April 2008

Dear Europe Semester Participants,

Welcome to Orientation! As you prepare to depart on your study abroad program, our hope is to be able to assist you in any way possible in addition to being excited with you as you begin what promises to be a significant experience.

There are a multitude of ways in which you will grow from this experience and countless things you will carry away with you from this time abroad. This process of gathering up what you experience and learn is a three-phase experience that begins before you leave and extends well into the time after you return. The orientation and re-entry process will provide the framework that will allow you to get the most of your experience personally and academically.

This handbook, like the orientation session and other information given to you, is designed to serve as a tool to help get the ball rolling – a foundation on which you will build as you prepare to depart on your off-campus program. In these limited pages and during our brief time together we will only begin to cover both the practical and profound. Hopefully, this handbook will not only provide useful information but also begin your process of processing, reflecting upon, and responding to all that you will learn about yourself as an individual and as a global citizen in the world at large.

We firmly believe that off-campus programs are valuable because they heighten our awareness of the world by placing us in new situations. These new situations are invaluable learning experiences that also serve to reveal and stimulate our personal and character development. These opportunities give us the chance to practice the skills and sympathies vital to being an effective follower of Christ in the world and to practice discernment of the central core of Christianity and what we are called to in life. Certainly, this is a life-long task but you have found a fantastic, enriching way in which to dive in and begin!

Please read this handbook carefully and use it as a resource in the coming weeks and months. You might also want to share it with your family and friends as they think about and prepare for your experience as well. Please feel free to contact us at any time with questions, problems, dilemmas over which shoes to pack…and remember how much we love to get your postcards! We are here to be of service to you…anytime. Blessings on you in your travels.

Sincerely,

Dr. Bill Wright  Barbara Pointer
Associate Provost & Director of Off Campus Programs  Off Campus Programs Coordinator
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SELF ORIENTATION

Ultimately, you are responsible for how prepared you are for your off-campus program experience. Attend all orientation and program pre-departure meetings. Read and keep all information and materials sent to you. Inform yourself as much as possible about where you will be living and studying for the next weeks or months. Do some reading on current events and issues on websites or in newspapers and magazines that report on the area of the world in which you will be. Find a travel guide with good information on the history, culture, government, and geography of your host countries in addition to the customary information on the tourist highlights.

Give some thought to some of the following issues and attitudes about them in the US. Compare and contrast your American sensibilities to the ones you encounter in your host country once you arrive:

<table>
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What are other issues not covered on this list? Are you prepared to answer the questions of your new acquaintances about these issues and how they are thought of in North America? Is your opinion on these issues the only North American opinion on these issues? Will the views shared by the people you encounter be the only opinion on these issues in the countries you will be traveling in?

Review the program materials for information regarding your future academic experience on your off-campus program. Do you have an idea of what the educational philosophy, role of faculty, and styles of learning will be like for your program? This can vary widely from culture to culture and program to program, even among programs operated by Westmont College. Do you know the institutional policies and procedures for your program? Do you know who to speak with on-site when you have questions or a problem to solve?

Take some time for some self-reflection before you depart. Once you’ve done some reading, talked with others, and thought about your concerns and questions, spend some time to meditate and pray about what this experience holds for you. List or journal about the ideas and questions you have, the concerns you might be worried about, the excitement you feel. By no means do you have to be eloquent: this is for you. Think and write a bit about what you are already learning and what you are expecting from your experience. Prioritize them into goals.

Spiritual: __________________________________________

Academic: __________________________________________

Personal: __________________________________________

Community: _________________________________________

Cultural: __________________________________________

This time of preparation will be a time of addressing both the practical and the profound. That balance will continue during your off-campus program and beyond. Spending time now to think about and pay attention to what you are thinking and where you are will help as you grow and figure out what all that you learn and experience means – both abroad and once you return. If nothing else, it’s fun to be able to look back and see the things you were hoping, expecting, and excited about before you began your adventure!
EUROPE SEMESTER PROGRAM OBJECTIVES

For each participant, we desire:
1. An enlarged understanding and appreciation of the historical roots of Western civilization and the Christian faith.
2. An increased grasp of the development of Western culture through the ages, in its relation to the world in general and to one's role in society.
3. An enhanced ability to acquire knowledge through observation and experience.
5. An experience of the need and process of creating a caring Christian community.
6. A personal maturation in Christian graces such as loving, forgiving, communicating honestly, and experiencing Christian freedom responsibly.

You should expect to accomplish as much academically as you would in a semester on campus. But you will have to work harder and be more disciplined than on campus, because of the challenging conditions of our life abroad. (1) Culture shock is a constant strain. (2) Life on the road is full of rigors. (3) Our community of less than fifty is so small—and so necessarily intimate—that you have to make the extra effort of getting along with everyone, not just with those you would choose spontaneously as your friends.

On Europe Semester you have less time than on campus for reading and writing. A partial compensation for this is your summer assignments. But you should compensate further, if you can find time in the summer—make it a rule to leave nothing to be done in Europe that you can possibly do before beginning the semester. Academics during the trip include not just reading, writing, and classes, but guest lectures, art exercises in museums and galleries, field trips, concerts, plays, and "retrospect" sessions. The daily schedule of the whole semester, which you'll receive at the beginning of the trip, contains most of the required activities but there will be additions.

Understanding and appreciating other cultures is a highly significant feature of Europe Semester. It is a major element of every academic course. And yet you may find that your most memorable cross-cultural insights come from attending church, exploring, going to market, people-watching, and talking to people everywhere we go.

TEN KEYS TO A SUCCESSFUL SEMESTER

1. Expect circumstances quite unlike your home environment—we are traveling to find things different and exciting, though challenging and uncomfortable at times.
2. Be disciplined and flexible about frustration or disappointment—"this too will pass."
3. Cultivate patience and kindness with the people in our group—they are your allies and supporters in achieving our objectives for the trip.
4. Think of someone else before you think of yourself—thoughtfulness can redeem almost any situation.
5. Take the best possible care of your passport, tickets, money, credit cards, and student ID—they are indispensable means to the rich resources of the trip.
6. Don't worry; be happy—almost nothing is fatal.
7. Seek out opportunities to meet the locals of various countries, without allowing any bad experience to determine your judgment of a nation as a whole—stereotypes distort.
8. Try to understand and adjust to the diverse cultural customs we encounter—there's nothing to gain by seeming obviously American.
9. Cultivate money sense in each new country—to recognize both bargains and cheats.
10. Study and use phrasebooks in the foreign languages of the countries we visit, and be generous in expressing thanks—these gestures of courtesy, and every other mark of respect for our foreign hosts, will make us welcome guests.
HELPFUL RESOURCES

Internet resources

- It is often helpful to compare the advice different countries give for various regions of the world:
  - **Canadian Dept. of Foreign Affairs Travel Information & Advisory Reports** – [www.dfait-maeci.gc.ca/travelreport/menu_e.htm](http://www.dfait-maeci.gc.ca/travelreport/menu_e.htm)

- **Department of State Services**
  - Visas and foreign entry requirements – [www.travel.state.gov/foreignentryreqs.html](http://www.travel.state.gov/foreignentryreqs.html)
  - Tips for a safe trip abroad – [www.travel.state.gov/asafetripabroad.html](http://www.travel.state.gov/asafetripabroad.html)
  - Warning regarding drugs – [www.travel.state.gov/drug_warning.html](http://www.travel.state.gov/drug_warning.html)

- **US Customs Service Traveler Alerts** – [www.customs.gov](http://www.customs.gov)
  - See the sections entitled: Know Before You Go, Restricted/Prohibited Merchandise, Medications/Drugs, Frequently Asked Questions

- **Health and Travel Abroad** — Center for Disease Control [http://www.cdc.gov/](http://www.cdc.gov/)

