



Central College Study Abroad Granada, Spain Student Survival Guide

<i>Introduction</i>	<i>1</i>
<i>Required Travel Documents.....</i>	<i>2</i>
<i>Flight Arrangements</i>	<i>2</i>
<i>Granada Program Academic Information</i>	<i>2</i>
<i>Packing.....</i>	<i>5</i>
<i>Housing.....</i>	<i>6</i>
<i>Arrival.....</i>	<i>8</i>
<i>Local Transportation.....</i>	<i>10</i>
<i>Communication</i>	<i>10</i>

Introduction

This guide describes the Granada program as completely as possible. Since you will want to make the most of this educational opportunity, it is important that you understand how the program is designed, what it has to offer and just how it can be integrated with your personal objectives. You should know that the information here is the result of years of experience in Granada and has been modified and adjusted each year by students, directors and the staff of The Central College study abroad office. There are many significant changes in the program from previous years, and it should not be assumed that what you have heard from returning students continues to be the case. This is one of the reasons why it is extremely important for you to read and understand the guide.

Some of the material will be relevant to you immediately because you will have to make important educational plans, not to mention travel plans. Other parts of the book may be more pertinent once you arrive in Spain, but read the whole thing and be sure to bring it with you to Granada. The better prepared you are before you leave for Granada, the easier the integration and adaptation to the culture. Please take special note of the forms that are included in the packet. The guide's most important purpose will have been accomplished if you understand the goals of the Central College study abroad programs: to acquire a broader perspective of the world and an understanding of another culture by living in another country; to learn how to cope with different sets of attitudes, values and beliefs; to study formally and informally the history and culture of another people; and to come to terms with essential differences.

We can offer you this special opportunity to study in one of the most vibrant cities in the world, but it is up to you to make the best of it. We can also offer advice and help with your pre-departure plans. Please do not hesitate to call, e-mail or write the Central College study abroad office if you have any questions.

MAIN OFFICE

Central College Study Abroad
Campus Box 0140
812 University Street
Pella, Iowa 50219
Tel: 800-831-3629 or 641-628-5284
Fax: 641-628-5375
studyabroad@central.edu

PROGRAM ADVISER

Brian Zylstra
Email: zylstrab@central.edu
Toll-free: 800-831-3628
Direct line: 641-628-5641

PROGRAM ADDRESS ABROAD

Central College in Spain,
Centro de Lenguas Modernas
Placeta del Hospicio Viejo, s/n
18009 Granada, Spain
Tel: 011-34-958-220-592
Fax: 011-34-958-220-597

***Note – The program address should be used when mailing items to the student abroad. Also, see the MAIL section for restrictions on mailing items.**

PROGRAM DIRECTOR

Veronica Garcia Montero
E-mail: monterov@central.edu
Tel: 011-34-958-220-592 (during office hours Mon.–Fri.)
Tel: 011-34-649-341-329 (cell phone number)

Required Travel Documents

Passports/Visas

A valid US passport is required for travel to your program and possibly a visa. Your passport should be valid for up to six months past you anticipated departure date. Application for a passport should be made at least **three months before departure**. If you don't already have a passport, you should apply for one **immediately**. To obtain a passport application and to review all of the requirements for obtaining a passport, please check online at www.travel.state.gov. **A visa is required for study in Spain, and more information on obtaining one can be found in your online acceptance packet.**

What if your passport is lost or stolen abroad?

Should your passport be lost or stolen abroad, report the loss immediately to the local police and to the nearest U.S. embassy or consulate. If you can provide the consular officer with the information contained in your passport, it will facilitate issuance of a new one. Therefore, keep a photocopy of the issue page of your passport in a safe place. Leave a second copy of the passport with a relative or friend at home.

For the most recent updates on the travel documents and visas please check the U.S. Department of State's travel website at www.travel.state.gov.

Flight Arrangements

One of the early considerations in planning your time abroad is to make travel arrangements. **Please consult the Program Calendar in your online account before scheduling flight arrangements.** Check with several airlines, travel agents and websites – it's a good idea to shop around for the best deal! Do not assume that the first price you hear is the best — fares may vary by several hundred dollars. For more information check out the 'What to Know Before You Go' section in your online acceptance packet.

PayPal

The program director recommends that all students set up a PayPal account before arriving in Spain as some merchants will not accept debit/credit cards and PayPal provides a means of transferring funds in those cases. Accounts should be created at least a week prior to departure. See www.paypal.com for details on setting up an account.

