

The Pack Abroad Guide

Semester programs

Your guide for student identity, health, and safety abroad – and much more!



NC STATE

| Study Abroad Office

Emergency Contact Information

NC State Study Abroad Office: +1 919-515-2087
NC State University Police Department: +1 919-515-3000
NC State Counseling Center: +1 919-515-2423
GeoBlue International Health Insurance: +1 610-254-8771

The Emergency Number in my host country
(911 equivalent is): _____

The contact information for the U.S. Embassy in my host
country is: _____

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Study abroad advising contacts

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Post-acceptance region advising

(continued on next page)

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Post-acceptance region advising

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Kyle Keith	jkkeith@ncsu.edu	France, Italy, and Spain
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Other important campus contacts

Name	Email address	Responsibilities
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General questions may be directed to: study_abroad@ncsu.edu

Important Travel Related Information

US Department of State:

<http://www.travel.state.gov>

Information on living abroad, travel warnings, U.S. Embassy and Consulate websites, and other important information. Search by country for specific information about entry requirements.

Passports:

<http://travel.state.gov/content/passports/en/passports.html>

If you have not already done so, you should apply for a passport immediately.

NC State Passport Services
Witherspoon Student Center, 321
Email: passport-services@ncsu.edu

Centers for Disease Control and Prevention:

<http://wwwnc.cdc.gov/travel>

Information and advice about vaccines and medicines that are recommended by location.

NC State Travel Clinic:

travelclinic@ncsu.edu

Health Insurance:

<http://www.geobluestudents.com>

Email: studentinfo@geo-blue.com

Phone number: +1.610. 254-8771 (collect calls accepted)

International Voltage Conversions

<https://www.voltagevalet.com/>

Currency Conversions:

<http://www.oanda.com>

Post-Acceptance – Student Checklist

General

- Commit to your study abroad program in PackAbroad
- Complete host institution application (you may have already done this).
- Apply for housing abroad (if you have not already)
- Attend the mandatory Pre-Departure Conference
- Read “Staying Informed” and “Policies” sections in this handbook
- Continue to research your host country/region

Health & Safety

- Start familiarizing yourself with GeoBlue international health insurance
- Download the AlertTraveler app onto your smart phone and begin exploring your host country
- Schedule an appointment with the NC State Travel Clinic, if needed
- Begin conversations with your health care provider, therapist, etc. about medications abroad, general wellness, etc.

Once you have received official acceptance from your host institution or program, complete these items:

- Cancel your current housing and/or meal plan
- Drop on-campus courses for the upcoming semester and resolve any holds on your student account
- Apply for a Visa or Residency Permit, if required by your host country
- Complete all online post-decision requirements in PackAbroad by the posted deadlines
- Contact the Office of Scholarships and Financial Aid, if you receive financial aid
- Purchase your flight(s)

International Health Insurance

All students participating in study abroad programs or other university-affiliated international travel are required to be enrolled in the GeoBlue international health insurance policy for the duration of their program. This policy is utilized by the entire UNC System and provides comprehensive, low-cost coverage for \$1.45/day.

Prior to departure, you will receive your insurance card via email. You should print this card and carry the card with you at all times. When you receive the email, register online at <http://geobluestudents.com>.

You can also download the GeoBlue app to:

- Locate qualified providers and hospitals outside the U.S.
- Obtain a list of English-speaking doctors
- Find common translations of medical phrases
- Access Direct Pay
- Access an online ID card

Although arrangements can be made for the insurance company to pay the hospital directly for very serious and lengthy hospital stays, or for services provided by a GeoBlue approved physician, it is much more typical for a student to pay all costs up front and then be reimbursed.

Be sure that you have access to adequate funds to cover a health emergency, and keep all receipts you receive in order to file your claim.

If you plan to travel before or after the program dates, you are eligible to purchase up to 30 days of additional insurance through the GeoBlue website after you have been enrolled in the insurance by the Study Abroad Office.

Download AlertTraveler App

At the bottom of the PackAbroad "My Home" Student Page, there is an infobox for AlertTraveler. After downloading the smart phone app, go to the student page, click "Generate Code," and input the code into the phone app. Emergency information and check-ins are available through the app should a problem arise abroad.

