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IMPORTANT CONTACTS

INTERNATIONAL PROGRAMS OFFICE
A5500 University Center
282 Champions Way
P.O. Box 3062420
Florida State University
Tallahassee, Florida 32306-2420

PHONE 850.644.3272
1.800.374.8581
FAX 850.644.8817
850.645.4659
EMAIL IP-Info@fsu.edu
WEBSITE international.fsu.edu

HOURS 8:00a.m. to 5:00p.m. EST, Monday - Friday

HOUSING
Villa Saint Exupéry Beach
6 rue Sacha Guitry
06000 Nice, France

PHONE 00 33 4 93 16 13 45

PROGRAM STAFF INFORMATION
Cynthia Johnson, Program Leader
EMAIL crjohnson2@dedman.fsu.edu
Zach Weston, Program Faculty
EMAIL zweston@dedman.fsu.edu

EMERGENCY PHONE NUMBERS
Europe-wide Emergency Service 112
Medical Help/Ambulance 15
Local Police 17
Fire 18

U.S. CONSULATE
Place Varian Fry
13286 Marseille Cedex 6
France

PHONE: 01-43-12-48-85
WEBSITE https://fr.usembassy.gov/u-s-citizen-services/marseille-contact-us/

U.S. EMBASSY IN PARIS
2, avenue Gabriel
75382 Paris Cedex 08

PHONE
Switchboard +33 1 43 12 22 22
Calling within Paris 01-43-12-22-22
FAX +33 1 42 66 97 83
WEBSITE http://fr.usembassy.gov/

INTERNATIONAL CALLS
Making international calls from the U.S. to France: First dial “011” (for international call), followed by “33” (the country code), then the specific area code (dropping the first zero) and location number.

Making international calls from France to the U.S.: First dial “00” (for international call), followed by “1” (the country code), then the specified U.S. phone number with area code.

Time Differences: French time is ahead of Eastern Standard Time by six hours, Central Time by seven hours, Mountain Time by eight hours, and Pacific Coast Time by nine hours.
ACADEMIC MATTERS
This program is first and foremost an academic one, so you should be prepared to invest as much time, effort and thought into your coursework as you do on your home campus. Since classes are small, you will have more interaction with your fellow students and with faculty than you have on main campus. There will be a greater emphasis on participation in class discussions. This means you must be prepared to maintain a high level of performance by being an active and committed participant in your class.

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD
FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Citizenship Certificate program. These two resources provide special recognition as global-ready graduates.

The Garnet and Gold Scholar Society program facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of Leadership, Internship, Service, International, and Research. A student who has met the criteria in three of the five areas is eligible for consideration. All study abroad programs organized through the International Programs Office qualify for the international experience portion of the International Area. Visit http://garnetandgoldscholar.fsu.edu/ or email GarnetandGoldProgram@fsu.edu to learn more.

The Global Citizenship Certificate program helps undergraduate students develop invaluable cross-cultural skills and global competencies needed to be a global-ready graduate. Students who enroll in the certificate take 2 required courses, Global Perspectives and Global Citizenship, and 2 electives. Both required courses count toward FSU Liberal Studies X, E-series, and writing requirements. In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to complete! Enroll in the Global Citizenship Certificate before you study abroad to ensure your experience counts toward the certificate. Visit cge.fsu.edu/globalcitizen or contact an advisor at globalcitizen@fsu.edu to learn more.

TUTORING RESOURCES
There are a number of tutoring resources available at Florida State University to assist you academically, both in Tallahassee and abroad. Online tutors are available through the following programs:
- Reading & Writing Center (RWC) http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online
- Academic Center for Excellence (ACE) [http://ace.fsu.edu/] ACE provides free tutoring in many subject areas, including accounting, biology, chemistry, economics, math, statistics, and physics.
- University Libraries: Office of Distance Library Services https://www.lib.fsu.edu/department/distance-learning

STUDENT DISABILITY RESOURCE CENTER (SDRC)
SDRC provides reasonable and appropriate accommodations for students with documented disabilities. Documented disabilities and accommodations vary in nature, and though the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 do not apply extraterritorially, we do our best to accommodate our students. If you anticipate needing to request accommodations for a documented disability, please schedule an appointment with the SDRC by calling 850-644-9566 (Voice) or 850-644-8504 (TDD) and provide appropriate information on your Special Needs form. For more information, visit http://dos.fsu.edu/sdrc.
VISA REQUIREMENTS FOR U.S. CITIZENS

No visa is required for U.S. citizens to enter France.

