

# The Pack Abroad Guide

## Semester programs



**NC STATE**

| Study Abroad Office

## **Emergency Contact Information**

<b>Name</b>	<b>Phone number</b>
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	+1 610-254-5830

## **Table of Contents**

Important Travel Related Information .....	4
Post-Acceptance Student Checklist .....	5
Pre-Departure Student Checklist .....	12
Staying Informed.....	16
Policies .....	18
While Abroad - Student Checklist.....	19
Safety Abroad.....	21
Identity Abroad and Cultural Adjustment.. ..	23
Sexual Harassment & Misconduct.....	28
Back on Campus .....	30

### Region advising

Name	Email address	Responsibilities
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Poole Global	poole_global@ncsu.edu	Poole College of Management
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### Other important campus contacts

Name	Email address	Responsibilities
Seth Parrish	shparris@ncsu.edu	Study Abroad Scholarships
Lowell West	elwest@ncsu.edu	Accounting, Billing, and Insurance

General questions may be directed to: [study\\_abroad@ncsu.edu](mailto: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 as standard processing can take 8-11 weeks.

## **Centers for Disease Control and Prevention:**

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

Information and advice about vaccines and travel health information recommended by location.

## **NC State Travel Clinic:**

Student Health Services - [Travel Clinic](#)

[travelclinic@ncsu.edu](mailto:travelclinic@ncsu.edu)

Provides comprehensive and personalized recommendations, medications and vaccinations based upon both your destination and your itinerary.

## **Health Insurance:**

<http://www.geobluestudents.com>

Email: [customerservice@geo-blue.com](mailto:customerservice@geo-blue.com)

Phone number: +1.610. 254-5830

## **[International Electricity Guide](#)**

## **[Currency Conversions](#)**

## Post-Acceptance – Student Checklist

### General

- Complete host institution application
- Apply for housing abroad
- 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 on your smartphone and begin reviewing your host country
- Schedule an appointment with the NC State Travel Clinic, if needed
- Begin conversations with your healthcare provider, therapist, or other care providers about medications abroad and general wellness

Once you have received **official acceptance** from your host institution or program, complete the following:

- 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 have questions about financial aid

Once you have also **confirmed housing** from your host institution or program, complete the following:

- Cancel your current NC State housing and/or meal plan
- Drop on-campus courses for the upcoming semester and resolve any holds on your student account
- Purchase your flight(s) after verifying program orientation dates

## **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 about \$1.50/day. Some countries may require that you purchase additional insurance per their international visa/residency guidelines.

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

You can also download the GeoBlue app on your smartphone 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 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**

In your online PackAbroad application, there is information about AlertTraveler which is a risk management mobile application that provides safety and security information for your location abroad. Emergency information and check-ins are available through the app should a concern arise abroad.

### **[Register with the NC State Travel Clinic](#)**

Contact Info: [travelclinic@ncsu.edu](mailto: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 pharmacy availability in any country, it is always advisable to:

- Bring enough medication to last through your entire program.
- Carry it with you and in checked luggage
- 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.
- Review [Traveling Abroad with Medication](#)
- You may also want to carry an anti-diarrhea medication and/or ask your physician for an appropriate anti-diarrhea prescription, as a precautionary measure

## **Research your host country**

Researching your host country is one way to reduce culture shock and also be a responsible traveler. Here are some suggested topics 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



## **Apply for a Visa or Residency Permit**

- A visa is an official document or stamp issued by the government of the host country placed in a passport which allows an individual to visit that country.
- Some students will be required to obtain a visa, some will be required to obtain a residency permit, and others may not need immigration verification. Immigration policies are dependent upon the host country requirements.
- It is the student's responsibility to research and verify immigration requirements for their host country.
- The U.S. Dept. of State provides country-specific information and links to foreign embassy or consulate sites:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

## **Budgeting**

The amount students spend while abroad varies greatly. Below is guidance 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 after arrival (bed linens, personal care).
- Determine how much you are willing to budget for discretionary expenses (travel, entertainment, laundry, postage, etc.).
- Expect some items to be more expensive while abroad. This may include food, books, electronics, and clothing.
- Check the exchange rate and guidebooks for your host country. Guidebooks typically list costs for transportation, accommodations, 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.

## **Office of Scholarships and Financial Aid**

### [Financial Aid Enrollment Agreement Form](#)

The Office of Scholarships and Financial Aid requires all study abroad students who receive financial aid, and who are not participating in 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 are receiving financial aid, be sure to review the instructions on setting up [direct deposit](#) for your account. 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 the host institution acceptance letter and expected arrival dates before purchasing.

- Important: check the residence permit/visa application before purchasing your airfare; some may require you purchase before submitting an application, or may not allow open-ended flights.
- Students are encouraged to consider purchasing trip cancellation/interruption insurance with their airfare.

## **Housing abroad**

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

- Utilize the existing resources recommended by your host university
- Consider the commute between housing options and your host university. Is there reliable public transportation if you take evening classes?
- Never compromise safety and security over costs.
- Consider the cultural and regional differences in housing options and amenities. For example, many apartments in other countries may not have central heating, air-conditioning, or in-unit washers/dryers.