Register with the NC State Travel Clinic

<https://healthypack.dasa.ncsu.edu/care-provided/travel-clinic/>

Contact Info: travelclinic@ncsu.edu

The NC State Travel Clinic provides comprehensive and personalized recommendations, medications and vaccinations based upon both your destination and your itinerary

Please register online with the Travel Clinic 6-8 weeks before you plan to travel. Remember, most vaccines take 10-30 days to become effective and protective. Travel Clinic staff will contact you within five working days of your registration to schedule your appointment.

Make Arrangements for Medications

Regardless of the pharmacy situation in any country, it is always advisable to:

- Bring enough medication to last through your program.
- Carry it with you rather than trusting it to checked luggage (many frequent travelers bring a double supply of medication and pack each in different bags).
- Keep extra prescription sheets written by your doctor (with the generic names) in case you need refills during your trip and to show at customs as proof of the medication's identity and necessity.
- Check the expiration dates on all medications, whether they are from home or abroad.

- You may also want to carry an anti-diarrheal medication and/or ask your physician for an appropriate anti-diarrheal prescription, as a precautionary measure

Research your host country

Researching your host country is one way to reduce culture shock, and also to be a responsible traveler and citizen of the world. Here are some themes to help you understand the culture of your host country.

- Politics
- History
- Language
- Holidays
- Religion
- Social norms
- Laws
- Family
- Shopping
- Daily life
- Communication
- Food/drink
- Clothing
- Medical care

Resources

- U.S Department of State Country Profiles
<http://travel.state.gov/content/passports/en/country.html>
- CIA World Factbook
<https://www.cia.gov/library/publications/the-world-factbook/>
- GeoBlue website for medical/pharmacy and security profiles geobluestudents.com (Health and Security tab)

Apply for a Visa or Residency Permit

- A visa is an official document or stamp issued by the government of the host country that is placed on a passport that allows the bearer to visit that country.
- Some students will be required to obtain a visa, a few will be required to obtain a residency permit, and others may need no immigration verification. Immigration policies depend on the host country requirements.
- It is the student's responsibility to research and verify immigration requirements (visas, residency permits, etc.).
- The U.S. Dept. of State provides country-specific information and links to foreign embassy or consulate sites.
<http://travel.state.gov/content/passports/en/country.html>

- Visa service agencies, though sometimes pricey, can assist with visa applications and often have expedited options. Visa Service Agencies:
 - A Briggs, China Visa Service Center, Travel Document Systems, Travisa.

Budgeting

The amount that students spend while abroad varies greatly. Here is some advice on developing a budget:

- Gather information on program costs. Know what is included in your fees, and what additional costs you may have to pay while “settling in” (bed linens, toiletries, replacements for things you left at home).
- Determine how much you and your family are willing to budget for discretionary expenses (travel, entertainment, etc.) and incidentals (laundry, postage, etc.).
- Expect some items to be more expensive overseas. This may include food, books, and “luxury” items, such as electronics and clothing.
- Check the exchange rate and guidebooks for your host country. Guidebooks typically list costs for accommodations, transportation, entrance fees, and other items that will help you estimate for personal travel.

Look for ways to cut costs. Evaluate your personal spending habits and where you are willing to cut back to afford other things while abroad. Consider getting an [International Student Identity Card \(ISIC\)](#) for discounts

Contact the Office of Scholarships and Financial Aid

Financial Aid Enrollment Agreement Form

The Office of Scholarships and Financial Aid requires all students not going on NC State Prague programs to complete an *Enrollment Agreement Form*. Find more information in the “Financial Aid” Online Orientation Video on your PackAbroad Student Page.

If you will be receiving financial aid, it is very important to meet with Financial Aid, and you should fill out a Direct Deposit Authorization with the Cashier's Office. These forms will allow most aid to be deposited directly to your checking account, and will allow any aid which cannot be directly deposited to be mailed to the person you designate (family member or friend).