- **Passport:** You must hold a U.S passport that is valid for at least 6 months beyond your return.

- **Flight/ Immigration Restrictions:** No visa is required for U.S. citizens to enter France.

VISA REQUIREMENTS FOR NON U.S. CITIZENS AND U.S. CITIZENS LIVING ABROAD:

If you are a non-U.S. citizen or U.S. citizen living abroad, contact an International Programs' Immigration Specialist at IP-Visas@fsu.edu. You may be required to apply for a visa on your own or you may have additional visa requirements and expenses.

All visa information is correct at the time of publication, but terms, fees, and guidelines are subject to change without notice.
BEFORE DEPARTURE & PROGRAM SPECIFICS

FLIGHT INFORMATION
There is no group flight for this program and your Program Fee does not include airfare. Traveling on a one-way ticket may not be allowed due to airline restrictions. Please check with your airlines before purchasing a one-way ticket.

You should make arrangements to arrive in Nice on the start date of your program, June 27, 2019, and depart Nice no earlier than the end date of your program, August 1, 2019. You will most likely need to depart the United States one day before the program’s start date in order to arrive on time. All orientation/welcome activities that take place upon arrival are mandatory.

There will not be an airport pick-up for this program. Please plan to arrive at program housing by 12:00 PM on June 27. If you arrive before 12:00 PM, you will be able to store your luggage until the rooms are available.

Your housing will not be available until the official check-in day of the program, June 27, 2019. If you arrive earlier, you will need to look for accommodations in town for the extra nights.

You must check out of program housing on the morning of the last day of your program, August 1, 2019. You will be responsible for getting yourself to the airport in time for your departure. After your official check out date of the program, you will need to book other accommodations if you are extending your stay.

Once you have completed your travel arrangements, you must email your flight arrangements to the IP Office (IP-Info@fsu.edu). Your flight arrangements will be provided to our staff and it is very important that they receive this information in order to monitor student arrivals.

You may want to consider purchasing travel insurance when booking your flight. Travel insurance typically covers flight cancellation fees, lost luggage or other losses incurred while traveling, etc. Speak with your airline for more information.

If your flight is canceled, delayed, or you miss a connection on your way to your study abroad location, contact the International Programs staff via email or phone.

IN TRANSIT
- Domestic flights. In general, arrive at the airport ticket counter two hours before your departure time. Check with your specific airline to find out the recommended pre-flight allowance.
- International flights. Arrive at the airport ticket counter three hours before your departure time.
- Keep your boarding pass. Some airlines require it for baggage claim. Also, it will help if your luggage gets lost.
- Have your passport accessible.
- During your flight, drink lots of water and get up and walk during your flight. Try to sleep; it will help you combat jet lag. Wear layers as the temperature on the plane and in airports may vary.

ARRIVING IN FRANCE
From Nice Côte d’Azur Airport (NCE), take Bus 98 from Terminal 1 or 2 to the bus stop Albert 1er, which is the first stop as the bus turns left off the promenade. The bus is 6€ and will take approximately 20-30min. From the bus stop Albert 1er, keep walking and follow the road as it turns right onto the main square Place Massena. Turn left at the fountain and follow tram lines to Massena tram stop. Walk around Galleries Lafayette shopping centre and turn into Rue Sacha Guitry.