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

For students participating in a homestay or staying with a host family abroad, consider the following:

- Discuss any guidelines and expectations at the *beginning* of your semester abroad to avoid any confusion or miscommunication later. What are the rules for having guests over, using a computer/printer in the home, for example.
- If meals are included in your homestay, be sure to gain a clear understanding of when mealtimes 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 LGBTQIA+ and students that have mobility differences may have specific concerns regarding the safety and accessibility of housing abroad. Be sure 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 carefully read 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 for more information about your host country

### **Inform your bank of all travel dates**

If needed, inform your bank of when and where you will be traveling. Often, for your protection, banks will place holds on your account if they see suspicious activity. You can prevent this 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](#).

### **Make copies of important documents**

Make multiple copies of important documents (passport, visa, credit cards, driver's license, etc.). Take a copy with you and keep a copy at home. You may also want to have a digital copy available via email or copied to your Google Drive. 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 Study Abroad Office is required to send correspondence to your NC State email account. However, there are some countries where Gmail is not accessible (example China). To ensure our office is still able to communicate with you abroad, add an alternative email address to your PackAbroad

application. Emails will then be sent to your NC State and alternative email accounts.

You can add the alternative email address by logging into your PackAbroad applicant home page. Before clicking your program, click on the “profile” tab and input your alternative email in the “CC-email address” field.

### **Establish a communication plan**

It is important to set expectations with your friends and family back home on how often you will be able to communicate while abroad and how you plan to do so (phone, email, video chat). 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 the Study Abroad Office in locating you in case of an emergency. Within your program application, click on the “itinerary” tab, input your travel dates/location, then click the red + button to add the itinerary.

### **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 U.S. Embassy or Consulate to contact and assist you if a crisis occurs in your location.

<https://step.state.gov>

- Register your travel through STEP
- Subscribe to receive location specific alerts & warnings

- Follow the State Department on social media 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 +1-202-501-4444 from outside the US and Canada (1-888-407-4747 within the U.S. and Canada).

### **Familiarize yourself with the U.S. Embassy**

Before you depart for your study abroad program, ensure you are familiar with the U.S. Embassy closest 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 informed with the latest information for U.S. citizens in that specific country.

Embassy locations and webpages can be found at

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

### **Locate the 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 ([geobluestudents.com](http://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.

# Staying Informed

## US Embassy Assistance

You should locate the U.S. Embassy closest to your location by visiting <https://www.usembassy.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 violates those laws or standards could negatively impact the program, the University's relations with the country 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. such as entrapment and police searches without a warrant, are admissible in court in other countries. In many judicial systems, there is no bail requirement or jury trial. The burden of proof is on the accused to prove their innocence.

**You are fully responsible for any legal concerns, encounters with any foreign government, or any individual. The University is not responsible for providing any assistance under such circumstances.**

### **Academic culture abroad**

Your host institution and country will likely have 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 for your host program. In general, classroom settings abroad can be more formal than they are in the United States.

In some countries, you may have only 1-2 assessments (exams, presentations, papers), which determine your entire grade for the course. Learning and keeping up with coursework is considered the responsibility of the student. Exams may be either on lectures or required readings. Make sure you do not fall behind in your assigned reading even if a course may not have homework, quizzes, or other regular assessments.

You will likely register and finalize your class schedule after arrival at the host institution. This will be in consultation with an academic or faculty member and likely occur during the first few days of orientation.

## **Policies**

Prior to submitting an NC State study abroad application, students are required to read and understand all the [Study Abroad Office policies](#), including the withdrawal and refund policy, restricted travel policy, visitor policy, and international health insurance 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](mailto:study_abroad@ncsu.edu).

## While Abroad – Student Checklist

### General

- Notify your family and friends that you have arrived safely, and 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 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 as you make plans to travel for your 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 for locations of clinics and pharmacies
- Review *Safety Abroad* information in this handbook

### Academics

- If your previously submitted course approval form needs to be updated 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 or satisfactory/unsatisfactory
- You can either have your final transcript emailed or mailed to the NC State Study Abroad Office. Mailing address:
  - NC State Study Abroad Office
  - 315 Holmes Hall
  - Campus Box 7344
  - Raleigh, NC 27695-7344 USA
  
- Email address: [study\\_abroad@ncsu.edu](mailto:study_abroad@ncsu.edu)
- 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 plan to graduate immediately after your return from abroad, be aware that you may not receive your transcript from your program abroad until several months after your return. Therefore, you should not plan to receive your degree earlier than one semester after your return.
- Students are advised to review the [eligibility](#) and [credit abroad](#) websites for more information.

