, and they soon grow tired of hearing your stories and seeing your photo albums or slideshows.
- 3. Irritability and hostility:** This may occur sooner than when it did when you first went overseas. You may experience feelings of frustration, anger, alienation, loneliness, and disorientation but not understand exactly why. You might quickly become irritated and critical of others and American culture. You may also feel less independent than you were before. You may feel like a “stranger” in your own country.
- 4. Readjustment and adaptation:** This is a gradual readjustment to life at home. Things will start to look more normal again, but things won’t be exactly the same as you left them. You have developed new attitudes, beliefs, habits, as well as personal and professional goals. The important thing is to try to incorporate the positive aspects of your international experience with your life at home.



Mount Carmel Range / Seth Whitaker

Study Abroad Final Survey

The ORU Off Campus and Study Abroad Program wants and needs to hear about your experience abroad and learn how we can better prepare future participants. Therefore, the ORU Off Campus and Study Abroad Program asks study abroad participants to complete an evaluation of their study abroad program. After your program concludes, you need to contact your study abroad coordinator to obtain a study abroad questionnaire. Please give the survey careful consideration. We want to hear your suggestions, criticisms, and ideas about what to do/not do next year. The survey is a valuable tool that we will use to improve our study abroad programs, so your input is essential. We thank you in advance for your cooperation in completing it.

Grades and Credit Transfers

Upon successful completion of coursework abroad, your host university or program will issue a transcript or official grade report. Make necessary arrangements to have your transcript sent to the ORU Registrar. Pending the academic department's approval, the credit hours, along with the name of the courses taken abroad, are then posted on the ORU transcript and become a permanent part of the ORU record. This process does take some time due to when ORU receives final grades from abroad, which may take months after your return. Keep in mind that if you still have an unpaid bill or housing charge still outstanding with your program, they will not release your transcript until it has been cleared.



Versailles, France / Noelle Smits

Where to Live at ORU

You will need a place to live after you return from your study abroad program. The ORU Off Campus and Study Abroad Program recommends that you make housing arrangements well in advance of your return to the United States. If you wish to live in an ORU residence hall when you return, then you should contact the ORU Housing Office before you leave for your study abroad program.

Re-Entry and Ways to Stay Involved Internationally

For many students, the process of re-entry is greatly eased by sharing the overseas experience with like-minded people. Seek out other students who have returned from studying abroad, as well as international students, especially those from the country from which you have just returned.



Strasbourg, France / Marie Baker

Here is a list of strategies that may ease your adjustment to life after study abroad:

- Give some thought to the types of changes you have undergone as a result of your time abroad. How have you changed? What is now important to you?
- Be patient with your friends and family. They are trying to understand your recent experience even as you are listening and trying to understand what they went through while you were gone.
- Expect some negative feelings about your home culture. You may be viewing your culture from a completely different perspective. Remember that there are positive and negative aspects of all cultures.
- Find ways to keep the international aspect in your life:

➤ Participate in meetings for students going abroad. The ORU Off Campus and Study Abroad Program's coordinators are always interested in having past participants share their experiences and photos at orientations, information sessions, in the residence halls, and other presentation opportunities that may arise on campus.

➤ Get involved with international students and faculty on campus.

➤ Participate in a foreign language club or ORU's International Relations and Development Organization.

➤ Promote the benefits of traveling and studying overseas among your own peers and classmates.

➤ Take internationally focused courses, or consider adding a major or minor in International



Oral Roberts University, Tulsa / Noelle Smits

Community Development, International Relations, International Business, or a foreign language as available.

➤ Subscribe to a newspaper from your host country.

➤ Visit ORU's website for upcoming international events.

- Consider how you can use what you learned abroad in your academic studies or career. The ORU Off Campus and Study Abroad Program, Career Services, and your academic advisor can explore options available to you.
- If you are eligible for Federal Work Study, consider working in the Modern Language Department. Interested students should send an email to its administrative assistant, Jeanne Wing, at jwing@oru.edu
- If you decide to look into additional work, study, or research abroad to further develop your cross-cultural understanding, there are often

scholarships and fellowships available. You may want to check into these. Your study abroad experience may give you an edge on the competition.

- Start planning how you might go abroad again either on another study abroad program, through working or volunteering abroad, or through additional travel.