More information about financial aid and study abroad can be accessed online: <http://go.ncsu.edu/studyabroadfinaid>

Failure to maintain full-time status while abroad could jeopardize your enrollment at NC State and your eligibility for financial aid. Regardless of host institution requirements, undergraduates should enroll in a minimum of the equivalent of 12 NC State hours for semester programs. Graduate students should enroll in the equivalent of 9 hours for semester programs. To maintain full-time status, you must enroll in courses that will transfer back to satisfy NC State degree requirements. If you are receiving financial aid you may need to pay back a portion of your aid if your full-time course load does not apply toward your NC State degree.

Purchase your flight

- Wait until you receive host institution acceptance letter and arrival dates before purchasing.
- Important: check the residence permit/visa application before purchasing your airfare; some may require you purchase before submitting application; may not allow open-ended flights
- Student Travel resources
 - statravel.com
 - *Book Now, Pay Later* - A non-refundable deposit, allows you to lock in the price of your ticket, and pay the remaining balance seven days before your flight.
 - studentuniverse.com
 - hickorybeeline.com
 - worldtrav.com

- Students are strongly encouraged to consider purchasing trip cancellation/interruption insurance when purchasing their airfare.
 - squaremouth.com
 - travelguard.com

Housing abroad

The majority of semester/academic-year students will live be responsible for arranging their own accommodations while abroad. In your search for housing abroad, the Study Abroad Office recommends:

- Utilize the existing resources and recommended housing providers or student accommodations from your host university or program
- Consider the commute between housing options and your host university. Is there reliable public transportation with extended hours to accommodate for any evening classes you make take?
- Never compromise safety and security over costs.
- Consider the cultural and regional differences in housing options and amenities. For example, many apartments overseas may not have central heating/air-conditioning, washers/dryers in units, etc.

Much like in the United States, you may be asked to pay an application fee and/or security deposit by a rental agency or firm abroad.

For students participating in a homestay abroad, consider the following:

- Discuss any guidelines and expectations at the *beginning* of your semester abroad to avoid any confusion or miscommunications later. What are the rules for phone usage, having guests over, using a computer/printer in the home, etc.?
- If meals are included in your homestay, be sure to gain a clear understanding of when meal times are, communicate

with your host family any dietary limitations or allergies, and discuss any household rules for meals (are you expected to wash your own dishes, for example)

- It is customary to bring a small gift for your host family. Examples of gifts include: NCSU attire or memorabilia, packaged food or other items made in your hometown or North Carolina, etc.

Advisor Tip: Students that identify as GLTBQAI+ and students that have mobility differences may have specific concerns regarding the safety and accessibility of housing abroad. If you feel comfortable doing so, feel free to work with your advisor to identify the most appropriate housing for your needs.

Pre-Departure – Student Checklist

2-3 weeks prior to departure

General

- Inform your bank and credit card companies of all travel plans
- Identify a Power of Attorney, if needed
- Make copies of all your important documents
- Add an alternate email address in PackAbroad
- Establish a communication plan with family and friends
- Continue to read carefully all emails from your program/host university and the Study Abroad Office

Health & Safety

- Enroll in the STEP (Smart Traveler Enrollment Program)
- Familiarize yourself with the closest U.S. Embassy in your host country – consider following them on social media for the latest updates
- Locate the nearest hospitals and pharmacies in your host country in case of an emergency
- Make any updates to your travel itinerary in PackAbroad
- Continue to utilize GeoBlue and AlertTraveler to learn more about your host country

Inform your bank of all travel dates

Inform your bank when and where you will be travelling. Often, for your protections, banks will turn off your account if they see suspicious activity. You can prevent this from happening by keeping them updated with your travel itinerary

Identify a Power of Attorney

The Study Abroad Office recommends that all students identify someone as a Power of Attorney to sign documents or make bank transactions on their behalf. Assistance is available through Student Legal Services. <http://studentlegal.dasa.ncsu.edu/>

Make copies of important documents

Make multiple copies of important documents (i.e., passport, visa, credit cards, driver's license). Take a copy with you and keep a copy at home. You may also want to have a digital copy available via email, Google Drive, etc. If any important document is lost, it is easier to replace with a copy.