- **Embassy World**, a searchable database of hosted embassies and world-wide embassy/consulate locations for most countries – [www.embassyworld.com](http://www.embassyworld.com)


- **Media Link**, links to newspapers, magazines, television, and radio stations worldwide – [http://emedia1.medainfo.com/emedia](http://emedia1.medainfo.com/emedia)

- **Newsdirectory.com**, links to English online additions of newspapers and magazines worldwide – [www.newsdirectory.com](http://www.newsdirectory.com)

- **International Calling Codes** – [www.intelemart.com/intelemart/intlcode.htm](http://www.intelemart.com/intelemart/intlcode.htm)


- **Currency Converter** – [www.oanda.com](http://www.oanda.com)

- **Mobility International USA**, students with disabilities abroad – [www.miusa.org](http://www.miusa.org)

- **Lonely Planet Destinations (by country)** – [www.lonelyplanet.com/dest/dest.html](http://www.lonelyplanet.com/dest/dest.html)


Helpful Publications

- Real Guide Series. *Able to Travel*. Prentice Hall.
- Rose, Stuart, MD. *The International Travel Health Guide*. Travel Medicine, Inc.
PRE-DEPARTURE

THAT WHICH WE ARE, WE ARE,
AND IF WE ARE TO BE ANY BETTER,
NOW IS THE TIME TO BEGIN.

— Tennyson

IN TRAVELING, YOU MUST CARRY KNOWLEDGE WITH YOU
IF YOU WANT TO BRING HOME KNOWLEDGE

— Samuel Johnson

A LOT OF STUFF HAS TO BE LEFT BEHIND WHEN EMBARKING FOR ADVENTURE.
THAT FACT IN ITSELF IS REASON ENOUGH TO GET OUT OF DODGE.

— George Dubinkey

ACADEMIC PREPARATION: SUMMER ASSIGNMENTS

Europe Semester learning begins now, sustains our time abroad, and continues long after you return home. Make the most of this once-in-a-lifetime opportunity by building a strong foundation for your travel experience. Thoughtful summer preparation is absolutely critical for nuanced and meaningful learning underway. Make ample time in your summer schedule for reading your texts, writing assigned essays, and researching the presentations and discussion topics you may be assigned. Your time and energy during the semester are exceedingly precious, and not to be wasted on anything that could have been accomplished in advance.

• Start early.
• Note the deadlines for all work to be submitted prior to departure.
• Make a study schedule for yourself and stick to it.
• Submit your work on time. You will not have time or energy to make up late work while underway.
• In certain circumstances, late or incomplete work may be grounds for dismissal from the program.
• For Europe Semester as for all Westmont programs, academic integrity is essential. Your work must be your own.
• Do everything you can to start the trip healthy and rested; even at best, you'll be worn out by December.

WHAT TO BRING

Luggage Regulations
Above and beyond the airlines' restrictions, we must be prepared to cope with our luggage under a variety of difficult conditions. Therefore, for everyone's safety and convenience we must enforce these regulations very strictly. Each person may bring just two pieces of luggage: (1) a suitcase and (2) a carry-on case or a backpack (not both). You may also carry a small purse or waist pack.

Suitcase:
1. Your suitcase must be no larger than 26" x 18" x 10".
   We will have to pack all our belongings onto a bus at least twenty times this semester. At best, we will not get our carry-ons and backpacks into the limited space in the luggage compartments—only the suitcases. And we will not get all the suitcases to fit unless we observe the limits of dimensions
above. The weight restrictions for this bag when checked for Intra-European flights may not exceed 40 lbs.

2. Your case must be hard-sided, or soft-sided with a rigid frame.
When loading the bus it is very difficult to handle large backpacks, or floppy tote bags, etc. We will not accept duffle bags, garment bags, backpacking backpacks or any irregularly shaped bags.

3. A case that comes with good-sized wheels and a pull-handle is highly recommended.
At times you will have to transport your entire luggage at once for a half-mile or more. And in some hotels you may decide to lug your stuff up several flights of stairs. Thin wheels on suitcases break down rapidly on rough pavement and sidewalks, and wheeled luggage-carriers of the folding type become a major nuisance. So if you're not strong enough to carry forty pounds of stuff a long way, you'll be very glad for a suitcase (and perhaps a carry-on) with reliable, built-in wheels.

Choose either:
1. Small Carry-on Bag - If you choose a carry-on case, it must be no larger than 22" x 16" x 8". These are airline regulations; your carry-on must be small enough to fit under an airline seat. Remember that on the bus you'll share your legroom with this small bag. For day-trips by bus and around town you may find a backpack indispensable; this may be reason enough to choose a backpack instead of a carry-on case.

Or
2. Backpack - If you choose a backpack, it must be standard size, not hiking size.
If you bring a backpack rather than a carry-on, it too must fit under an airline seat (dimensions above). No backpack frames are permitted.

Cautions
1. Identify your luggage both outside and inside.
2. Don't bring a garment bag; we can't handle it on the bus.
3. Locks may not be used during air travel—but are recommended for securing valuables while in hotels
4. Perhaps during our travels you'll acquire souvenirs, gifts, and other treasures that won't fit in your two pieces of luggage. If so, you must mail or ship them home. You may not accumulate boxes, shopping bags, additional carry-ons, or the like. There is only a very narrow space overhead on the bus (5" high); you'll need the space at your feet for your backpack or carry-on.

Any extra pieces of luggage will have to be left behind in London. Any oversize piece, and any large piece with neither rigid frame nor hard sides, will have to be replaced in Great Britain.

Remember Weight Restrictions:
The weight of your checked bag cannot exceed 40 pounds.

Clothing
Choose fast-drying wash-and-wear clothes; create mix-and-match combinations that you can layer for warmth; and plan on hand-washing clothes every few days (laundromats can be expensive). Be sure you include clothing appropriate for places where modest dress honors our hosts. In the Vatican, and in most other churches, long pants, below-the-knee skirts, covered arms and shoulders and full shoes or nice sandals are appropriate. Shorts, miniskirts, tank tops and flip-flops are not.
• Warm coat, preferably rain-proof
• A Light sweater and a heavy sweater (wool retains its ability to provide warmth even when damp. Cotton does not)
• Shirts or tops
• Light and heavy skirts and/or slacks (jeans are hard to dry)
• Shirt & tie or dress
• Pair of Bermuda shorts (close to the knee)
• Underwear and socks or stockings
• Pajamas
• Swimsuit
• Sun hat or visor
• Shoes for dress-up occasions and for serious walking with good support. Flip flops are not a good choice.

**Personal Items**

- Bible
- This handbook
- Passport, cash, travelers' checks, travelers' checks receipts (carried separately), credit and telephone cards
- A couple extra passport pictures
- Emergency medical information (as necessary)
- Photocopy of credit card and telephone accounts, passport, etc., carried separately from the originals.
- Money belt or neck pouch (to secure your cash, passport, etc. from very clever and skillful thieves)
- Pocket calculator (to cope with prices and exchange rates in many different countries)
- Bring only a notebook and enough paper, pens, paper clips, supplies, etc. to get you started for the semester – believe it or not, they actually do sell office & school supplies in Europe so you can save yourself some weight and bulk and acquire what you need along the way.
- Textbooks and required course supplies
- All handouts and other course materials distributed before departure, syllabi, etc.
- Toilet articles in small amounts to get you started (deodorant, soap, cosmetics, etc.). To carry three months’ worth of shampoo or whatever is too heavy and bulky. Bring a little and replenish as you go.
- Laundry detergent (again, a small amount to get started and to do sink washing).
- Extra glasses or prescription
- Medications (see "Medical Considerations" below)

**Appliances**

Avoid bringing any appliances if at all possible. A small hair dryer (shared, if possible) is much preferable to large machines, curling irons, etc. All electrical appliances must be convertible from 110-volt alternating current, as used in the U.S., to 220-volt alternating current, as used in Europe. If you try to use an American shaver or hair dryer in a foreign outlet, the high voltage will overheat and destroy the appliance—and it could shock you. You need different plug adapters for Britain, for Italy, and for the rest of Europe; buy them at electrical stores either at home or abroad. If an outlet is labeled "for shavers only," it can handle appliances operating at only 15 to 20 volts.