Don't forget to include your study abroad experience when you are updating your résumé for post-graduation work or your job search. Your learning experience abroad will enhance your résumé and make recruiters take notice of an individual who has cross-cultural and language skills, a new perspective on the world around them, and is not afraid of new challenges.

Post Travel Health Issues

According to the Centers for Disease Control and Prevention, 15 to 70 percent of travelers returning to the United States have illnesses related to their travels. Some illnesses start while traveling, but others can take months or years to appear. It is important to share your travel history with your health-care provider, especially if you develop an illness with fever within six months of your return. If you experienced illness during your program or upon return, please contact Student Health Services at (918) 495-6341.

Also, don't forget to finish your anti-malarial pills and get a follow-up TB test if these were a required part of your travel experience. Consider completing any vaccine series not completed prior to travel, so you will be ready for your next program!

Final Thoughts

Study abroad will enrich your life in so many ways and become a part of your identity. Students frequently describe their study abroad experience as life changing. For some, the experience is an occasion for personal reflection; for others, it marks the beginning of broadened perspectives, reassessment of personal values, and new directions in career paths. The journey you make to foreign countries does not end upon your return home; rather the journey continues throughout your life and your past experiences become a part of who you are.



Amboise, Loire Valley, France /
Noelle Smits

Useful Websites*

Accommodations, etc.

Hotels, B&Bs, Apts.: venere.com
Hostel Guide: hostels.org
Routes International: routesinternational.com
Hostels: hihostels.com
Hostels: hostels.com
Hostels: hostelseurope.com
Hostels: hiayh.org
Hostels: hostelworld.com
Hostels: hostelz.com
Virtual Tourist: virtualltourist.com

European Rail Travel

Britrail: britrail.com
Eurail Pass: eurail.com
Eurostar: eurostar.com
Rail Europe: raileurope.com
Railpass Information: railpass.com
Railpass and Hostels: eurotrip.com

Miscellaneous Travel Information

Internet Cafés: world66.com/netcafeguide
Currency Exchange Rates: xe.net/ucc/
Currency Exchange Rates: oanda.com
Kropla.com (worldwide electrical and telephone guide): kropla.com
ISIC (Student ID Card): isic.org
CISI Insurance: culturalinsurance.com
Time Zones: timeticker.com
Worldwide Metric Conversion:
worldwidemetric.com/measurements.html
Maps of Europe: viamichelin.com
Weather: weather.com

Special Interest Groups

Travel Tips for Women: journeywoman.com
Students of Color: diversityabroad.com
Mobility International: miosa.org

Travel Guides

Fodor's Travel Guide Online: fodors.com
Let's Go Travel Guide Online: letsgo.com
Lonely Planet Travel Guide Online: lonelyplanet.com
Rough Guides Travel Online: roughguides.com
Moon Travel Guides: moon.com
Rick Steves' Europe: ricksteves.com

Government Services

Centers for Disease Control: cdc.gov/travel
Passport Information: travel.state.gov/passport/passport_1738.html
Foreign Entry Requirements:
travel.state.gov/visa/americans/americans_1252.html
Drug Warning: travel.state.gov/travel/living/drugs/drugs_1237.html
Embassy and Consulate Information: embassyworld.com
Embassy and Consulate Information: embassy.org
Registration with U.S. Embassy abroad & STEP information:
travel.state.gov/travel/tips/registration/registration_4789.html
Travel Warnings: travel.state.gov/travel/cis_pa_tw/pa/pa_1766.html
Absentee Voting: fvap.gov
U.S. Consulates: usembassy.state.gov
U.S. Department of State: state.gov
U.S. Department of State for students traveling abroad:
studentsabroad.state.gov

Travel Services *(Also check the websites of individual airlines)*

Student Universe: studentuniverse.com
STA Travel: statravel.com
Orbitz: orbitz.com
Travelocity: travelocity.com
Uniglobe: uniglobe.com
Kayak: kayak.com
Expedia: expedia.com

Green Travel

Ethical Traveler: ethicaltraveler.org/explore/reports/thirteen-tips-for-the-accidental-ambassador/
The Green Passport Program: greenpassport.us
Green Travel: responsibletravelreport.com/travel-green
Go Green Travel Green: gogreentravelgreen.com

**This list is neither exclusive nor comprehensive in scope.*