You can also take a taxi from the airport to Villa Saint Exupéry Beach. Rides start at €35.00.
BEFORE DEPARTURE & PROGRAM SPECIFICS

HOUSING
Villa Saint Exupéry Beach
6 rue Sacha Guitry
06000 Nice, France

You will be housed in double or triple dormitory-style rooms at Villa Saint Exupéry Beach Hostel. The housing facility is located in the heart of the city: 20 metres from Place Massena, Nice Beach, the historic Old Town and shopping district. All rooms are air conditioned with private bathrooms and security lockers. There is free Wifi in the facility. Bed linens are provided, including a bottom sheet, duvet sheet, and pillow case. You will receive towels as well. Laundry facilities are available for 8 EUR. The hostel does have a fully equipped gym and sauna. The hostel has a community kitchen with dishes and cookware. Breakfast is included on class days.

Rooming assignments and locations will be made based on a combination of factors such as type of program, housing preference, and special needs as indicated in the information you provide International Programs. Roommate assignments are made by our staff and cannot be changed.

During your on-site orientation, you will be advised of the Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. It is your responsibility to familiarize yourself with the housing rules and regulations for your specific program. Refer to the FSU International Programs Contractual Agreement and the Housing Terms and Conditions for details. You are required to sign the FSU International Programs Contractual Agreement as it outlines your contractual obligations as a participant on our program.

We cannot guarantee that each residence will have the exact same amenities. Each student housing facility has safety and security measures. They may vary by location.

CLASSES
Classes will be conducted at Villa Saint Exupéry Beach in their conference room.

TRANSPORTATION
Nice has an excellent bus and tram network that extends to all parts of the city. Most individual bus and tram tickets cost €1.50, however you can purchase multi-ride and multi-day passes. Bus tickets can be purchased directly from the driver. Tram tickets can be purchased from the automatic machine found at each tram stop.

Buses also run to nearby towns on the Riviera, including Monaco, Cannes and Antibes.

If you enjoy riding bikes, Vélo Bleu is the bike share provider in Nice. There are 125 kilometers of cycling paths available in Nice.

FIRST CLASS EURAIL PASS & OTHER TRANSPORTATION
Students are required to purchase a Eurail First Class Youth 1-Month Global Pass. At the time of publication, this pass costs $767 if purchased through STA travel. You should also purchase the pass loss and theft coverage, which is an additional $16. This ticket is like cash, so if you lose it and it is not insured, you have no recourse for reimbursement. You may want to invest in a cover for your pass to avoid physical damage. You must buy this pass before you leave the U.S. You will activate your pass as a group once you are in France.

Do NOT purchase a “share pass” with friends or family members. The First Class Pass costs more, but it permits you to travel rapid, luxury TGV trains, to travel in much greater comfort and safety, and to use the First Class cars and compartments as money-saving “hotel rooms” on the occasional night en route. If you intend to stay longer than the program, a two-month pass may be worth considering. Students with a one-month pass should only ‘activate’ their pass (thus, beginning the clock on their month) when instructed by the program staff.

For current rates, visit: https://rail.statravel.com/dc1a-eurail-global-pass, http://www.eurail.com/eurail-passes/global-pass or www.AAA.com. If you plan to purchase your ticket and insurance through AAA, it may be easier to call them and speak to a representative rather than using their ‘rail pass finder’. Please be aware, routes to some destinations (i.e. Paris and Amsterdam) require an additional booking fee, and there is usually a charge for reserving seats (as opposed to finding one when you board). Trans-European train lines run regularly out of Nice, allowing access to basically anywhere you want to go. The use of the trains is convenient and uncomplicated.

Air travel is also easily accessible. Airlines such as Ryan Air and Easy Jet typically offer budget flights to several destinations around Europe.
PERSONAL TRAVEL
You are no doubt eager to explore France. **Please wait until you have arrived in Nice and have received your class schedule before you book any independent trips.**

Waiting until classes have started will allow you to make your plans around the following factors:
- Academic deadlines for exams, papers and presentations. You do not want to book a once-in-a-lifetime trip to Prague only to discover that you have a major research paper due around that time.
- You will receive a cultural calendar of activities planned for all students upon your arrival. It would be a shame to book a trip that clashes with an activity that cannot be changed.
- The travel plans of your peers. One of the joys of studying abroad is the opportunity to build friendships through travel and shared experiences.