**MEDICAL CONSIDERATIONS**

With all the excitement of preparing for courses, packing, and planning, do not forget to attend to important health concerns. It is imperative to give your health the attention it needs. With a little preparation in advance, and care for yourself while underway, you can avoid health problems that might reduce your participation in the program, impact the health of others, or cut short the length of your experience.

The risk of becoming ill while traveling abroad may depend on three important factors: 1) making adequate pre-departure preparations 2) getting appropriate food, water and sleep while underway, and 3) following sound medical counsel from your physician or from medical personnel consulted during the semester.

In addition you should know that living away from the cultural environment to which you are accustomed can sometimes cause a degree of mental and emotional stress—which in turn can trigger physiological consequences. The impact of studying abroad on personal relationships, on counseling sessions (if you are in therapy), and on your general health (if you are on medication of any kind) is something you need to consider as you prepare for Europe Semester.

**Immunizations**

The Centers for Disease Control in Atlanta (consult www.cdc.gov) recommends the following:

- Tetanus/Diphtheria booster within the past 8-10 years
- Polio booster supplementing the primary series in infancy; IPV (inactivated polio vaccine) recommended
• Hepatitis A vaccine (effective for one year)
• Typhoid immunization is no longer recommended

Talk to Your Physician
If you are currently taking prescription medication and anticipate continued use during Europe Semester, be sure to contact your physician well in advance of your departure to receive additional supplies and a signed and dated statement from your physician explaining why you take the medicines and the proper dosage (this is necessary for both medical personnel and customs officials). Take a sufficient supply of your prescription with you for your entire trip.

Consult with your physician regarding the following:
• Sustained prescription medication, e.g. for acne, asthma, diabetes, depression, epilepsy, menstrual, stomach, thyroid problems, etc.
• Letter describing specific health problem(s) and management, to direct care abroad
• Duplicates for prescription for eyeglasses or contact lenses, in case of damage or loss
• Possible discontinuation of allergy shots
• Dental check-up, cleaning, and repair
• Medic Alert tags for allergy or other special condition
• Plantar warts should be treated well in advance

Supplies
Most basic remedies are easily available in Europe, but you may want to begin the trip with small supply of such basics. You are responsible for your own medical supplies. The program’s first aid kit is reserved for unforeseeable emergencies. Keep any medications in their original containers, complete with labels and instructions - especially prescription drugs – for the sake of both customs and any medical attention you may need overseas.

Basics
• Fever and pain relievers—for headache, fever, inflammation (e.g. Aspirin, ibuprophen)
• Motion sickness aids as needed(e.g. Dramamine)
• Cold and allergy preparations: antihistamines, decongestants (e.g. Benadryl, Contac)
• Relief for gastrointestinal upset—nausea, vomiting, diarrhea (e.g. Immodium, Pepto Bismol)
• Bandaids

Optional
• Ace bandage
• Anti-bacterial ointment (e.g. Neosporin)—for cuts and scrapes

Health and Accident Insurance
All Westmont students participating in International Off-Campus programs are automatically enrolled in health insurance coverage and in Worldwide Assistance coverage. The health insurance provides worldwide coverage for accident and illness; the Worldwide Assistance is a service that provides assistance in many types of emergencies including medical emergencies. WA can help provide entrée to the hospital and help pay for medical services [payment is generally expected on the spot] in addition to assisting with medical evacuation or repatriation of remains if necessary. An explanation of these services and coverage will be provided during orientation.

Trip Cancellation Insurance
Any additional coverage, such as Trip Cancellation Insurance, can be purchased individually and is not included in the fees and coverage for Europe Semester.

MONEY MATTERS

What expenses does the program cover?
All essential expenses for the semester, including travel, housing, meals, public transportation, group concerts and plays, and most museum entrances are covered by the program. The introduction of the Euro in many European nations, and modern electronic banking, have made the financial aspects of Europe Semester much simpler than they were in the past. ATM cards afford the best exchange rates, and allow easy access to local currencies in usable denominations, all over Europe. We will
issue every Europe Semester student an ATM card through Santa Barbara Bank and Trust, for per-
diem expenses. This card is for program use only. No non-Westmont funds may be deposited in this
account. Do not use these funds for personal purchases; you may end up going hungry!

What must I pay for?
Naturally you may wish to purchase things you can't get at home. But unfavorable exchange rates
may make foreign goods very expensive. Plan to mail home what you buy abroad and add shipping
expenses to the price of the object, except for small items that you can put in your two pieces of
luggage (packing light at home is a big advantage). No extra luggage space is available for what you
acquire along the way. Anecdotal evidence indicates that an average Europe Semester student will
spend about $500.00 for supplies and gifts over the course of the semester.

Managing your money
To avoid the risk of losing large amounts of cash, bring a credit card, ATM card and/or travelers
checks from home. Do not have personal checks sent from home; never have cash sent from home.
Only international money orders can be cashed abroad. American Express offices give very good
currency exchange rates on American Express travelers’ checks, with no commission fees; this is
usually an economical way to acquire local currencies. Banks give the next-best rates, while airport
and railroad-station bureaus tend to give the worst.

The best exchange rate is often with an ATM card. Many ATM card systems (such as Cirrus and Plus)
can be used in major cities abroad to withdraw money from your home account. All you need is your
card, your PIN, and a machine that is part of the same network. Note that many foreign ATM
machines only take a 4 digit numerical PIN. If you have more than four digits or letters
in your PIN, have that changed before you depart.

The following suggestions may be of help, as you plan the financial aspects of Europe Semester:
- Make a weekly budget and stick to it
- Take note of fluctuations in exchange rates
- Be alert for student rates and discounts wherever you go. Use your International Student
  Identification Card.
- Remember that grocery stores and street markets are less expensive than restaurants
- Be alert for free educational and recreational opportunities

The savvy traveler...
- Never carry large amounts of cash, but keep cash on hand in the local currency. Carry small
  change for public toilet charges, coin-operated illumination for artworks, etc.
- Familiarize yourself with the new currencies, especially the value of coins, so you are not
  inadvertently short-changed when making a purchase.
- Take your passport with you when making any major financial transaction (i.e. cashing traveler’s
  checks).
- Note that Europeans do not use credit cards as frequently as Americans do. Not all businesses
  accept credit cards.
- Even where credit cards are accepted, it is considered extremely rude to use one for a small
  purchase (something less than $15.00).

MAIL FROM HOME
The Off-Campus Programs Office supplies a list of the addresses where we can receive mail during
the semester. Please allow at least two weeks for delivery. Packages SHOULD NOT BE SENT
except in emergencies (and prescription medication can never be mailed overseas) Even UPS or
FedEx packages are often lost. Past groups have spent much time, money, and frustration trying to
track down packages that seldom end up finding their owner.
LIFE IN EUROPE

WE ARE ALL TRAVELERS IN THE WILDERNESS OF THIS WORLD.
THE BEST GIFT WE CAN FIND IN OUR TRAVELS
IS AN HONEST FRIEND

ROBERT LOUIS STEVENSON

TO BE ON A QUEST
IS NOTHING MORE OR LESS
_THAN TO BECOME AN ASKER OF QUESTIONS

SAM KEEN

THE LONGEST JOURNEY IS THE JOURNEY INWARD

DAG HAMMARSKJOLD

COMMUNITY LIFE STATEMENT

Living in Community at Westmont

When Jesus Christ summed up the way His followers were to treat each other, He said, “love one another as I have loved you” and “love your neighbor as yourself.” On a college campus, this kind of love must take into consideration the relationship between learning and community.