# Safety Abroad

## General Emergencies

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

## Mental Health Emergencies

Emergency counseling services are available 24 hours a day, 365 days a year. Phone Number: +1 919-515-2423. Select the option to speak with an on-call counselor and you will be directly connected

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## 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, emergency contact information, and 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. Don't put 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.
- DO be alert in crowds, especially in train stations, airports, and 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 and backpacks close to your body.
- DON'T travel alone. Always travel with a friend. Let someone else from 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/buses.
- DO value safety over costs. There are some means of transportation such as overnight trains and buses that may be inexpensive, but could also come with a greater degree of risk.
- DO contact 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. Review local newspapers, watch the local news programs, and follow any updates or guidance from your study abroad program, 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**

Advanced planning and research are key for students with learning and/or mobility differences. Accessibility and availability of certain accommodations may vary depending on location. It is important that students work with the Study Abroad Office, their Program Director(s), and the Disability Resource Office in advance of their program start date to review needs and expectations.

## **Gender**

Gender and the various cultural norms, behaviors, and attitudes associated with it significantly shape one's experience. Any student, regardless of their gender identity and/or expression, could encounter differences surrounding gender that are unique to their country/location of study. Some locations may be similar to the U.S., while others could differ significantly. Students are encouraged to keep an open mind when evaluating any gender differences in order to facilitate gaining 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. It is advisable that students take social cues from locals and follow the advice of their in-country support staff on ways to best adjust/acclimate, if needed.

## **LGBTQIA+**

You may already identify as LGBTQIA+ or be exploring these identities. You may find that the social climate, laws, and personal interactions of your host culture are different 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 different in your host country.

In preparing to study abroad, it may be important for you to research the LGBTQIA+ climate of the countries you will be visiting. It is possible that this research could lead to potentially affirming or challenging information, which will help you to be better prepared in your environment 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 LGBTQIA+ community in your host country.

## **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 or racial minority or majority for the first time in your experience, or that your ethnic or racial identity is viewed differently 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. You may also 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. 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 Study Abroad Office may be able to put you in contact with a student or staff member at NC State who may have 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 many views and opinions of 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 could play an important role in their society. In preparing for your study abroad experience, it is a good idea to research what religions or faith-based communities have an active presence in your region or country. If practicing your religion is an important part of your identity, it is recommended that you locate local churches, temples, mosques, or community centers in your host city to gain an understanding of the opportunities that may exist abroad.

## **Identity-Based Resources**

There are many online 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.

*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 can 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 common, 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 environment are seen in a positive light. During the first few weeks, most people are fascinated by the new culture.

### **Negotiation**

Differences between the old and new environment become apparent and may create anxiety. Excitement may eventually transition to unpleasant feelings or frustration. Language barriers, unfamiliar customs, and food differences may heighten the sense of disconnection.

## **Adjustment**

Making new friends and learning to adapt to the host culture are critical strategies for effective adjustment. Finding enjoyable activities is important to establish a routine.

## **Adaption**

Individuals can participate fully and comfortably in the host culture. Cultural differences are embraced and accepted. The host country is seen as a new home.

## **“Reverse culture shock”**

Many returning study abroad students report feelings of “reverse culture shock” in which they at times experience unexpected challenges in returning to life in the United States. Many of the phases of reverse culture shock are similar to those of culture shock discussed above. Suggestions for navigating reverse culture shock include:

- Participating in events and programs for returned study abroad students offered by the Study Abroad Office
- Connecting with international students on campus
- Joining PackAbroad Ambassadors to build community with other returned students
- Utilizing similar strategies that assisted you in your initial transition abroad
- Exploring the resources provided by the NC State Counseling Center

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

The NC State [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 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 speak with the Study Abroad Office, campus resources such as the [LGBTQ Pride 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 to 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 on call.
- [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 (1.800.656.4673) or [online chat](#) options available
- [1in6](#) – resources for male survivors

## Before you return to the United States

### Credits/Transcript

- Confirm with your study abroad program or host institution that your final transcript will be sent to the Study Abroad Office. It is the student's responsibility to follow the program or host institution transcript guidelines to ensure the NC State Study Abroad Office receives their transcript.
- Please note that the transcript process may take several weeks or months depending on the country. Once the Study Abroad Office receives your transcript, we will notify your academic department for them to review and approve degree credit.

## Back On Campus – Student Checklist

### General

- Read the “Returnee” 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

### Getting Involved

**PackAbroad Ambassadors:** Connect with others who have also studied abroad and want to share their experience with more NC State students. Members of PackAbroad Ambassadors give presentations, table at information sessions, plan social events, and more.

***Volunteer at the Study Abroad Fair:*** Held each fall semester, 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, students can help welcome new exchange students from around the world to the Wolfpack!

***Pre-Departure Conference:*** Remember how great it was to connect with other students at your regional breakout session? Share your knowledge and guidance with students traveling to the same country in the upcoming semester.

***Developing Cultural Competence Certificate:*** The [DCC program](#) helps students continue their international engagement on campus through cultural awareness in both personal and professional settings. This certificate program also allows students to implement strategies for working effectively across cultural differences after their study abroad experience.

***English Conversation Club:*** Student volunteers can help international students practice English in a fun casual environment

***Global Village:*** Build friendships and practice language skills with NC State students from all over the world in Alexander Hall.

Any questions or concerns, please contact the Study Abroad Office - [study\\_abroad@ncsu.edu](mailto:study_abroad@ncsu.edu).