Granada Program Academic Information

Intensive Language Option

This option is open to students of all levels who wish to concentrate on improving their reading, writing and speaking abilities in Spanish. Students receive four hours of Spanish language instruction daily. All beginning level students will take this option.

Language and Culture Option

This program is for students who have typically completed the third or fourth semester of a college-level Spanish course (3 semester hours per course). Students at this level are required to take two Spanish language and grammar courses, and then complete their schedule with three other courses offered through the Curso de Lengua Cultura y Española. (One course offered can be a foreign language such as Arabic, Italian, French, etc.)

Hispanic Studies Option

This program is for students who typically have completed the fifth or sixth semester or higher of a college-level Spanish course (3 semester hours per course). Students will take a required Spanish language course among 3 options, and then choose four courses from the Estudios Hispánicos offerings. Although Estudios Hispánicos includes the basic classes every year, some classes may be dropped and substituted by others covering a similar subject area. (One course offered can be a foreign language such as Arabic, Italian, French, etc.)

Islamic Studies Option

This program will allow students to enroll in both Spanish and Arabic language courses while completing elective course work in Islamic culture and a personalized research project. Excursions with a special focus on Islamic culture will round out your semester.

Internship in Education Option

This program is designed for students with a strong interest in teaching. Its focal point, a substantial internship teaching English as a second or other language, is joined with supporting courses for an in-depth experience. Students do not need to have a specific level in Spanish and do not need to select courses as all coursework is fixed in the TESOL program. **Please make sure you bring both certificates of Criminal Records and Sexual Offences background checks. It is needed by law in order to work with minors.**

University of Granada Courses—For Students in Hispanic Studies

Students who are at a high advanced level may choose one or two courses from the University of Granada in the department of their choice, and complete their schedule with courses from the Estudios Hispánicos offerings.

Orientation

The fall and spring orientation periods in Granada include approximately 15 hours of Spanish class each week in addition to activities, lectures and cultural events. Although the professors are prepared to teach according to the objectives outlined for the Central College program, students are certain to encounter differences in teaching styles, expectations and standards characteristic of Europe. The program director will be available to assist students as they become acclimated to their new surroundings.

Service Learning Opportunities

All participants may be granted a maximum of two semester hours for social service/service learning. Credit will appear on the Central College transcript as pass/no record. Students apply for service learning in Spain at the beginning of the semester with permission from the program director. Central students may take no more than 20 SH of pass/no record or experiential credits out of the 120 SH required for graduation and they should keep this in mind when planning their course schedules. Non-Central students should check with individual home institutions for requirements. **Please, make sure you bring both certificates of Criminal Records and Sexual Offences. It is needed by law in order to work with minors.**

Independent Studies

Opportunities abound in Europe for students to pursue independent study in other languages, the arts and many other fields. If you would like to earn academic credit for an independent study, you must make individual arrangements with your adviser. This means consistent correspondence and lots of evidence brought to the home campus for evaluation. Discuss the process and agree on ground rules with your adviser.

Credit would be given by the **home institution**, if approved, for an independent study option. Independent studies cannot replace lectures or any regular course offered by Central. Central College cannot supervise or give credit for independent study.

Internships

Internships are designed for mature students, who are relatively certain of their professional plans, can work independently, take on major responsibilities and speak a **near-native** level.

Students must work a minimum of 8 to 10 hours per week and are responsible for written assignments, individual conferences with the director and participation in meetings with other interns. Internships carry two semester hours of credit and are recorded as pass/no record. Internships are for credit only, not pay. Credit is based on the quality of the written work, conference and meeting participation and an evaluation by the program director. In the past, students have fulfilled internships in areas such as physical therapy, translation and education.

To complete your internship application you will need to submit the following at least two months before the start of the program:

- An internship/service learning application form.
- A résumé in Spanish and in English.

Spanish Teaching Styles

Spanish professors lecture by presenting material in a factual, orderly, systematic pattern. Their organization is dictated by the subject matter and its traditional content and structure — not necessarily by the students and their needs. Final exams are usually not returned to students. In general, the American university system professors feel more responsible for teaching content, whereas in the Spanish system, the professors feel their role is to interpret and synthesize. It is an assumption in the Spanish university that the student is responsible for learning and expanding on the basic information included in a course and for independently researching the material outside of the classroom. In class, the Spanish professor interprets, clarifies and elaborates upon this information to make it meaningful in a total context. Students who do not understand this find themselves complaining that the teacher “doesn’t explain anything.” Students should develop the ability and the habit of learning and organizing material from books and later synthesizing it with the help of classroom lectures. Taking copious notes in class and studying them later is NOT the best way to succeed academically in Spain.