Affirming the qualities of this relationship is vital. As students, staff, and professors learn to live together, we recognize the dual manifestations of love in justice and mercy. We attempt to work out what it means to live justly and mercifully in common agreements such as this one. We understand that life in a college will give priority and honor to the wise development of the mind. Given this focus, our social and intellectual growth needs freedom for exploration, complemented by a commitment to good will and graciousness. Personal discipline is also required. For example, civility is basic to all types of community, while academic honesty and respect for education are fundamental to an instructional environment.

Learning depends on truth-centered attitudes. It thrives in an atmosphere of discriminating openness to ideas, a condition that is characterized by a measure of modesty toward one’s own views, the desire to affirm the true, and the courage to examine the unfamiliar. As convictions are expressed, one enters into the “great conversation” of collegiate life, a task best approached with a willingness to confront and be confronted with sound thinking.

Community is built upon other-centered practices. It flourishes in a place where love for God and neighbor is cultivated and nurtured. It grows strong when members practice integrity, confession, and
forgiveness, attempt to live in reconciled relationships, accept responsibility for their actions and words, and submit to biblical instructions for communal life.

Scripture supports these attitudes and principles. It promotes relationships based on the ideals of trust, compassion, and forbearance, and praises actions that manifest sacrificial giving and sincere faith. Scripture also forbids attitudes such as pride and jealousy, and prohibits such actions as drunkenness, sexual promiscuity, and dishonesty. In keeping with these standards, the Westmont community has agreed to certain guidelines in the Student, Staff, and Faculty Handbooks. Desiring to implement the teachings of Christ, Westmont encourages true fellowship, in the whole body of Christ, including the local church, for when we love each other we imitate Christ’s love for us. As we seek to follow God in truth, certain choices make for greater peace: a respect for others as they make decisions contrary to ours, a readiness to listen carefully to those who represent situations or cultures unfamiliar to us, and a concern for how our preferences affect the lives of those around us.

We are committed to inquiry as well as pronouncement, rigorous study as well as kindred friendship, challenging teaching as well as reflective learning. Sometimes these tensions will lead to conflict. To live in unity, we must set ourselves to the practical task of discerning daily how to love well, how to enflesh the biblical call to justice and mercy. As we do so, our life together at Westmont will begin to resemble the community God has envisioned for us.

Behavioral Expectations
The Westmont community chooses, freely and willingly, to impose upon itself rules for behavior which serve both the long-range interests of the institution and the immediate good of its individual members. While we do not view these expectations as an index to maturity in Christ, we do regard violations as a serious breach of integrity within the community because each member has voluntarily chosen to associate with it and to accept its standards.

The College establishes the following specific expectations for the trustees, administration, faculty, staff, and students of the Westmont community:

1. The College will not condone practices that Scripture forbids. Such activities include occult practices, sexual relations outside of marriage, homosexual practice, drunkenness, theft, profanity, and dishonesty. Westmont also recognizes that Scripture condemns "sins of the spirit" such as covetousness, jealousy, pride, and lust. By their very nature, these sins are more difficult to discern. Because they lie at the heart of the relationship between the individual and God they are of central concern to the Westmont community.

2. The College upholds integrity as a core value of the community. Members are expected to take responsibility for their own violations of all behavioral guidelines and demonstrate commitment to the value of integrity in word and deed.

3. The College is committed to providing a learning and work environment free of harassment.

4. The College upholds the laws of the local community, the nation, and the state of California. Such laws include prohibitions against possession or use of illegal drugs or drug paraphernalia, against purchasing or consuming alcoholic beverages by persons under the age of 21, drunkenness, and driving under the influence of alcohol.

5. The College expects our members who choose to marry to abide by the commitment to lifelong heterosexual marriage, and whether single or married, to strive to maintain healthy family relationships.

6. The College recognizes that the use of tobacco products and alcoholic beverages presents a danger to personal health. It condemns the abuse and raises questions about the use of tobacco and alcohol. Under no circumstances shall any member of the community use or possess the products on campus or when attending a college-related student activity.
The College will establish other rules and regulations necessary for orderly community life and will list them in appropriate handbooks.

**Specific Expectations for Europe Semester**

Students and faculty in any off-campus program form a unique Christian community. Even more than for life on campus, the smaller and more intimate group requires a high standard of accountability. Our community life on Europe Semester may restrict some individual liberties; and we will need unusual levels of patience, concern, and love. Each of us must take responsibility for other members by providing support, encouragement, and an example of positive Christian conduct. Worship is extremely important for the healthy life of the group, and attendance is strongly urged.

Participation in practices forbidden in Scripture, such as drunkenness, sexual promiscuity, theft, dishonesty, or “sins of the spirit” are grounds for dismissal from the program. Honesty includes observing both the “spirit of the law” and the letter of the law, with respect to such things as our entitlement to food and other refreshments, transportation, and admissions—as well as integrity about course assignments and the Europe Semester rules for academic documentation. Short of dismissal from the program, the leaders’ response to infractions may include temporary academic suspension, referral to the Dean of Students, and other penalties.

When students are together informally, it is important for each one to be sensitive to the others. If one person is uncomfortable with the use of alcohol or tobacco or other potentially offensive behaviors, it might be appropriate for all members to refrain.

Participants must respect and observe the laws of the communities and nations where they live. (Illegal use or possession of drugs is generally subject to severe penalties). Everywhere we should behave in accord with local mores and standards. Where Muslims are dominant, for instance, very modest dress is essential. Shoulders and knees must be covered—and men’s heads uncovered—in churches and holy places everywhere. Europeans may be more formal in dress and behavior than Americans at certain occasions, places, or times of day. Boisterousness and public displays of affection are not acceptable behavior. Especially in restaurants and hotel lobbies and corridors, we must be no louder than the people around us—yelling may be acceptable in a dorm hallway at Westmont, but never in a hotel on Europe Semester.

When bathroom areas are outside individual rooms, appropriate clothing should be worn in hallways and others’ rooms (towels are not sufficient). Quiet hours are understood to be 10:00 p.m. to 8:00 a.m. and other times mutually established by the group.

Our foreign locales require special rules for students’ independent travel; for instance, we must know how to reach you if you have an emergency at home. You must obtain prior approval from a group leader for any of the following: (1) travel outside the current city of residence, (2) overnight absence from the current group hotel; (3) absence from any group activity, including evening meals.

Many personnel in hotels, restaurants, and coaches serve Westmont groups for various programs from year to year. Courtesy, patience, and Christian love extended by Westmont students and faculty may prove to be an important element in a continuing witness for Christ and His love. These virtues also go far to make our groups welcome in subsequent years.

When participants in Europe Semester make the effort necessary to ensure harmonious good times, the semester becomes a hundred days to be treasured and enjoyed one by one. Participants are frequently bonded for life in friendships that can be “picked up right where they left off” even after the passage of many years. So it’s worth what it takes—whatever the effort—to deal constructively with the irritations and conflicts that inevitably arise between individuals when we live so close for so long. Genuine respect, tolerance, thoughtfulness, forgiveness, and unselfish caring—as well as a good sense of humor—are invaluable ingredients for a successful Europe Semester.
The Responsible Use of Alcohol

The responsible use of alcohol is when:

1  A student abides by the laws of the country or state in which they are living or studying.

2  Due to the effects of alcohol consumption:
   a)  A student does not miss any scheduled event;
   b)  A student does not become ill;
   c)  A student does not engage in inappropriate behavior toward other individuals;
   d)  A student does not engage in destructive behavior toward property;
   e)  A student does not engage in behavior that causes embarrassment to the other members of the group, the faculty member(s) or the in-country host(s).

3  Students in a group do not facilitate, encourage, or ignore a fellow student who is abusing alcohol.

4  Students do not transport alcohol to program sites with the intent of sharing the alcohol with members of the group.

Providing alcohol to persons under the legal drinking age (in countries with such laws) is illegal and against Westmont policy.