Do not plan travel that will cause you to miss classes; strict academic standards will be maintained on the programs. Your grade may be reduced by any unauthorized absence from class.

For safety purposes, you will be instructed by the International Programs staff to fill out a mandatory online independent travel form each time you plan on traveling outside of your study abroad location. More information will be provided to you in an email from IP-Info@fsu.edu prior to departure.

CLIMATE & PACKING
All airlines have different policies regarding the number, size, and weight of bags allowed on domestic and international flights. Fees for having too many bags or exceeding size and weight limits are steep, and also vary by airline. It is important that you determine the restriction on your particular airline before you pack. **Please be aware that you will be responsible for carrying your own bags, packs, etc.** Restrictions regarding carry-on baggage are different for each airline and sometimes vary depending on your originating, transferring and/or terminating airport. Also, requirements change based on current events. It is imperative that you check your specific requirements just prior to your departure and plan accordingly. Use the IP luggage tag you received to ensure your bag is marked in capital letters with your name, address, and final destination both on the inside and on the outside of the bag. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

Plan to bring textbooks and other required course materials with you. You will receive information from the International Programs office when it is time to register for classes with details about textbooks. As a reminder, textbooks are not included in the program fee and will most likely need to be purchased prior to departure. Former students have used websites such as Chegg.com to rent textbooks for the duration of the program at a low cost. We recommend researching ways to access a textbook as an eBook (electronic book) through the FSU Bookstore, Chegg, Amazon, or other online sites. Keep in mind that not all textbooks are available as ebooks. If you wish to ship textbooks or other course materials to your study abroad location, reference the Mail section of this document and contact International Programs with any questions.

During July, the weather in Nice can reach the high 70s and 80s. However, nights can be cooler. Since it is summer, you can expect to wear light clothes. Pack sunglasses, a sun visor or hat, and sunscreen for the sunny days. If you plan on hitting the beach, bring your bathing suit. You may want to bring a light jacket, long pants, and closed-toe shoes for the cooler nights.

You will need at least two professional/business outfits for group trips. You do not need to bring a business suit.


You should not bring any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing. You also don’t want to bring any electrical appliances such as hair dryers, heaters, etc. The electricity in many countries is twice as powerful as in the U.S. and will cause those items to burn out.

Reference the [International Programs packing list](#) for more packing tips!
MAIL
Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad. You are able to receive mail at the hostel.

The French mail system is generally very good. Airmail will usually take from 7-10 days. Use international airmail stamps; regular mail will cause your letter to go by boat, taking about six weeks to deliver. When sending packages overseas, neither overestimate nor underestimate the value of the materials in the package. You will pay up to 30% customs duty on the amount shown as the insured price. There should be no commercial value on the package.

CELL PHONES & COMMUNICATION
Staying connected to your family and friends while you are abroad is extremely important. Establish a communications plan prior to departure. Whether it’s setting up a Skype meeting every Sunday night, sending them messages over WhatsApp, or checking-in with them on social media, make sure you keep in touch!

Though it is not mandatory to use your cell phone abroad, consider one of the following options. Do your research to see which option is the best fit for you:

- **Add an international plan through your current service provider.** This tends to be the most expensive option. Talk to your service provider for details. Each provider offers varying international plans.

- **Purchase a sim card in-country for your current phone.** You will need to unlock your phone and make sure your phone is GSM-capable before departure. You can buy a prepaid SIM plan, either for phone calls only or for calls and data.

- **Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed.** Local stores will sign you up with the carrier who is offering the best rates available at the time of your purchase.

- **We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take to France.** Students who have done this in the past have frequently found the phones do not work. It is far cheaper and more efficient to buy the pay-as-you-go phone in country.