If you speak at a near-native level, internships are an excellent way to interact with native speakers, and it will look great on a résumé.

You should read for class and be familiar with the information before the professor lectures on a specific subject. This technique is logical, especially when the student is listening to the lecture in a foreign language.

Examinations

Examinations usually call for accurate, precise and fact-filled answers from memory, as opposed to open-ended essay tests. Small bits of information are treated as equal in importance to major topics. Examinations in the Spanish university system are more representative than comprehensive. In other

words, typical of the Spanish system is the “spot check” idea that several checks will be representative of a student’s knowledge. In order to be as fair as possible, Spanish professors almost inevitably offer a choice of several alternatives to students. “Choose one of two questions to answer or three of five, etc.” It is important that students realize that the idea of representative sampling is common in Spain.

Spanish Grading System

In Spain teachers generally grade somewhat severely compared with teachers in the United States. Good grammar and good style are factors in a good examination — not just good facts. Our program director does no evaluation. Central does use a grade conversion scale after the professor has submitted all of the grades given to students.

Special Classes

Some students look for courses offered by the huge variety of special-purpose schools, academies and institutes in Granada. These abound, each for a price, with widely varying standards. We encourage students to explore these options. If you wish to get credit for special classes, you must work with your home institution directly. First, obtain permission to take the course for credit. Then, arrange for the home institution to evaluate your performance and determine the amount of credit.

Packing

In Spain, students usually travel by bus and, as the luggage and weight capacity of the buses is limited. Generally each student will be limited to one large suitcase or two small suitcases.

Moreover, space in private homes and dormitories is restricted, and students generally share rooms. It is much easier to have a few high quality and durable items of clothing, which are simple to wash, rather than have a quantity of clothes which are expensive and/or bothersome to clean.

In Granada and other parts of Spain it gets cold due to the higher elevations, with average temperatures from 32-50 F degrees in the winter. Fall and spring are usually mild, although this can vary. It can definitely be chilly, foggy, rainy, or windy at times. Bring warm clothes! Due to the type of construction and the absence of central heating systems in many of the buildings, it is often colder indoors than outdoors in all areas of Spain. By American standards it is always cold in the houses. Do as the Spaniards do, dress in layers and do not walk around barefoot in the home! The practice is frowned upon by Spaniards. Homes in Spain are not carpeted, and the custom is to wear slippers.

Suggested Items

BRING:

- A couple heavy towels and washcloths are recommended as these are not provided everywhere.
- Contact solution—this can be quite expensive in Spain.
- Feminine Hygiene products-These can be quite expensive in Spain and should be brought along if possible.
- An Adaptor- Electric currents differ from city to city and other points in Europe. If you plan to carry electrical appliances, the best plan is to have dual current (110/220 V) appliances or **buy a current adaptor**. It may be difficult to find an adaptor once in Spain.

DON'T BRING:

- Bedding – it is furnished everywhere.
- Cosmetics and other items can be purchased in Spain – if not the exact brand, at least a very similar one will be available.

- Hair dryer. If you're accustomed to using a hair dryer, you may want to wait and purchase a hair dryer in Spain as they only cost from \$20-\$30.

For more information on what to pack, check out the 'What to Know Before You Go' sheet in your online acceptance packet.

Housing

In Granada, students will live in family homes. The arrangements include full room and board. Students must take all meals at their respective housing arrangements. Students will live with the same family during the orientation as well as during the semester.

Considering a ski trip?
Ski equipment can be rented cheaply in Spain, so it is **not** necessary to bring any along.

Housing arrangements are very important aspects of students' experiences overseas. Many impressions, either positive or negative, of this new culture are a result of this facet of the program. A student's daily routine and general health can be directly affected by the home situation. Central College is sensitive to the importance of housing situations in the overall success of a student's experience. The benefits to be gained from living with members of the host culture are the opportunities to observe the day-to-day activities of the Spanish people and to hear the language spoken continually in unstructured conversational situations. An ideal situation is clearly one in which students feel both physically and emotionally comfortable, one in which they feel they have found their home away from home, and one in which warm, genuine human relationships are formed. However, this is not always the case. Just as we cannot guarantee a Spanish homemaker that the student who arrives will be pleasant, polite, neat, interested and interesting; neither can we make assurances of this nature regarding the residences where the students will live.