Students are encouraged to use good judgment whenever consuming alcohol. In their choices regarding alcohol, students are also encouraged to be sensitive to others. Within any Europe Semester group, there will be a range of perspectives and practices regarding alcohol. As a result, there is an opportunity and a challenge to show Christian respect, grace, and charity towards one another on this issue.

Student sleeping areas on Westmont programs will be considered the same as residence halls on the Westmont campus: that is, no alcohol is to be consumed by, or in possession of, any students. Student groups are encouraged to discuss issues related to alcohol abuse by other members of their group with the program supervisor/instructor.

If a student becomes incapacitated due to alcohol overuse, or if they are in need of medical attention, others are strongly encouraged to immediately contact emergency medical services, a faculty member, or a program supervisor in order to protect the health and well-being of the affected student. The individual needing medical attention will not receive disciplinary sanction in these circumstances, but rather will be referred for assistance to address issues of chemical use/abuse. Students are encouraged to make the responsible choice to notify college or emergency personnel quickly. The person(s) making the call will not be subject to disciplinary action.

STUDENT OFFICERS

All student officers, both elected and appointed, share responsibility for the group's welfare in taking initiatives both individually, and in regular officers' meetings. Any student with a problem may seek help either from student officers or from the trip leaders; officers and leaders work together toward resolution. Officers are responsible for recommended disciplinary action when any student's behavior is disruptive to life of the group.

Be careful to elect leaders for their abilities, rather than for personal friendship or popularity. Those nominated should consider seriously whether they are able and willing to fulfill the duties of an office. The success of a good group depends on commitment and know-how. Officers must exercise
leadership—spiritual, social, and academic—that goes beyond their specific assignment, thus setting a good example and evidencing vision for building community.

President - (elected)

- Exercise initiative for the group’s welfare.
- Maintain liaison between students and leaders.
- Call and conduct officers’ meetings as necessary.
- Distribute mail.

Social Leaders - two men, two women (elected)

- Arrange holiday celebrations, surprise events, and group activities.
- Plan birthday remembrances, in cooperation with trip leaders.

Housing Coordinator - (one man, one woman - appointed)

- Make room assignments in each new lodging.
- Ensure that at some time during the semester each man has roomed with each of the other men, and each woman with each of the other women.
- Distribute keys, and supervise their collection.
- Post room assignments on leaders’ doors promptly.

Chaplains - two to four leaders, men and women (appointed)

- Arrange weekly worship.
- Respond to spiritual needs of individuals and the group.
- Post information regarding local church services.
- Encourage small-group prayer and Bible study.

STUDENT ASSISTANTS

Student assistants serve the group and the leaders by caring for essential tasks primarily related to the extensive travel characteristic of Europe Semester. All group members are encouraged to support and cooperate with the student assistants in whatever way possible to ensure the safety and security of both persons and belongings on the trip.

Luggage Coordinator – one to two people (volunteers with faculty approval)

- Organizes the loading and unloading of luggage in cooperation with coach drivers.
- Organizes the security of luggage on the street, in hotel lobbies, in airports, etc.

Bus Coordinator – one to two people (volunteers with faculty approval)

- Assist in ensuring that all group members are on time in boarding the bus or assembling at a designated meeting place.
- Does a count or takes attendance in some fashion before each departure.
- Oversees rotating crews to ensure that no items are left on coaches and that the coach is left in a clean condition.

SPIRITUAL LIFE

Europe Semester is an excellent opportunity for spiritual growth. Your academic work is intended to make one kind of contribution to your spiritual life. In addition, weekly worship services, planned and led by students, are times for corporate worship, prayer, and sharing. One of the greatest experiences
of travel is meeting fellow believers; seek them out in Sunday worship. Students are also encouraged to cultivate their own devotional lives.

**DAILY LIFE**

**Meals**
- Breakfasts and maybe dinners are group activities.
- Per diem money will provided to cover any other meals not scheduled as group activities.
- Your money will go much farther at a grocery or market than in restaurants and fast-food outlets—fruit, crackers, yogurt, cheese, beverages, etc. make good lunches and good snacks between meals.
- When breakfast is "continental" only (coffee or juice and a roll), supplement your diet with morning and afternoon snacks; hunger will invite headaches and irritability.
- Plan on bringing small discrete snacks and water for long days.
- Carry your own bag (cotton cloth or net) for groceries; some stores don't supply sacks.
- Usually we can secure vegetarian dinners, but only for those who have requested them in advance for the whole semester.

**Accommodations**
- Hotel lobbies, halls, and rooms may seem much like the residence halls at Westmont, but the requirements of courtesy are very different. The other occupants with whom we share hotels expect and deserve good manners from us, including unbroken peace and quiet, especially between 10 p.m. and 8 a.m. The following regulation is typical: "Any complaints arising as a result of unreasonable noise or behavior may result in the offending party being requested to immediately vacate the premises."
- Hotel room doors must be kept shut, and preferably locked, at all times. Hotel hallways are public space. Even though we may all be lodged on the same floor or corridor, you must keep the doors to your rooms shut. Open doors are not only an invitation to theft or harassment; they effectively claim the public space of the hallway as our "group space". This is inappropriate.
- Leave your hotel key at the desk to make it accessible to your roommates.
- Hotels’ special charges for your phone calls (generally very expensive) are your responsibility, and must be paid before our departure. Many hotels charge you for outgoing calls; some charge even for incoming calls.
- Upon arrival, immediately report to the leaders any damage to your room or furnishings, so that we are not charged for it.
- Strictly observe the weight limits posted in hotel elevators; students have been known to disable a European elevator—then all the guests had to climb all the stairs.
- When in hotels with other guests, maintain privacy by keeping your doors shut.
- Locate the nearest fire extinguisher and the best fire escape routes immediately upon your arrival at each new residence or hotel.

**Field Trips**
- For group excursions, make it an ironclad rule to be on time. Because you could be delayed unexpectedly, plan to be on hand five minutes ahead. Time is our most scarce and valuable commodity in Europe; don’t waste it for fifty people.
- Be prepared to take notes.
- Remember to bring your essentials: textbooks, maps, sunscreen, medications, clothing suitable for changing weather conditions, etc.
- Eat and drink heartily, even if you’re not hungry and thirsty, on long travel days and on days when we are doing a lot of physical activity (walking or hiking) - your exertion requires lots of calories, and you can become dehydrated unawares.
- You can save valuable time and energy by confirming hours and admission fees in advance.
- Always ask about student prices; always carry your student ID.
- Some ticket offices can’t make change early in the day; be prepared.

**Travel Days**
- Be prepared to carry all your luggage—and be in condition to carry it a quarter mile or up five floors.
- Never set down your luggage where it’s blocking traffic. At best, the baggage of fifty persons is a nuisance on sidewalks and in hotel lobbies; at worst, it can block people’s passage entirely, and
annoy everyone around us. The same applies to our bunching up in groups in any public place; always avoiding blocking other people’s normal traffic paths.

- **Always** carry your passport on your person. If it's in your luggage under the bus when we're crossing a national boundary, it's useless when you need it most.
- Be on the bus **before** the announced departure time. If you're five minutes late, you've wasted four "person-hours" in a group of forty-eight. If people are five or ten minutes late at every stop on a day's trip, we all end up missing valuable events and experiences for lack of time.
- Know where your bags are at all times; never leave them unguarded whenever they're not on the bus or locked in your room, even in hotel foyers.
- If your checked luggage doesn't arrive on your flight, or if it is damaged, file a claim **on the spot**. You will probably have to show your ticket and baggage check and briefly describe the contents of the bag.