- **Use Wi-Fi while the phone is in airplane mode.** Make sure to turn off roaming before you leave, just in case. Otherwise you might end up with a very large phone bill when you return to the U.S. Apps you can easily use while connected to Wi-Fi include Skype, FaceTime, Viber, and WhatsApp. If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account.

If you have access to a landline phone, you can purchase a calling card to make international calls. We advise that you wait until you have arrived in France to purchase a calling card because many of the ones in the States are costly. The calling cards are readily available at local corner shops.

COMPUTERS
There are public computers for you to use at the housing. There is also free WiFi throughout the property. There is a printer available for use.

If you want to bring your laptop, we recommend doing the following:

- Check if your computer has a built-in transformer that is capable of handling the different voltages. You will need an adapter for the plug (i.e. from flat to round prongs).
- Please note that if you take a laptop with you, it is at your own risk. Check your homeowner’s insurance to make sure that it is covered when you are away from your primary residence. If not covered by your homeowner’s insurance, you may want to check into laptop insurance through [http://www.safeware.com/](http://www.safeware.com/), a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.
- **Do NOT pack your laptop or laptop charger in your checked luggage.**
EXPENSES
In estimating your financial needs while you are in Europe, calculate the amount of money you will need for meals for the entire period of your stay; your transportation and lodging costs for any personal trips you will be taking on the weekends, and your personal entertainment and social activities costs.

- A good way to estimate what you might need in abroad is to assume that whatever you spend here in the U.S. (in dollars), you will spend the same (numerical) amount in euros. Take that dollar amount and convert to euros using the current exchange rate.
- If you are planning to travel around Europe, you should expect to spend at least $70 per day.

CURRENCY
France uses the euro as the national currency. Exchange some dollars ($75-$100) for euros before you leave the U.S. Don’t exchange more than $100, you just need enough to get you to France and to a bank abroad. Visit http://www.xe.com/currencyconverter/ for the current exchange rate.

BANKING
We recommend you set up online banking for your bank accounts prior to departure from the U.S. so you can monitor your account while overseas. The easiest way to access money abroad is with an ATM card. You can use a Debit Card at any ATM to withdraw cash whenever you need it though there will often be a withdrawal fee.

Bring or have access to at least one credit card in the event of an emergency. If you need to visit a doctor or hospital, you will likely have to pay prior to the service, and then submit an insurance claim afterward. Credit cards are also useful for everyday purchases and offer excellent exchange rates. MasterCard and Visa are the most widely accepted credit cards overseas. A credit card with “chip and pin” technology is recommended, as this is the standard abroad.

Before using an ATM or debit card overseas, we recommend the following:
- Contact your financial institution(s) before you leave the U.S. to make sure your ATM or debit card is activated for international use. You will also need to inform them of your dates/location abroad. If you fail to contact your financial institution(s), it is not unusual for credit card companies to “freeze” an account if suspicious or fraudulent activity is suspected.
- Make sure your debit/ATM card is linked to a checking account, rather than to a savings account, so you will have access to your funds.
- If you have a pin longer than 4 digits or based on letters, you may have trouble using it abroad. You will need to change your pin before departure.
- You should also contact your financial institution for information regarding ATM transaction fees. You can limit the fees if your U.S. bank has a ‘sister’ bank in the host country and/or if you limit your withdrawals, though we do not advise keeping large sums of money on your person or stored in your residence, even if a safe is provided. If a safe is not provided, we encourage students to lock valuables in their suitcase when leaving the housing accommodation.
- Keep a record of all credit/debit/ATM card numbers and the phone numbers you would need to call, with area codes, if they are lost or stolen. Keep this record in a safe place separate from your cards, and you should provide a copy to family at home.

For those who receive financial aid, ensure that any student loans you have requested will be available for disbursement during the term you are abroad. Disbursement usually occurs after students have left the U.S., so make arrangements for your check to be deposited, if that is your chosen method of disbursement.
IMMUNIZATIONS/MEDICAL CONCERNS
Florida State University requires certain immunizations prior to your registration for classes. All newly admitted degree-seeking students (freshman and transfer) and non-FSU students must complete the required Student Immunization Form. The form must be mailed or faxed directly to Florida State University Health Services, Health Compliance Office, 960 Learning Way, Tallahassee, FL 32306-4178, fax (850) 644-8958.