Add an alternate email in PackAbroad

Because you will still be enrolled at NC State while abroad, you will continue to have access to your NC State Gmail account. The SAO is required to send correspondence to your NC State email account. However, there are some countries where Gmail is not accessible (e.g., China). To ensure our office is still able to communicate with you abroad, add an alternative email address in the PackAbroad system. Emails will then be sent to your NC State and alternative email accounts.

You can add the alternative email address by selecting "Edit Profile" on your Applicant Home page. Then entering the alternative address under "CC Email Address."

Establish a communication plan

It is important to set expectations with your friends and family back home about how often you will be able to communicate while abroad and how you plan to do so (phone, email, video chat, etc). Make initial contact with family/friends as soon as you can to let them know you have arrived safely.

Update Itinerary in PackAbroad

As you are finalizing your preparations, make sure to include ALL side trips you are taking into your 'Itinerary' section of your study abroad application. This includes personal travel before, during, or after your program dates. These may be added at any time, and they will assist us in locating you in case of an emergency. From inside of your program application, simply click on '*add new itinerary record*', input your travel dates/location, then hit submit.

Enroll in STEP

The State Department's State Department's Smart Traveler Enrollment Program (STEP) gives you access to updated information about areas abroad and makes it easier for the US Embassy or Consulate to contact and assist you if a crisis occurred in your current location.

<https://step.state.gov>

- Register your travel through STEP, if you did not do so prior to your departure.
- Subscribe to receive location specific alerts & warnings
- Follow the State Department on Twitter for regular updates.

The U.S. Department of State's Bureau of Consular Affairs travel website is a resource for all current advisories, including Worldwide Caution, Travel Warnings, Travel Alerts, and Country Specific Information. If you have limited Internet access, you can call +1-202-50-4444 from outside the US and Canada (1-888-407-4747 toll-free in the U.S. and Canada).

Familiarize yourself with the US Embassy

Before you depart for your study abroad, ensure you are familiar with the US Embassy nearest to your host institution, should you need to make an appointment. It is also beneficial to follow the Embassy location on social media to stay up-to-date with latest information for US citizens in that specific country. Embassy locations and webpages can be found at

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

Locate nearest hospitals and pharmacies

In case of an emergency, it is important that you know where the closest hospitals and pharmacies are to your location abroad. GeoBlue has online resources available (at geobluestudents.com) to help you find these locations. You should also review any pre-arrival information from your host institution for a listing of these locations and/or any on-site facilities available.

While Abroad – Student Checklist

General

- Notify your family and friends that you have arrived safely; continue to provide regular updates/check-ins throughout your time abroad
- Continue to carefully follow all instructions and guidance provided to you by your study abroad program, host institution, and NC State's Study Abroad Office
- If you use social media, be sure to tag @ncstatestudyabroad and use #PackAbroad on posts

Health & Safety

- If you get a SIM card or local phone number, update the AlertTraveler app accordingly
- Update your STEP enrollment and your itinerary in PackAbroad continuously as you make plans to travel either with the program or independently
- Consult your study abroad program or host institution about reliable healthcare providers in your area. Much of this information should be provided to you during program orientation onsite.
- Continue to utilize the GeoBlue app to stay familiar with local health issues, locations of clinics and pharmacies, etc.
- Review *Safety Abroad* information in this handbook

Academics

- If your previously submitted course approval form needs updating to match the revised offerings from your study abroad program or host institution, contact your NC State College/Department approvers and the Study Abroad Office to gain new course approvals and documentation.

- Ensure that you're maintaining a full-time course load abroad (equivalent of 12 U.S. credit hours)
- Ensure that you're taking all classes for a grade; courses cannot be taken pass/fail
- Review [Credit Abroad](#) information, if needed
- Arrange to have your transcript mailed to:
 - NC State Study Abroad Office
 - 315 Holmes Hall
 - Campus Box 7344
 - Raleigh, NC 27695-7344 USA
- Make preparations to register for NC State courses for the semester/term you plan to return
 - Follow all instructions and guidance from Registration & Records
 - Be mindful of time zone differences
 - Consult your academic advisor(s) and MyPack portal
- If you plan to spend part of your senior year abroad, and particularly if you plan to graduate immediately after your return from abroad, remember that you may not receive your transcript from the overseas university until several months after your return. Therefore, you should not plan to receive your degree earlier than one semester after your return.