**Time Zones**

Times are often expressed on the twenty-four-hour clock:

- 4 a.m. = 4:00
- 3 p.m. = 15:00
- 12 noon = 12:00
- 11 p.m. = 23:00

When it's noon in Santa Barbara, the time is 8 p.m. in Britain, 9 p.m. in Western Europe, and 10 p.m. in Greece. Let your parents and friends know that non-emergency phone calls from California should not be made long after noon Pacific Time.

**Telephone Calls From Europe**

In addition to regular telephone rates, it is common practice for hotels overseas to add costly surcharges on international calls placed from guests' rooms or hotel phones. Ask at the desk. Reduce or avoid this charge by one of these methods.

- Purchase International calling cards at stores (e.g. Costco) in the United States for use from Europe.
- Call collect (known as reversed charges in England and Europe); person-to-person rates only.
- Prearrange calls from the U.S.
- Use telephones at post offices, railway stations, or airports.
- Use email at Internet cafes.

*Direct Dialing to the U.S. from Europe*

Dial the International Access Code for the country you're in (below), then the U.S. Country Code "1", area, and then the number—e.g., from England, 010-1-805-565-6000. If you call from a hotel, charges will be on your bill. You must pay before we check out; ask for a receipt. If you call from a public phone, the operator will tell you how much money to deposit.

**Using Phone Cards in Europe**

In a hotel, dial the hotel access code (usually 8 or 9), then the access number below. At a public phone deposit coin(s), if required, to get a dial tone, then dial the phone service access number.

Look up the access code for your long-distance service for each country we'll travel in before leaving some examples are listed below:

<table>
<thead>
<tr>
<th>Country</th>
<th>AT&amp;T</th>
<th>MCI</th>
<th>Sprint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria*</td>
<td>022-903-011</td>
<td>022-903-012</td>
<td>022-903-014</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>00-420-00101</td>
<td>00-420-00112</td>
<td>00-420-87187</td>
</tr>
<tr>
<td>France</td>
<td>19-0011</td>
<td>19-0019</td>
<td>19-0087</td>
</tr>
<tr>
<td>Germany</td>
<td>0130-0010</td>
<td>0130-0012°</td>
<td>0130-0013*</td>
</tr>
<tr>
<td>Greece*</td>
<td>00-800-1311</td>
<td>00-800-1211</td>
<td>00-800-1411</td>
</tr>
<tr>
<td>Italy</td>
<td>172-1011</td>
<td>172-1022</td>
<td>172-1877</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>0800-89-0011</td>
<td>0800-89-0222(BT)</td>
<td>0800-89-0877</td>
</tr>
</tbody>
</table>

*Public phones may require coin or card. °Wait for second tone. *Not available from all phones
SAFETY AND RISK ISSUES

Matters of personal risk and safety are not exclusive to foreign travel. Whether home or abroad, on a daily basis we encounter potentially risky or dangerous situations. **Some incidents are unavoidable, but most are not.** On Europe Semester, it is absolutely necessary that we individually take responsibility for being informed and making decisions that are intentionally avoiding harm because: (1) we are responsible to one another in that our decisions can put our fellow program participants in danger; (2) we are responsible to one another in that the safety and security problems we experience, from minor verbal harassment to theft to accidents to serious physical assault, become the entire group’s problems; and (3) we are responsible to one another because we are an intentional community choosing to work and live together which entails that we work together to problem-solve and help one another stay safe and avoid preventable accidents.

Each participant is responsible for understanding and complying with the policies and codes of conduct for Westmont College and Europe Semester outlined in this handbook, at the Off-Campus Programs Orientation, and the specific requests made by the Program Leaders.

Each participant is responsible for obeying the laws of the host country(ies).

Each participant is responsible for behaving in a manner that is respectful of the rights and well being of others and for encouraging others to behave in a similar manner.

Each participant is ultimately responsible for his/her own actions and decisions and is expected to practice discernment and good judgment when making decisions both with and away from the group and to abstain from illegal, dangerous, or unwise activities.

Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff.

While we cannot eliminate all the risks that we encounter on Europe Semester, we can avoid obvious hazardous activities. The following will not be allowed during the entire duration of the program: hitchhiking, jogging alone, cliff jumping (or free/high diving), bungee jumping, free climbing, scuba diving, motorcycle or moped riding, and the operation of a motor vehicle. Please consult with a program leader if you have any questions or concerns about specific situations.

**General Precautions**
Westmont College makes rigorous efforts to minimize risks when planning Europe Semester itineraries.
- The College stays in contact with the proper authorities to ensure safety.
- Leaders consult local agencies for special information and care during a crisis.
- The itinerary and schedule are modified as necessary for safety.
- The College informs parents of any crisis or change of plans.
- The group avoids locations and modes of transportation that are obvious terrorist targets.
- Leaders seek out and observe the advice of the U.S. State Department and local embassies in avoiding potential trouble spots.
Personal Safety

- Get yourself oriented in each new city; always carry the name, address, and phone number of our local hotel or residence, and a map.
- In many places, walking alone is dangerous.
- If you jog early in the morning, do not leave your roommates in an unlocked room; strangers have been known to walk in. But for fire safety, do not lock them in the room and take the key—ask someone in the room to lock the door from the inside.
- The single greatest threat to traveler safety overseas is road accidents. Be careful and alert both when you are in a vehicle and when you are a pedestrian.
- Always keep secure your passport, airline tickets, student ID, cash, travelers checks, credit cards, emergency medical information, Underground pass, etc. Do not leave any such valuables (including camera) in your room, even if it's locked. They are much safer on your person—a money belt, worn around the waist under your clothing is strongly recommended.

CUSTOMS

On your return to the U.S. you must declare everything you're bringing from abroad. This includes gifts, articles you have used - everything, regardless of its status - because the main purpose of customs duty is to protect American manufacturing, which suffers from our imports regardless of their origin or condition. (No rationalizations permitted!) Make an accurate record, expressed in U.S. dollars, of the purchase price (or fair market value) of all items; keep your record current daily - days or weeks later you won't remember accurately. Duty, at 10% for imports over over $800 is payable at LAX upon return, by cash, check, or credit card.

Some countries levy a Value-Added Tax on certain retail transactions for goods and services. Whenever you make a purchase, tell the merchant you wish to recover the VAT. If the amount meets the minimum requirements, you will receive a special form. Find out whether the store charges a fee for making VAT refunds. Your passport will be necessary to verify your status as a foreign visitor. When you exit the country, present your sales receipt and the special form at the border for reimbursement.

INDEPENDENT ACTIVITIES AND VISITORS

While some freedom is built into the Europe Semester schedule, please keep in mind that the time available for side trips and activities is scarce. While independent travel is permitted, you must adhere to the following guidelines:

- Participants must advise the leaders in advance of any absence of more than a few hours.
- Participants must secure advance permission from the leaders for any absences overnight, or any emergency absences from activities of the program listed in the schedule or otherwise announced.
- Participants must never hitchhike.

You may plan ahead to receive visits by family and friends while on the road. While this is permissible, past participants have discovered the experience can be wearing, as their attentions become divided between their visitors and ongoing Europe Semester activities. Should you choose to receive visitors, however, you must adhere to the following guidelines:

- Visits of non-participating friends and relatives may overlap with the group itinerary a maximum of three nights.
- Program leaders must be notified of the arrival of visitors at least 2 weeks in advance.
- Visitors may join the group for day trips only upon prior arrangement with the program leaders.
- Visitors may not “bunk in” with students in hotel rooms—they must make their own lodging arrangements.
- Participants must plan any visits with friends or relatives so as not to miss activities of the program listed in the schedule or otherwise announced.
RE-ENTRY

AND THE END OF ALL OUR EXPLORING
WILL BE TO ARRIVE WHERE WE STARTED
AND TO KNOW THAT PLACE FOR THE FIRST TIME

— T.S. ELIOT

THE LETTER

AND TO BE ABLE TO PUT AT THE END
OF THE LETTER ATHENS, FLORENCE – SOME NAME
THAT THE SPIRIT RECALLS FROM EARLIER JOURNEYS
THROUGH THE DARK WOOLK, SEEKING THE PATH
TO THE BRIGHT MANSIONS; CITIES AND TOWNS
WHERE THE SHOUL ADDED DEPTH OF ITS STATURE.