It is very important that you make yourself aware of specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Additional information is available through the Centers for Disease Control and Prevention’s site: www.cdc.gov/travel/. Please note that some countries have specific requirements for inoculations based on past location(s) the traveler has visited. It is the student’s responsibility to ensure previous travel has not triggered additional requirements.

- A tetanus booster shot is suggested if you have not had one within the past 10 years.
- Specify every health concern you have on your form.
- We highly recommend that you bring sufficient quantities of your prescription medication with you to last for the duration of your stay. Keep these in their original containers with copies of the prescriptions and place them in your carry-on luggage. Be sure to bring a copy of a legible prescription from your doctor and be aware that not all U.S. drugs are available elsewhere. In particular, Adderall and Concerta are not available in all countries. Don’t postpone discussing your prescription needs with your doctor. After discussing medications with your doctor, students will need to work with their insurance company to cover the vacation prescription. Students who experience difficulty in obtaining a vacation prescription should seek assistance from our office.
- If you wear glasses or contact lenses, take an extra pair and/or the prescription.
- Complete routine medical and dental care before you leave.

The CISI insurance provided is included in your program fee and the policy is available on our website: http://international.fsu.edu/Documents/HealthSafety/CISIInsurancePolicy.pdf. You will want to familiarize yourself with the coverage details.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in France is 18. This means that you will likely have the opportunity to buy and drink alcohol legally. It is in your interest to recognize that this right carries a great deal of responsibility. FSU International Programs has a strict code of conduct relating to the use of alcohol, violations of which will likely result in a judicial hearing with the possible sanction of being dismissed from the program. In short, know your limits and drink within moderation if you choose to do so, but not to excess.

Florida State University has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in FSU study abroad programs. Violation of this policy may result in immediate dismissal from the program and disciplinary action onsite or upon return to campus. International Programs’ policies follow either the U.S. law or local law, whichever is more stringent with regard to drug use. For complete information on student judicial processes, victim’s rights, and appeals see the Student Conduct Code at: http://dos.fsu.edu/srr/.
Policies & Safety

Rules, Policies & Procedures
Florida State degree-seeking, transient, and special students are bound by the rules, policies, and procedures set forth in the FSU General Bulletin and Student Handbook. It is your responsibility to familiarize yourself with these before you leave. You may locate the FSU General Bulletin online at [http://registrar.fsu.edu/](http://registrar.fsu.edu/) and The Code of Student Conduct at [https://dos.fsu.edu/srr/conduct-codes/student-conduct-codes](https://dos.fsu.edu/srr/conduct-codes/student-conduct-codes). The Office of Student Rights and Responsibilities updates any changes to the Code of Student Conduct.

Safety & Security
Our highest priority is the welfare and security of our students, faculty, staff and facilities. We have emergency plans in place for each of our locations and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. It is our policy to follow guidance from the respective U.S. Embassies, U.S. State Department, as well as local officials and keep students apprised of any new information. For more information on IP’s security policies and procedures, please contact our Director of Risk and Emergency Management, Chris Carroll at 850.644.7823 or ccarroll@fsu.edu.

- **Resources.** Even though students are not on the main campus, they have access to many resources should they encounter issues while abroad. Program staff members are available to support students in a variety of ways, including connecting students with other professionals locally and/or on the main campus.
  - **Victim Advocate Program.** The University takes very seriously all types of victimization, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call 24 hours a day to provide confidential support services, even for students who are abroad. For more information on the Victim Advocate Program, visit [http://victimadvocate.fsu.edu](http://victimadvocate.fsu.edu).
  - **University Counseling Center.** The Counseling Center is a welcoming and confidential place to discuss questions and concerns such as homesickness, struggles with relationships, sexual identity, cultural issues, and more. Visit [https://counseling.fsu.edu/](https://counseling.fsu.edu/) for more information.
  - **Center for Health Advocacy & Wellness.** The Center for Health Advocacy & Wellness encourages students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. For more information, visit [http://chaw.fsu.edu/](http://chaw.fsu.edu/).