Safety Abroad

General Emergencies

Both the Study Abroad Office and Campus Police are available 24 hours per day and will accept collect international calls. **If you can only make one call, call NC State Campus Police (+1 919-515-3000)** They have instructions to accept collect calls, and will then get in touch with a member of the Study Abroad Emergency Response Team.

Mental Health Emergencies

Emergency counseling service is available 24 hours a day, 365 days a year. Phone Number: +1 919-515-2423; select the option to speak with the crisis hotline and you will be directly connected

Advisor tips for first-time travelers: *Do's and don'ts*

- DO pay close attention to all information provided to you by your study abroad program or host institution; especially during orientation programs upon arrival.
- DO carry a copy of your Passport and Emergency Contact Card (found on the back cover) along with your insurance card(s) on you at all times.
- DON'T carry your actual passport unless you absolutely need it or are crossing international borders.
- DON'T carry large amounts of cash, and don't carry all of your money and important documents in one bag - separate them out.
- DO carry a cell phone with you with GPS turned on to best utilize the AlertTraveler App.
- DON'T wear headphones when you need to be aware of your surroundings.

Advisor tips for first-time travelers: *Do's and don'ts*

- DO be alert in crowds, especially in train stations, airports, and at tourist attractions. Frequently, these can be locations for pickpocketing.
- DO act like you know where you are going and what you are doing. If you are lost or need to check a map or your phone, step into a café, shop, or other business.
- DO keep your wallet in your front pocket, rather than your back pocket. Keep purses, backpacks, etc. close to your body.
- DON'T travel alone. Always travel with a friend and let someone else on your program and your study abroad program or host university know where you are.
- DO make a plan in case you become separated from your travel companions - especially on metros/busses.
- DO value safety over costs. There are some means of transportation such as overnight trains and busses that may be inexpensive, but may also come with a greater degree of risk.
- DO call hotels, hostels, and other accommodations before booking a room to make sure your items can be secured in a safe or locker.
- DO stay informed about ongoing developments in your host country or region. Read local newspapers, watch the local news programs, and follow any updates or guidance from your study abroad program or host institution, the Study Abroad Office, and the U.S. Department of State.
- DO ride in the back seat of taxis.
- DO stay away from all public demonstrations and protests.

Identity abroad & cultural adjustment

Learning and Mobility Differences

Students with learning and/or mobility differences are increasingly participating in study abroad programs. As with other identities and topics mentioned throughout this handbook, advanced planning and research are key. Accessibility and the availability of certain accommodations may vary depending on location; therefore, it is crucial that students work with the Study Abroad Office, their Program Director(s), and the Disability Resource Office well in advance of their program start date.

Gender

Gender - and the various cultural norms, behaviors, and attitudes associated with it - significantly shape one's experiences, in both large and small ways. All students - regardless of their gender identity and/or expression - may encounter differences around gender that are unique to their country/location of study; some locations being quite similar to the U.S., others differing dramatically. Students are encouraged to keep an open mind when evaluating any gender differences, as these differences can be used as an opportunity to gain insights into another culture.

Students should be aware that many cultures around the world have been exposed to American media - such as movies, television programs, and magazines - that often portray stereotypical representations of gender and sexuality in the United States. Therefore, it is advisable that students take social cues from locals, such as dress, body language, etc., and follow the advice of their in-country support staff on ways to best adjust/acclimate, if needed.

GLBTQIA+

You may already identify as GLBTQIA+ or you may still be exploring these issues. In any case, you may find that the social climate, laws, and personal interactions of your host culture differ from the U.S. Keep in mind that many of the ideas held in the U.S. about sexuality and sexual orientation are culturally-based and may be quite different in your host country.

In some cultures, Western understandings of “gay” and “straight” - for example - do not exist or do not carry the same societal importance. In other cultures, there are more active social movements for civil rights for sexual minorities.

In preparing to study abroad, it may be important for you to research the GLBTQIA+ climate of the countries you will be visiting. Though research might lead to potentially affirming or challenging information, it will help you to be better prepared to face the environment you will encounter abroad. Even if you do not plan to be open about this aspect of your identity while abroad, you should be informed about specific laws pertaining to sexuality, gender, and the GLBTQIA+ community.

