Hospitality

May 16 to June 20, 2019
Leysin, Switzerland
Le01
# TABLE OF CONTENTS

**IMPORTANT CONTACTS**  

1

**ACADEMICS**  

2

ACADEMIC MATTERS

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD

TUTORING RESOURCES

STUDENT DISABILITY RESOURCE CENTER

**BEFORE DEPARTURE AND PROGRAM SPECIFICS**  

3-6

PASSPORT

VISA REQUIREMENTS

FLIGHT INFORMATION

IN TRANSIT

ARRIVING IN LEYSIN

HOUSING

TRANSPORTATION

PERSONAL TRAVEL

CLIMATE AND PACKING

**COMMUNICATION AND ELECTRONICS**  

7

MAIL

CELL PHONES AND COMMUNICATION

COMPUTERS

**CURRENCY AND BANKING**  

8

EXPENSES

CURRENCY

BANKING

**HEALTH**  

9

INOCULATIONS/MEDICAL CONCERNS

ALCOHOL AWARENESS AND ILLEGAL DRUGS

**POLICIES AND SAFETY**  

10

RULES, POLICIES AND PROCEDURES

SAFETY AND SECURITY

**TIPS AND RESOURCES**  

11

TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW

ONLINE RESOURCES

SUGGESTED READING
**INTERNATIONAL PROGRAMS OFFICE**

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

**PHONE**  
850.644.3272  
1800.374.8581

**FAX**  
850.644.8817  
850.645.4659

**EMAIL**  
IP-Info@fsu.edu

**WEBSITE**  
international.fsu.edu

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

**PROGRAM STAFF INFORMATION**

Jane Ohlin, Program Leader  
PHONE (cell)  
(850) 545-2089

EMAIL  
johlin@dedman.fsu.edu

Nathan Line, Program Leader  
PHONE (cell)  
(865) 363-7895

EMAIL  
nline@dedman.fsu.edu

Sean McGinley, Program Faculty  
PHONE  
(850) 644-9041

EMAIL  
smcginley@dedman.fsu.edu

Antonio Lopez, Program Assistant  
PHONE  
(850) 832-9976

EMAIL  
atl17@my.fsu.edu

**ALPINE LEARNING CENTRE**

**CENTRE VILLAGE CAMPS**

Route de Belvédère  
1854 Leysin  
Suisse

**PHONE**  
(011) 41 24 493 3060

**FAX**  
(011) 41 24 493 3061

**U.S. EMBASSY IN SWITZERLAND (Bern)**

Sulgenecstrasse 19  
CH-3007 Bern

**PHONE**  
(011) 41-31-357-7011

**FAX**  
(011) 41-31-357-7320

**EMERGENCY LINE**  
(011) 41-31-357-7777

(after hours, weekends, holidays)

**EMERGENCY FAX**  
(011) 41-31-357-7280

**WEBSITE**  
http://bern.usembassy.gov

**U.S. CONSULATE AGENCY IN SWITZERLAND (Geneva)**

America Center of Geneva  
Rue Versonnex 7  
1207 Geneva

**PHONE**  
(011) 41-22-840-5160 and 5161

**FAX**  
(011) 41-22-840-5162

**EMAIL**  
geneva-ca@state.gov

**INTERNATIONAL CALLS**

Making international calls from the U.S. to Switzerland:  
First dial “011” (for international call), followed by “41” (the country code), then the specific area code (dropping the first zero) and location number.

Making international calls from Europe to another country: use the prefix '00' instead of '011'. To make an international call to the U.S., dial '00' followed by '1' (the country code), then dial the phone number you wish to use with the area code.

**Time Differences:** Time in Leysin is ahead of Eastern Standard Time by six hours and Pacific Standard Time by nine hours. Time is represented by a 24 hour clock. Example: 14:00 hours is 2:00 PM
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

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

- **Copy of Passport Pages**: After you receive your passport, make several photocopies of the pages that contain the issue date, your signature, and your photograph. Leave one copy at home with your family, send one copy to our Tallahassee office, and take another copy with you in case your passport is lost or stolen. Carry a copy separate from your passport when you are traveling.

- **Visa Instructions**: No visa is required for U.S. citizens to enter Switzerland.

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.
ACADEMICS

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.

As an admitted student on this program, you should make arrangements to arrive in Geneva, Switzerland on the start date of your program May 16, 2019, and depart Geneva no earlier than the end date of your program, June 20, 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. A group pick-up from Geneva is provided. You should plan to arrive in Geneva no later than 12:30 pm on May 16. All orientation/welcome activities that take place upon arrival are mandatory.

Your housing will not be available until the official check-in day of the program, May 16, 2019. If you arrive earlier, you will need to look for accommodations for the extra nights.

Again, your return flight should depart Geneva on June 20, 2019. We will stay in Geneva the night of June 19.

Students may not remain in program housing in Leysin after the group departs for Geneva. 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 the Florence 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 GENEVA
When you arrive in Geneva, go through passport control, collect your luggage, and clear customs before meeting the Program Leader and your Program Assistant for the group pick-up. Directions to the group pick up location: Walk through the automatic doors, students will notice the floor has a very bright horizontal red line across the floor that marks where people standing to meet the arriving passengers must stand behind. Students should walk across the red line and congregate in that area or very nearby. Close by are ATM machines, rest rooms, a few restaurants, etc. Students should make sure they are in the area not far from where the bright red line is when our faculty and program assistant arrive at the appointed time. For students who are arriving in Geneva the day before, they will need to make sure they get to the Geneva Airport where the arriving passengers enter the terminal – where the bright red line is in the floor. This is on the lower level of the airport. The parking lot where the bus will be arriving to pick up students is on the same level. Additionally, the Geneva Airport Train Station is on the same level.