Personalities, the chemistry of human relationships, the expectations and flexibility of those involved are all factors which affect the success of situations where strangers come together in arrangements of mutual benefit. This is a business arrangement where the student is a paying guest in a private home or dormitory. Students should expect that they will receive board and room and be placed in an atmosphere that offers cultural and linguistic benefits.

Students will be placed in clean, respectable residences in secure neighborhoods. Hosts will provide breakfast, lunch and dinner as well as access to hot water for showers daily. Most rooms will be shared occupancy, but never by more than two people.

Many students have formed long-lasting friendships in the residences where they lived. Others had only a relationship of courteous coexistence. In this respect, students face a situation similar to that which they face when they go to college to share a room for a year in a dorm. Perhaps roommates will become good friends but, on the other hand, maybe not. If students encounter serious difficulties with host families, they should notify the director.

Family homes and private boarding residences are familiar aspects of university life to Spanish students. American students should not necessarily expect a family anxious for and interested in cross-cultural contacts. The obvious conclusion one can draw is that these families need to supplement their income, and for that reason take in boarders. This, however, does not alter the fact that they represent average families of certain sectors of Spanish society.

The practice of private homes operating as student boarding houses in university cities in Spain is a centuries old tradition because university housing cannot accommodate all the university students.

American students generally participate in courses that last from four to six weeks less than the official Spanish university courses. This is a disadvantage in locating housing, since boarding houses and dormitories naturally prefer those students who stay the longest. These boarding houses charge considerably less than commercial “pensiones” because they expect their residents to be long-term.

Changing Housing Arrangements

It is the custom in Granada for the program director to pay monthly in advance. Thus, in situations where students feel it is desirable to change housing arrangements, it is important that they communicate their concern to the program director. If the director agrees that the reasons for changing the housing arrangement are legitimate, authorization will be given, bearing in mind that it is the student’s responsibility to notify the family a minimum of ten days before the planned move. The director will make contacts with families that participate in the program, prior to placing the student in a new housing situation.

Meals

Students cannot expect facilities for special diets, such as vegetarian, etc. (although every effort will be made to accommodate them). Adaptation to a different culture is a vital part of an overseas experience. In general, Spanish homes have a scarcity of heat as well as other energy-related conveniences. The basic diet also differs from that of the United States.

Closing of Residences During Vacations

Many years of experience have demonstrated that during Christmas and Easter breaks, 95 percent of our students choose to travel or to spend vacation other than where they are normally living. Some student residences close during the vacation periods (approximately three weeks at Christmas and ten days at Easter). With private families, room and board options might vary during the holiday period. Nevertheless, the yearly or semester room and board fee does cover vacation periods when the university and university facilities are closed. The exact dates of vacations will be published in the official university calendar available in the fall.

Compliance with Residence Rules and Procedures

All residents are subject to the rules and procedures of the residence, and they must agree to accept the consequences of non-compliance. The program director has the right to dismiss students from the residence. If the expulsion comes as the result of willful and repeated violation of housing rules, the program director may require the students to find their own housing at their own cost and subject to the director’s approval, or the director may simply dismiss the student from the program. Fortunately, expulsions are rare and need never occur.

Rules for Residential Telephone Use

Telephones are very expensive in Spain. Unlike the United States, where local calls are included in the flat monthly rate, in Spain the telephone operates (like a taxi cab) on a meter. Every minute it is used, the counter is turning, regardless of whether the call is local or long distance. For long distance calls it simply turns at a faster rate. Telephone bills are not itemized for the consumer’s convenience as in the United States. Users receive a bill with a category that says “metered automatic telephone service” in a sum all lumped together. Therefore, it is absolutely reasonable of homeowners to expect boarders to make their calls from pay booths or personal cell phones. This is the common practice of Spaniards, as many do not even have telephones or those that do place locks on the phones that permit incoming calls but insure outgoing calls cannot be made.

This practice is not unreasonable, considering that U.S. students making overseas calls or Spanish students making long-distance calls to their homes, with any frequency, would be disastrous for the family budget. Frequent use of the telephone by a number of boarders, even for just local calls, would be extremely expensive. Therefore, students should expect to be able to receive calls but to make them from someplace else.

Arrival

Each semester the program orientation in Granada begins on a Sunday at Hotel Monjas del Carmen. We recommend that you arrive on Saturday. Most flights from the United States arrive in Europe (most commonly in London or Madrid) in the early morning, with the connecting flight to Granada later that day. Therefore you will most likely depart from the United States on Friday and arrive in Granada on Saturday. It is also possible to take the bus from Madrid to Granada, a comfortable five-hour ride, or from Malaga to Granada with a two-hour ride.