Race and Ethnicity

Racial and ethnic perceptions and experiences may vary by culture and country. While abroad, you may find that you are an ethnic/racial minority or majority for the first time in your life, or you may find that the ethnic/racial identity you have always felt to be an integral part of yourself is viewed in a completely different way in your host country. If you are visiting a country where you have ethnic or racial roots, you may find you are expected to behave according to the host country norms in a way that other Americans of a different background are not. Or, you may find that you are considered an American first, and your ethnic or racial identity may be considered secondary.

In many countries, there may be existing ethnic and/or racial conflicts, and you may find you are identified with one group or

another because of your physical features. It is unlikely that any of these situations will involve any threat of physical harm to you as an international student. However, by researching the cultural landscape and current issues of your host country, you can better prepare yourself for situations you may encounter abroad.

If interested, the SAO staff can put you in contact with a student or staff member at NC State who has experience in your host country and share their perspective with you.

American Identity Abroad

For some students, studying abroad may be the first time they have thought critically about their identity as an American. While abroad, students will encounter a plethora of views and opinions on the United States that will vary widely based on their region, host country, and the individuals they encounter. Students should keep an open mind when navigating conversations or situations in which Americans or the United States are being discussed. In some locations, Americans may find themselves welcomed; in other locations, they may be at increased risk for theft/crime. Please review the general safety tips provided in this handbook.

Religion/Faith/Spirituality

In many countries, religious beliefs, practices, and traditions - or lack thereof - play an important role in defining a nation's history and informing its present. In preparing for your study abroad experience, it's a good idea to research what religions or faith-based communities have an active presence in your region or country and how they may have evolved or changed over time. If the religious practices or traditions differ from your own identity or background, doing some initial pre-departure research may prepare you for better acclimating to what you may experience overseas.

If practicing your religion is an important part of your identity currently, it's advisable that you begin to locate local mosques,

churches, temples, or community centers in your host city or neighborhood to gain a firmer understanding of the opportunities that may exist abroad. If needed, your study abroad advisor or in-country support staff can assist you in doing so.

Identity-Based Resources

There are many online additional resources for students from historically underrepresented backgrounds and identities to further explore. Visit the *Identity-Based Resources* page on the Study Abroad Office website to learn more: <https://studyabroad.ncsu.edu/identity-based-resources/> or contact your advisor.

Note: You should immediately contact a staff member from your host institution or the Study Abroad Office if you find yourself in an uncomfortable or threatening situation abroad based on your identity or background.

Cultural adjustment

Cultural adjustment, often referred to as, “culture shock” is the disorientation a person may feel when experiencing an unfamiliar way of life due to being in a new country or environment. Common problems include: cultural understanding gaps, information overload, language barriers, and homesickness. Culture shock is unavoidable, and it affects each individual differently. Below are the primary phases associated with culture shock:

Honeymoon

During this period, the differences between the old and new culture are seen in a romantic light. During the first few weeks, most people are fascinated by the new culture.

Negotiation

Differences between the old and new culture become apparent and may create anxiety. Excitement may eventually give way to unpleasant feelings of frustration and anger as one continues to experience unfavorable events, which they perceive as strange and offensive to one's cultural attitude. Language barriers, stark differences in public hygiene, traffic safety, food accessibility and quality may heighten the sense of disconnection from the surroundings.

Adjustment

Strategies are developed to cope with difficulties and feelings, make new friends, and to learn to adapt to the host culture. Finding enjoyable activities is important in routine building.

Adaption

Individuals are able to participate fully and comfortably in the host culture. Cultural differences are embraced and accepted. The host country is seen as a new, yet different home.

“Reverse culture shock”

Many returning study abroad students report feelings of “reverse culture shock” in which they experience sometimes-unexpected challenges returning to life in the U.S. Many of the phases of reverse culture shock are similar to those of culture shock discussed earlier (honeymoon, adaptation, etc.), and they are a normal part of the re-entry process.