Contact Dr. Line if you experience any cancellations or delays: (850) 545-2089.

If you are missing the airport pick up, please contact the IP office for directions to your housing.
ACADEMICS

FIRST CLASS EURLAIL 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 Switzerland.

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.* Typically, this is done on the first group trip, which is a two-night stay in Interlaken.

For current rates, visit: [https://rail.statravel.com/dc1a-eurail-global-pass](https://rail.statravel.com/dc1a-eurail-global-pass), [http://www.eurail.com/eurail-passes/global-pass](http://www.eurail.com/eurail-passes/global-pass) or [www.AAA.com](http://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 Aigle, the small town at the base of our mountain, allowing access to basically anywhere you want to go. The use of the trains is convenient and uncomplicated. Between Aigle and Leysin, is a delightful, 2-car cog train that goes up every hour and goes down the mountain every hour throughout the day and evening hours. In Leysin, walking will be your main method of transport.

Air travel is also easily accessible. Airlines such as Ryan Air and Easy Jet typically offer budget flights to several destinations around Europe.

HOUSING

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.

You will live and take classes in the Alpine Learning Centre. We will be staying in the annex of the Centre, with shared rooms including a sink and a south-facing balcony. The building includes wireless internet, community bathrooms, a laundry facility, and lounge area. The internet access is slower and less reliable than you are used to here in the States. The main building includes classrooms, a dining room, a reading room, and a game room. Bed linens are furnished and laundered. You must provide your own bath towels. A safe will be provided for each student. You will need to provide your own padlock that is ¼ inches or smaller. We advise against leaving sentimental valuables or large sums of cash in the safe.

Washers and dryers will be accessible, but the Centre will charge a minimal usage fee of 2 Swiss Franc to wash and 2 Swiss Franc to dry. This price includes laundry soap. The number of machines is limited, so students must plan ahead when doing their wash between trips. Do not leave washing to the last minute. It may also be helpful to intentionally take clothing that dries quickly, even if it means you must wear multiple layers to stay warm. There is a full service wash available locally you can use if you’d like. You can ask the staff members at Village Camps for details.

Meals begin with Saturday dinner and continue through either Tuesday lunch or an optional packed lunch for the train. Breakfast is offered Sunday through Tuesday.

Visitors are not allowed to be housed in the Centre, or to take meals there. We adhere to this rule firmly. Leysin offers several good, reasonable hotels for visiting guests.

For current rates, visit: [https://rail.statravel.com/dc1a-eurail-global-pass](https://rail.statravel.com/dc1a-eurail-global-pass), [http://www.eurail.com/eurail-passes/global-pass](http://www.eurail.com/eurail-passes/global-pass) or [www.AAA.com](http://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 Aigle, the small town at the base of our mountain, allowing access to basically anywhere you want to go. The use of the trains is convenient and uncomplicated. Between Aigle and Leysin, is a delightful, 2-car cog train that goes up every hour and goes down the mountain every hour throughout the day and evening hours. In Leysin, walking will be your main method of transport.

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 Switzerland and the rest of Europe. You will have the opportunity to travel independently several times throughout your program. It is best to wait until you have arrived in Switzerland and begun classes before you book any independent trips, unless you were given approval to do so by your Program Leader.

Waiting until classes have started will allow you to make your plans around the following factors:

- Academic deadlines for exams, papers and presentations.
- 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 arranged by the program.
- 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.

Bringing a backpack or duffel bag is recommended for weekend trips.

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.

For updates on weather conditions, visit

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.

All mail should be addressed to you at the address listed for the Alpine Learning Centre in this packet (page 1), with your name on the first line and “FSU” on the second. All overseas mail should be sent via airmail if you desire for it to arrive in a reasonable amount of time. Expect airmail from the States to Leysin to arrive in 5 to 7 days.

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. Most students who’ve wanted to use a cell phone for calls have purchased a pay-as-you-go phone in Leysin. Other students have used [www.telesial.com](http://www.telesial.com) or purchased a pay-as-you-go phone upon arrival (about $30).

We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take to Leysin. 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 Leysin.

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.

You can purchase a calling card to make international calls from a landline or cell phone. We advise that you wait until you have arrived in Switzerland to purchase a calling card because many of the ones in the States are costly. It is fairly easy to purchase a calling card once in Europe. Calling cards overseas are typically cheaper and allow you to have more minutes when calling back home. Each country has its own card; there is not one universal card. It is better to buy the amount of minutes needed for that country that you may be traveling in and when you return to Leysin exchange among friends the various phone cards.

COMPUTERS
The annex in which we will be staying has wireless internet access, though Internet connectivity **will not be as consistent or reliable as you are used to** in the U.S. Brace yourself for this, as students can find it frustrating. If you have a laptop or tablet that you are going to bring, the wireless will be another way for you to access the internet. Email and internet access are also available in cyber cafes found throughout Europe. Prices in the cafes are generally reasonable.

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 independent travel days, and your personal entertainment and social activities costs.

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

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

Be aware that your independent travels will take you to countries that use different currencies, most commonly the Euro.

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
- 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 Switzerland 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/.
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/ and The Code of Student Conduct at 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.
  ○ 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/ 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/.

☐ 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/.

☐ 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/.

☐ 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.
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)
Switzerland Travel Guide

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).
SBB (Swiss Railways)
My Switzerland
Geneva Airport
EasyJet

(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.

Last updated 1/2019