Generally each student will be limited to one large suitcase or two small suitcases. You should pick an arrival option that works best with how many suitcases you will be bringing.

Arriving on Saturday will ensure that you are rested and on site for the Sunday noon orientation. While it is advisable to have a day to get over jet lag before beginning the program, it is absolutely unnecessary for students to arrive four to five days early and waiting for the program to begin.

Getting to Granada by Plane

Granada national airport is about 12 km from the city center. The airport is connected to the city center by a shuttle bus service or taxi. In general, a bus departs after each flight arrival. The trip lasts about 30 minutes and costs approximately 3€. Please see <http://www.andalucia.com/travel/airports/granada.htm> for more information.

Getting to Granada from Málaga

Málaga has a busy international airport with direct and cheap flight connections to many European cities. The best way to go from Málaga to Granada is by bus. Take a shuttle bus (number 19) from the airport to Malaga bus station. These shuttles are available every 30 minutes. At the bus station, you can get a coach to Granada every hour from 7:00 am to 9:00 pm, (10:00 pm on Friday and Sunday). The bus company to get to Granada is “Alsa.es.” Tickets for the bus are available online at www.alsa.es/portal/site/Alsa. The ride from Málaga to Granada is approximately 2 hours. The Granada coach station is just outside of town so you will have to get a taxi to your hotel.

Getting to Granada from Madrid

There is a daily service of buses to Granada from ‘Estacion Sur’ (underground station ‘Méndez Alvaro’). The bus company to get to Madrid is “Alsa.es.” Tickets for the bus are available online at www.alsa.es/portal/site/Alsa. There are only two trains covering the route from Madrid to Granada every day. The trains are more expensive and take longer than the buses. The ride from Madrid to Granada is approximately 5 hours.

From the airport or bus station, you should take a taxi to your hotel. Remember to have the name, address and phone number of your hotel with you for the taxi driver. Many students end up arriving on flights with at least one other Central College program student so you may want to find out if other students from the program will be on your flight in order to share a taxi, etc. (You will be sent a roster of all the students who will be on the program in a future mailing).

Hotel Information

Students are responsible for their accommodations prior to the first day of orientation on Saturday, the first date of the program. We recommend students stay near Hotel Monjas del Carmen, since this is the site to meet on the first day of the program. (Remember that you will have your luggage with you!) We strongly recommend that you make reservations in writing or by telephone in advance; inform the hotel that you belong to the Central College study abroad group and that you would like to share a double room with another student from the group who requested the same arrangement; otherwise you will be assigned a single room, which is more expensive. We stress the importance of students arriving on time to begin with the entire group. However, if an unexpected delay should occur, please contact the director. Additional hotels are listed here, if needed. When calling from the U.S. dial first 011-34.

****Make sure to contact your hotel for information on what is the best way to get there upon your arrival into Granada. The hotel may recommend that you get off at a certain bus stop or may have special instructions to give to the taxi driver. You will want to keep the address and phone number of the hotel, as well as your reservation number, with you.****

Hotel Monjas del Carmen *** (Orientation site)

Plaza de Cuchilleros, 13

Tel: 958-10-16-19

www.hotelmonjasdelcarmen.com

hotelmonjasdelcarmen@amchoteles.com

Hotel Hesperia Granada ****
Plaza Gamboa s/n
Tel: 958-01-84-00
www.hesperia-granada.com
hotel@hesperia-granada.com

Hotel Ana Capri***
Joaquín Costa, 7
Tel: 958-22-74-77
[http://hotelanacapri.com/
reservas@hotelanacapri.com](http://hotelanacapri.com/reservas@hotelanacapri.com)

Marquis Hotels Issabel's ****
Plaza Isabel La Católica,5
Tel: 958-22-33-05-00
[http://marquis-hotels.com/hotel-marquis-issabels
reservas@issabels.com](http://marquis-hotels.com/hotel-marquis-issabels/reservas@issabels.com)

Hotel Maciá Plaza **
Plaza Nueva, 4
Tel: 958-22-75-36
[http://www.maciaplaza.com/
centralreservas@maciahoteles.com](http://www.maciaplaza.com/centralreservas@maciahoteles.com)