Suggestions for combatting reverse culture shock include:

- Participate in the events and programs for returned study abroad students held each semester by the Study Abroad Office

- Connect with international students on campus
- Join Pack Abroad Ambassadors to build community with other returned students
- Think about the ways you coped with culture shock abroad; could some of these same strategies assist you in your transition back to campus/the U.S.?
- Consider exploring the resources provided by the NC State Counseling Center if reverse culture shock is severe

For more information, check out:

<https://www.gooverseas.com/blog/reverse-culture-shock-coming-home-after-studying-abroad/>

Sexual harassment and misconduct

Sexual harassment and misconduct

NC State's [*Code of Student Conduct*](#) defines sexual harassment as any unwelcome conduct directed toward a person which is based on a person's sex or is of a sexual nature. Sexual Harassment can include unwelcome sexual advances, requests for sexual favors, and other verbal, non-verbal or physical harassment of a sexual nature. Sexual Harassment also includes sexual assault, stalking, and interpersonal/dating violence.

Sexual misconduct, as outlined in the *Code of Student Conduct*, includes sexual harassment, sexual exploitation, sexual contact (without consent), sexual intercourse (without consent), and retaliation against a person because they filed a complaint alleging misconduct or participated in a procedure involving charges of sexual misconduct.

All study abroad students are required to understand and adhere to all definitions and policies outlined in the *Code of Student Conduct*, including the relationship/interpersonal violence and sexual misconduct policies, while abroad.

Cultural and social attitudes toward sexual harassment and misconduct victims vary greatly in different countries. However, respecting and adapting to cultural differences does not mean that you need to tolerate behaviors that make you feel unsafe or uncomfortable.

Researching sexual harassment, misconduct, and gender dynamics in your host country can empower you to make safer choices. We encourage you to talk with the Study Abroad Office, campus resources (e.g. GLBT Center, Women's Center), and your host institution to better understand and prepare for these differences.

Support if you have been harassed or assaulted

Remember, if you are sexually harassed or assaulted, it is not your fault. We encourage you to reach out to someone you trust and contact your on-site director or the Study Abroad Office. Your on-site director and the Study Abroad Office can provide you with support and resources, including connecting you to medical and legal services.

The following offices at NC State are available to support you while abroad:

- Study Abroad Office emergency number - call 919-515-3000 24/7 and let them know you are currently abroad. They will connect you with a Study Abroad staff member.
- [NC State Counseling Center](#) emergency number - call 919.515.2423 and request that the “Counselor on Call” be paged 24/7.
- [NC State Women's Center](#) - call the 24/7 Sexual Assault Helpline at 919-515-4444.
- Office of Institutional Equity and Diversity [Safe at NC State](#)

Outside of NC State resources

- GeoBlue International Health Insurance (1-610-254-8771). Can assist in finding medical support in-country.
- [RAINN](#) has a National Sexual Assault Hotline with either phone (800.656.4673) or [online chat](#) options available
- [1in6](#) – resources for male survivors
- [Peace Corp Rape Response Handbook](#)

Back On Campus – Student Checklist

General

- ❑ Fill out Final Evaluation on your PackAbroad application
- ❑ Confirm with your study abroad program or host institution that your final transcript will be sent to the Study Abroad Office.
- ❑ Read the learning content on your PackAbroad application about ways to get involved on campus
- ❑ Check out the email newsletters from the Study Abroad Office with various events and opportunities to share your #PackAbroad experience once back on campus

Credits/Transcript

Your host institution will send your official transcript to the NC State Study Abroad Office at the end of your study abroad program (please note this may take a couple of months to arrive at our office). When your transcript arrives, we will forward it to your college coordinator for your first major, and a digital copy will be attached to your study abroad application. You will receive an email with additional instructions and information once we have received your transcript from abroad.

Getting Involved

Pack Abroad Ambassadors: Connect with others who have studied abroad and who would like to share their experience to other NC State Students about their experience. Members of Pack Abroad Ambassadors give presentations, table at colleges and information sessions, create and plan events, and do so much more.

Volunteer at the Study Abroad Fair: Held early each fall, come represent your program and share your experiences with interested students.

Volunteer at the Incoming Exchange Student Orientation:

Held shortly before the beginning of each semester. Help us welcome new exchange students from around the world to the wolf pack!