AND NOT TO WORRY ABOUT THE DATE,
THE WORDS BEING TIMELESS, CONCERNED WITH TRUTH,
BEAUTY, LOVE, MISERY EVEN,
WHICH HAS ITS SEASONS IN THE LONG GROWTH
FROM SEED TO FLESH, FLESH TO SPIRIT.

AND LAYING ASIDE THE PAN, DIPPED,
NOT IN THEIRS’ VOLATILE LIQUID
BUT IN BLACK INK OF THE HEART’S WELL,
TO READ AGAIN WHAT THE HAND HAS WRITTEN
TO THE MANY VOICES’ QUIET DICTATION.

— R.S. THOMAS

COMING HOME

As you prepare to return to the United States, you may think your experience is about to end. However, re-entry is about to begin - the process of readjusting to the home culture. In many cases, this is more difficult than was the adjustment to life in a foreign country. In general, the less a person experienced culture shock and the more she/he identified with the host culture, the more reverse culture shock he/she experiences. You will return to a setting for instance: campus, that used to be familiar but when you return things will no longer be the same. It many be hard to identify exactly what is different, but you have changed in internal, external, obvious and/or subtle ways. Life “back home” went on without you, Re-entry is unique experience for every person just as people change and grow in different, unique ways. The reassuring aspect to this change is that is usually produces internal growth if handled correctly. The following are possible issue you may face as you return home:

You’ve Changed Inside
Your insights have been broadened and your perspectives are different. Be aware that your emotional and mental climates have also changed. Sometimes, without even desiring it, you may find new beliefs, attitudes, patterns of behavior, and values have become part of your personality and lifestyle. An attempt to an immediate reversion to the “old you” will likely fail. Hopefully the internal change have been positive ones and there will be no need to revert to your pre-departure self.

Temper your desires to convert those around you. Many have not experienced what you have and may not be able or willing to understand. Depending on how long you have been away, they may not even be terribly interested in the “new you” and your attitudes toward the world, your desire to “improve” things, or even to go back to the “good old ways.” Seasoned travelers say that with family and friends, diplomacy is key.
....And You’ve Changed Outside
Realize that you have changed culturally. So have others, for that matter. Their experience have also changed them while you were away. You have become “internationalized” after an extended stay away from home. It may be difficult to crawl back into your former lifestyle without encountering some struggle. The healthiest solution might be to combine the positive aspects of the old and new.

Feeling out of Place
Somehow it feels awkward to “be” that person you used to be. You may feel out of place in familiar settings, you may feel uncertain interacting with old acquaintances, or you may feel lonely or isolated. You may feel no one understands your experience, and you may feel restless to return to your host country. You may wonder which “you” is the “real you.”

Avoid the temptation to discard the positive changes that have occurred in your life. Give yourself time to process your experience, but get back in touch with friends and family. You will eventually feel more at home.

Conflicting Values
Upon returning to the US, you may have a different perspective of its culture. Returning travelers often struggle with how to deal with issues/values such as materialism, time/goals orientation, ethnocentrism, etc. Be slow to condemn or judge others. Remember that your ideas are the ones that have changed. Others have not had the same exposure as you have to another way of life. Pray about how God would have you speak, think, and act.

Negativism
Many travelers become quite negative about their native society after they return, labeling it too materialistic, too friendly, too backwards, too comfortable, too easy, or too anything else. A common tendency is to withdraw, become defensive, or to mentally wander abroad. Work to incorporate an appreciation for the positive aspects of your culture at home as well as cultures abroad.

Distancing Self From Others
You may develop a feeling of superiority over others and stand aloof from them because of your overseas experience. You might withdraw or feel apathetic toward others and/or daily life. You might feel isolated, like no one understands. It might be easy to respond defensively to others. Although keeping others at a distance may seem more appealing it is important to find someone to talk with who understands the experience of crossing cultures.

Out of the Ordinary Emotions/Responses
People experiencing re-entry shock often have out-of-the-ordinary emotional responses (i.e., weeping, anger, etc). You might find it difficult or frustrating to complete tasks that were second-hand to you before. Give yourself some time to process your experience. Realize that re-entry is a process that can take weeks or months.

WHAT ABOUT FAMILY AND FRIENDS?

WHAT IS IT LIKE TO SEND A LOVED ONE ABROAD?
Your experience on an off-campus program will affect your loved ones in a variety of ways. Friends and family usually see the study abroad experience as an opportunity for growth and learning, but can also have difficulty letting you go out into the “unknown.” They may also feel a little intimidated by all that you are about to experience.

Family and friends often have concerns like, Is it safe?, Will you have enough money?, How am I going to pay for all this?, and Will you stay healthy? They hope you will have a good host family or roommate and find good friends. They are concerned that the program be solid and that you will be safe and taken care of. They also realize that communicating with you will not be easy due to the distance.

During your preparation to depart, your friends and family may demonstrate anything from enthusiasm to apathy to anxiety and testing. During your time away, it can be hard for friends and family to not be able to provide for or spend time with you face-to-face. As a student traveler, it is important to
acknowledge the love/concern your friends and family have for you as well as their excitement, questions, and doubts. The following tips might help you and your loved ones communicate better about your off-campus program experience:

- Put yourself in your loved ones’ shoes.
- Talk about your experience with them – keep them updated on your plans and hopes.
- As you research your destination, share what you are learning with your loved ones.
- Show them this handbook and other materials you receive, point out sections on Culture Shock and Re-entry so that they can better understand what you will be going through.
- Be patient if they have anxiety or a lot of questions. Remember that they care for you and want to clear up the unknowns.
- Affirm them.
- Let them know how they can help you.

It might be helpful to talk through the following with your family before you depart:

- Budget and spending expectations.
- What to do when you are in a financial bind.
- If there is a family trauma, will they let you know or wait until you return?
- Under what circumstances would you return home?
- How can they support and encourage you?
- What excites you about going?
- What are you nervous about?
- What is it like where you are going?
- What is your program like?
- How will you keep in touch?
- How can they support and encourage you as you re-adjust once you are home?

DOCUMENT YOUR EXPERIENCE

JOURNALING

It is a good idea to start your journal now, before you leave, and continue it for several months after you come home. This way you will have record of your entire experience – your thoughts before you leave, your time in another country and culture, and your new insights after you come home. Making sense of all that you have experienced will be a life long project, but a journal is a valuable record of your adventure. It is not necessary to write in complete sentences, to be profoundly eloquent, or to write daily. However, you will profit immensely from frequent entries.

The following are questions to guide you as you begin to think about what you would like to include in your journal entries. Remember also to describe scenes, events, conversations, and your reaction to them.

Before you leave…

- Why did I select this program?
- Does it matter what country I am going to, or do I just want to go somewhere?
- What do I want to get out of this experience?
- If I expect to make friends from the culture, how do I go about it?
- If I expect to improve my language skills, will I have to separate myself from other Americans?
- If I plan to do a project or research, are my objectives realistic?
- Am I concerned about missing friends and family?
- How do I plan to stay in touch with them?
- What is culture, anyway? What is my culture?
- How would I describe the United States? Americans? Myself?
- Am I like very many other Americans, or very different?
- How do I typically react to change and challenge?

While in the host countries…

- What are my initial reactions? Are my reactions different from those of my traveling companions?
- If someone were sitting on my shoulder, what would he/she see? Hear? Smell? Feel?
- What do I like most about this culture? The least? What are my reasons?
- How do people from the host culture greet each other? How do they greet me?
- What am I doing to meet people from the host culture?
Am I being viewed as an individual? As an American? As a foreigner? How does this make me feel about myself?