Hotel Marquis Urban ***
Plaza de Fortuny,6
Tel: 958-22-33-05
[marquis-urban.com
reservas@marquis-urban.com](http://marquis-urban.com/reservas@marquis-urban.com)

Hostal/Pensión Austria
Cuesta de Gomérez, 4
Tel: 958-22-70-75
[http://www.pensionaustria.com/es
pensionaustria@pensionaustria.com](http://www.pensionaustria.com/es/pensionaustria@pensionaustria.com)

Hotel Casa del Pilar***
Calle Hospital de Sta. Ana, 12
Tel: 958-21-62-17
[http://www.hotelcasadelpilar.com/
hotelcasadelpilar@gmail.com](http://www.hotelcasadelpilar.com/hotelcasadelpilar@gmail.com)

Backpackers Posada de Colón
Calle Cruellas, 4
Tel: 958- 22 -98 -43

**** Most expensive
* Least expensive

Local Transportation

All students will live within walking distance to the Center of Modern Languages, where you will take classes. Granada is easily navigated on foot or using the local bus system. For transportation within Europe, many students take advantage of the large number of flights leaving out of Málaga and Madrid.

Communication

Mail

Regular airmail generally takes five to ten days to travel between its destinations in Europe and the United States. When you address letters to the United States, remember to write "U.S.A." on the envelope or postcard as well as "airmail" or use an airmail sticker. Using lightweight airmail writing paper and envelopes available at stationary stores will help keep your postage costs lower.

Mail may be sent to the address at the front of the guide all semester. Keep in mind that packages should not be sent early. The post office will hold packages for a specific number of days before returning the package to the United States. The **addressees** must pick up the packages with their own passports for identification.

If your relatives or friends plan to send you packages, let them know to confirm with the mail company that the package doesn't contain any restricted items subject to be stuck in the customs for review. The sender needs to get confirmation from the mail company that the package is going to be delivered without any problem. The latest list of restricted items sent from non-European countries is: medicines, proteins, vitamins, lotions, creams, shampoos, drinks, food... anything that is in contact with the human body outside or inside... Clothes are not included in this list. In some cases packages will not be delivered or customs will require the student to pay upwards of 100 euro in taxes and fees to receive the package. Also, it can be the case that customs will require the students to have a bank account in Spain. **For these reasons, Central advises not to send packages.**

Telephoning

When you arrive in Spain, you will probably want to call home to say you have arrived. You may call direct from telephone booths with the access code 001 for the United States from Spain plus area code and number. Students should inform friends and family when to call them. Should the telephone have a number, many students call briefly, give the number and have their party call back. (See the housing section for more information on phone usage at your host family's residence.)

Remember the time difference between the U.S. and Europe when calling. Spain is seven hours ahead of Central Standard Time.

Internet Access

Many students choose to bring their laptops with them, but computers are available through the Center of Modern Languages' computer labs. CCA students can also use the three PC's at the CCA center in Granada. The Center of Modern Languages also has wireless internet available to those with laptops. Internet service will be available in your host family's residence, cafés and other locations as well.

Skype

The best way students have found to communicate is via *Skype*. It is a very affordable way to speak to friends and family via the internet. Visit www.skype.com to set up a free account and to learn about using the program.

Good Communication Management

Communication with your friends and family at home is easy and accessible through the internet and cell phones, but this can be both a blessing and a curse. While these lines of communication allow you to stay in touch, they can also interfere with your adaptation to the local culture and give you an easy out when you're feeling homesick. Below is a basic list of Do's and Don'ts for managing your communication home:

- Do call your family to assure them you have arrived safely at the program site.
- Do remember to factor in the time difference so you're not calling Mom at 3 a.m.
- Do remember to call or answer for all pre-arranged phone calls.
- Do use the internet to stay in touch by email or start blogs to share with those at home.
- Don't use the phone as your first line of defense for problem solving. First think, make a plan and solve your own problem. It is better to call home and report how you solved the problem. This is a great step toward independence!
- Don't make calls from hotel phones. There is usually an expensive surcharge.

- If you do call a friend or family member when you are feeling down or during a problem, be sure to call them back to let them know you are feeling better or the problem is solved.
- Limit your time on the internet. You're only abroad for a short time...spend it developing friendships with those around you and seeing everything this great place has to offer!

For more communication tips, check out the 'What to Know Before You Go' sheet in your online acceptance packet.

**In case of an emergency, call the program director first!
Do not call someone in the U.S. first in case of emergency.**

Map

It's good to know as much about your host country as possible before you go abroad. Here is a map to familiarize you with the area.