Pre-Departure Conference: Remember how great it was to connect with past program participants at your regional breakout? Share your knowledge and relive your great memories from abroad.

Cultural Exchange Network (CENet): Connects NC State students with international students in participating in activities like field trips, seminars, and workshops - most of which are free!

Global Perspectives Certificate: The GPC program helps students continue their international engagement back on campus, in the local community, and in their studies. The GPC is a great way to highlight international involvement to future employers and to provide guided reflection on how international engagement can continue after a study abroad experience.

English Conversation Club: American student volunteers are needed to help international students practice English and learn American slang and idioms.

Global Village: Residents from across the world come to reside at the Global Village in Alexander Hall.

North Carolina Reentry Conference: Study Abroad: Now What? Conference is designed to bring study abroad students together to share benefits and common challenges from study abroad.

For more opportunities and events, check out:

<https://global.ncsu.edu/events/>

Staying Informed

US Embassy Assistance

You should locate the U.S. Embassy closest to your location by visiting <http://usembassy.state.gov>.

U.S. Embassy personnel provide routine citizenship services and emergency assistance for American citizens abroad, such as passport replacement and certain legal services.

Consular Officers CAN

- Provide visits to jail
- Provide a list of local attorneys
- Notify relatives of arrest
- Relay requests for money or other aid
- Intercede with the local authorities to ensure humane treatment and that rights under local law are observed
- Assist in cases of death and serious medical emergency

Consular Officers CANNOT

- Get you out of jail.
- Represent you at trial or give legal counsel
- Pay legal fees/fines with U.S. government funds.

Foreign Laws

It is important for you to become informed of all laws, regulations and standards for each country to or through which you will travel during your program participation.

Each foreign country has its own laws and regulations and has standards of acceptable conduct in the areas of dress, manners, morals, religion, social customs, politics, alcohol use, drug use and behavior.

Behavior or conduct which violate those laws or standards could harm the program's effectiveness, the University's relations with those countries in which the program is located, your own health and safety, or the health and safety of other participants in the program.

Many practices that are illegal or grounds for mistrial in the U.S., including extraction of a confession, entrapment, police searches without a warrant, etc., are admissible in court in other countries. In many systems, there is no bail requirement, no jury trial; the burden of proof is on the accused to prove his or her innocence, etc.

You are fully responsible for any legal problems, any encounters with any foreign government or any individual and the University is not responsible for providing any assistance under such circumstances.

Academic culture abroad

Your host institution and country will likely have very different academic and classroom expectations than you are used to in the United States. Familiarize yourself with teaching styles, grading systems, classroom environments, and assessment expectations. In general, classroom settings abroad are more formal than they are in the United States. Many courses are taught lecture style with lots of students in one classroom - think the size of 101 level courses at NC State.

In some countries, you may have only 1-2 assessments, which make-up your entire grade for the course. Learning and keeping up with coursework is considered the responsibility of the students. Exams may be either on lectures or required readings for the course. Though the temptation may not be there since quizzes, papers, and other testing isn't regular, make sure you do not "save" your reading for the end of the term.

Note that you will likely register and finalize your class schedule upon arrival at the host institution. This will be in consultation with an academic or faculty member and occur during the first few days on-site.

Policies

Prior to submitting their NC State study abroad applications for initial review in PackAbroad, students are required to read and understand all the [Study Abroad Office policies](#), including: the withdrawal and refund policy, restricted travel policy, visitors policy, and insurance enrollment policy.

All students are also required to digitally sign and acknowledge the *Participant Agreement*, a legal document which further informs all students of the guidelines, policies, and expectations concerning participation in study abroad programs.

Questions or concerns regarding policies or the Participant Agreement may be addressed with the Study Abroad Office: study_abroad@ncsu.edu.

NC STATE UNIVERSITY

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+1 919-515-2087

Fill out, tear off, and carry with you while abroad.

EMERGENCY CONTACT

_____ is a student at

NC STATE UNIVERSITY

Studying abroad at:

(Institution, Country)

International collect calls will be accepted by:

NC State Campus Police (24 hours)
(1) 919-515-3000

Study Abroad Office(8am-5pm EST)
(1) 919-515-2087