- **The U.S. State Department** maintains a web site of information for Americans studying abroad, including current travel advisory warnings, at: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/).

- **The Smart Traveler Enrollment Program (STEP)** is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. We strongly recommend you register here: [https://step.state.gov/step/](https://step.state.gov/step/).

- **Waivers.** All IP participants will be given a Waiver of Liability via email. It must be signed and submitted to IP.

- Be aware that you are subject to the laws of the country in which you are traveling.

- Always carry a photocopy of the picture and signature pages of your passport with you. Keep another copy in your room separate from your passport. Leave one copy at home in the U.S. with your family or a relative.

- Use the buddy system—try to travel with friends as much as possible and always tell your roommates or friends where you are going and when you expect to return. Bystander intervention is a powerful opportunity and responsibility for those within our community.

- **Valuables.** Students should not take sentimental valuables on their program. Students should not leave cash, passports, or other items of value unattended in their rooms. If a locker or safe is provided, students are strongly encouraged to use it to store anything of value at all times. Students should plan regular visits to the cash machine rather than leaving large amounts of cash in their rooms. Students are responsible for ensuring their rooms are left secure at all times – do not prop open doors, do not leave doors and windows unlocked, do not give keys to anyone. If students notice others in the building leaving the main entrance door unsecured, they should notify the IP staff immediately, even if there are others living in the building who are not FSU program participants. Students are strongly encouraged to purchase insurance that will cover their belongings while abroad, whether a standard homeowners or renters policy. The International Programs insurance policy does not cover loss or theft of participants’ possessions.

- **Pickpocketing.** In most large cities throughout the world, pickpocketing is the most common crime and can happen anytime, anywhere! We caution you to always be aware of your surroundings. While traveling in some areas beware of beggars who try to distract you with papers, boxes, or excessive body movements. Coats and purses are often stolen in crowded areas. Keep them close to you and lock your pack zippers with a combo lock. Secure your valuables if you are traveling on an overnight (“sleeper”) train.

- **Weapons.** Students are strictly prohibited from keeping or using firearms, knives, weapons (including pellet, air guns, paintball guns or other dangerous articles or substances). Furthermore, mace and/or pepper spray may be illegal in the countries that you visit. It is your responsibility to know the laws regarding weapons in the host country if you intend to bring any item for self-defense.
TIPS & RESOURCES

ADDITIONAL RESOURCES
The more information you find out about the country beforehand, the better off you will be once you get there. Here is a list of a few web sites that may be helpful as you begin your information search.

http://www.tripadvisor.com (online travel guide)
http://www.railpass.com/ (Eurail pass information)
http://www.letsgo.com/ (on-line travel guide, check out the “HotLinks” button)
http://cnn.com/WEATHER/ (daily weather forecasts)
https://www.roughguides.com/ (travel guide)
https://nolesabroad.international.fsu.edu/ (FSU International Programs blog with articles from former program participants)

USEFUL APPS
Google Translate (instantly translates words, phrases, and web pages between English and over 100 other languages)
Dark Sky (With down-to-the-minute forecasts, you’ll know exactly when the rain will start or stop, right where you’re standing)
Mobile Passport (authorized by U.S. Government to get through customs upon your return to the U.S. Allows you to use the dedicated mobile passport line in 21 participating airports).

(Note: Florida State University is not responsible for the content of external internet sites.)

Connect with International Programs on social media
International Programs Facebook
International Programs Twitter
International Programs Instagram

TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW
• Try to familiarize yourself with the train system before you leave.
• Pack as light as possible when traveling independently.
• Pack snacks.
• Bring sunscreen. It is much cheaper to buy it in the US.

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