What were my goals before leaving? Spiritual? Academic? Personal? Cultural? Have they changed?

Upon your return...

What did I learn about the host culture? About myself?

How can I apply what I learned to my life back in the US?

In what ways have my values, assumptions, outlook, and lifestyle changed since leaving home?

How will these changes affect my response to situations which I previously accepted or took for granted?

Do I think of the United States any differently now that I’ve been away? What do I like most about American culture? Least?

Should I expect friend and family to be able to relate to or understand my experience or new viewpoints/opinions?

How will I respond if others seem indifferent or not understanding?

Who could I seek out – campus organizations, the OCP office, multicultural programs – to get more involved in international activities?

What advice would I give to those who are leaving tomorrow for my host culture? How did I learn these things?

SCRAPBOOKS

Making a scrapbook can be another satisfying way to extend your study abroad experience a little after you return home. Later, it can also enrich or bring back memories evoked by your photographs or journal. While abroad, collect small items you might use in a scrapbook. Some ideas might include: museum ticket stubs, train/subway/airplane ticket stubs, napkins from cafes or restraints, sugar packets from cafes, brochures, little trinkets, returned exams or papers, spare change...

PHOTOGRAPHS

Photographs are another important way to record your experiences abroad. You will probably automatically take photos of beautiful scenery or distinctive monuments. Remember also to include photos of your everyday world: your favorite street vendor, host family members, your room, your street, school cafeteria, university campus, your subway stop, classrooms, teachers, your favorite care, your favorite local market. Include people in your photos. Make sure you are in some as well. Try to bring whatever film you anticipate using – film is expensive overseas.

A WORD ON PHOTOGRAPHY – HOW TO BE A SENSITIVE PHOTOGRAPHER

People give expression to their experiences overseas in many ways – journal writing, detailed letters home, art, music, and photography. Of these various forms of expression, photography is one which needs to be done with particular sensitivity and care.

The camera is a powerful tool. In the hands of a sensitive photographer, it can enhance relationships and provide people back home with a meaningful glimpse of the life of another culture. Used improperly, it can erect barriers, create hard feelings, and give negative impressions of another country.

In order to be sensitive as a photographer, there are a few simple points to remember:

- **Be sensitive to others’ feelings** about photography and do not intrude where you are not welcome. Do not let your photography become offensive.

- **Memories can be created by getting to know people as well as by photographing them.** If you plan to spend several days or more with hosts, wait awhile before you begin taking pictures. It’s always easier when friends take pictures of friends.

- **Ask permission.** Do you like someone taking your picture when you aren’t prepared? Wouldn’t you like to comb your hair or change your shirt? People in other countries feel the same way. In fact, people in some cultures will refuse to have their pictures taken unless they can put on their “Sunday best”. Taking a picture when they aren’t prepared can be very offensive. It would be disrespectful to take a picture without seeking permission. Additionally, in some cultures, there
are places and things which should not be photographed. Before breaking cultural taboo, ask permission.

- **Don’t allow yourself to only be drawn to the bizarre.** During your travels you will see many things which are strange and unusual to North American eyes. It is natural for you to want to take pictures of these things. But it is easy to insult your hosts by only taking pictures of things which poorly represent their country – beggars, starving people, slums, etc. Think of how you would feel if a visitor to the US insisted on only taking pictures of poor living conditions, junkyards, and pollution. If you take pictures of people experiencing difficulty, remember to also take pictures of people enjoying life.

- **Be prepared to occasionally pay for some of your pictures.** Some people will allow you to photograph them, but then ask for money. Don’t be offended. Carry local change for this purpose. It’s a small price to pay for a good photograph. And, to be fair, it’s an exchange.

- **Many times you will be asked to send a copy of a photograph to the subject.** Don’t promise to do so unless you intend to follow through. If it is impossible, say so, and then ask if you can still take a picture. \( \)

- **Look and listen;** don’t merely see your experiences through the lens of a camera. Searching for the perfect shot can distract you from enjoying and learning from what is around you.

- **Pay attention to the affect of your photography on your fellow travelers** – do the other members of your group or your friends continually have to wait for you as you wait for the perfect moment or shot? Are you making them uncomfortable by drawing attention to the fact that you’re not from around there or by inconveniencing strangers in order to get the perfect pose of them in front of a landmark?

Picture taking is an important part of overseas travel. But it can also be abused. Be slow to take out your camera. When possible, get to know people before taking pictures. The relationships into which you enter at the moment are far more important than a photograph in an album. Enjoy the moment and the pictures will flow naturally.

**JOBS AND CAREERS ABROAD**

Your time abroad will be a wonderful way of enriching and diversifying your education. You will learn a tremendous amount simply from living and learning in a new social and cultural environment, from the people you meet, and from life as it unfolds. Additionally, for many students the off-campus programs experience stimulates not just a new way of looking at their time off-campus opens new ideas, concepts, fields of study, or areas of the world that ultimately affect their plans for the future. This can be philosophical, grand-scheme-of-things realization or a more practical idea of where to intern, to go to graduate school, or to go live for a year after graduation.

Employers generally look favorably to applicants who, in addition to having a strong academic record, also have a greater sense of the world and perhaps some hands-on work experience. In the increasingly globalized economy and job-market, an international work experience may be seen as especially valuable. Many programs have internship components; some are even centered around internships. It is also sometimes possible to set up some sort of work project, volunteer service, etc. in the community surrounding your program, as long as you can do it without conflict with your studies. It’s best to start investigating your options early.

Here is a checklist of things you can go do before, during, and after your program (adapted from a handout by Jane Cary, formerly of Amherst College):

**Things to do before you go:**
- Make a list of alumni living in the city/country where you will be. Get names and addresses of every interesting professional you meet.
Talk with current students who are back from your program. Did any of them volunteer or perform an internship there?

If yes, did they do it during the semester or after? How did they arrange it?

Investigate “work abroad” books and websites for information on employment and visa regulations. An actual paid position may not be an option for you—but internships and volunteer positions may.

Prepare a resume to show an employer or internship adviser overseas what you’ve already done.

Things to do while abroad:

- Maintain a “contacts” notebook. Include the name, address, phone number, email address of every interesting professional you meet.
- Contact alumni. Meet them at their places of business or socially. Express your interest in staying on after your program ends, or your interest in returning after graduation.
- Check the local “yellow pages” and scan the daily paper’s want ads for future reference.
- Look for schools which teach in English. Go check them out. What qualifications do their teachers have?
- If in a Homestay, talk often with adults in the family about the local economy. Take every opportunity to meet the family’s friends and extended family to network.
- Practice, practice, practice the local language—if the local language is English, learn the idioms, accent, vocabulary, etc. Speak with “natives” from all walks of life, constantly. Read the local and national papers and periodicals.
- Pay attention to the cost of living, as opposed to the US. Figure out how much money you would need to live there.
- Have a standby friend at home pick up and save summer job and internship information for you.
- If graduate study in that country might be an option, get application information while you are there.

After returning:

- Visit Career and Life Planning early after you return, and often, to learn more about its services for job-hunters. Attend all relevant workshops.
- Learn whether firms with office abroad recruit on campus. Don’t be distressed to learn that you might have to work in the US first.
- Ascertain whether you will need a higher degree to obtain the job you want. What graduate entrance exams are required? Where in the US and abroad can that degree be earned?
- Make time to gather and peruse short-term and more permanent work-abroad resources.
- Prepare your resume. Make sure it adequately describes your experience abroad and all skills you have acquired, including language competency.
- Keep in touch with all the contacts you gathered abroad. Write to them, stating your serious interest in returning to work in the country (if you are serious).
- Investigate short-session programs that teach the Teaching of English as a Second Language. Do they help with job placement?
- Determine your financial situation. Must you earn money before you go? How long can you afford to live abroad?