Summer Term: April 29th – May 7th

2016

MCB 2930: Health Education in SWITZERLAND and FRANCE

Program Leader:
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407-582-2246
East Campus 1-128

Program Provider:
WorldStrides Capstone Programs
www.worldstridescapstone.org

Information in this booklet is subject to change without notice.
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WHO TO GO TO FOR WHAT

Questions about the course fitting into My Education Plan: Study abroad advisor
Visa for an international student: International advisor AND the country consulate or embassy
Visa for other non-U.S. passport holder: Country consulate or embassy
How to log into Atlas: Call 407-582-5444 and dial 1 for the student Atlas Help Desk
Atlas account questions: Answer Center http://valenciacollege.edu/answer-center/
Atlas account questions: Answer Center (and the Business Office if they can’t help them)
Scholarship authorization: Answer Center
Financial aid: Answer Center or a study abroad advisor
Damage deposit or age 30+ payment if applicable: Worldstrides Capstone Programs
Course academic/program logistic questions: Program leader
PART 1: Program Overview

Welcome!
Bienvenue! We’re thrilled that you have decided to participate in the Valencia College program to Switzerland and France. Worldstrides Capstone Programs is responsible for managing the logistics of the program.

Valencia College and Worldstrides Capstone Programs are dedicated to making your experience abroad rewarding. However, studying and traveling abroad involves a good deal of uncertainty. This is inevitable because pinning down every small detail (and sometimes even some larger ones) may not be possible on the same timeline as is usual in the USA.

By studying abroad, a student is trying to become part of a society that is different from home. Notions of time, assumptions about written communication, and expectations for social relationships may be subtly or quite dissimilar from those at home. These kinds of differences are true for developed countries as well as for the developing world.

The best advice we can provide is to be flexible and relaxed, knowing that things will usually work out. The staff will do everything possible to ensure that they actually do. Awareness that there will be things which you will not know with certainty will help you approach your period of study abroad with patience as you cope with the details of preparation.

(The above statement was adapted from a web publication at Virginia Commonwealth University. It is the best advice we have seen for students studying abroad.)
**About Switzerland and Geneva**

Switzerland, also known as the Swiss Confederation, is situated in Western and Central Europe, where it is bordered by Italy to the south, France to the west, Germany to the north, and Austria and Liechtenstein to the east. Switzerland is a landlocked country geographically divided between the Alps, the Swiss Plateau and the Jura, spanning an area of 41,285 km² (15,940 mi²). While the Alps occupy the greater part of the territory, the Swiss population of approximately 8 million people is concentrated mostly on the Plateau, where the largest cities are to be found; the two global and economic centers of Zürich and Geneva. The Swiss population quadrupled between 1800 and 1990. In 2012, resident foreigners made up 23.3% of the population. Most of these (64%) were from European Union or European Free Trade Association (EFTA) countries. Italians were the largest single group of foreigners with 15.6% of total foreign population. They were closely followed by Germans (15.2%), immigrants from Portugal (12.7%), France (5.6%), Serbia (5.3%), Turkey (3.8%), Spain (3.7%), and Austria (2%). Immigrants from Sri Lanka, most of them former Tamil refugees, were the largest group among people of Asian origin (6.3%).

Switzerland has four official languages: principally German in the north; French in the west; Italian in the south. Romansh, a Romance language spoken locally in the southeastern trilingual canton of Graubünden, is designated by the Federal Constitution as a national language along with German, French and Italian. The federal government is obliged to communicate in the official languages and in the federal parliament simultaneous translation is provided from and into German, French and Italian.

Geneva is the second most populous city in Switzerland (after Zürich) and is the most populous city of Romandy, the French-speaking part of Switzerland. Situated where the Rhône exits Lake Geneva, it is the capital of the Republic and Canton of Geneva. The municipality has a population (as of June 2014) of 196,257, and the canton (which is essentially the city and its inner-ring suburbs) has 479,158 residents.

Geneva is a global city, a financial center, and worldwide center for diplomacy due to the presence of numerous international organizations, including the headquarters of many of the agencies of the United Nations (UN). The UN agencies headquartered in Geneva include the United Nations High Commissioner for Refugees (UNHCR), the UN Office of the High Commissioner for Human Rights (OHCHR), the World Health Organization (WHO), the International Labor Organization (ILO), International Telecommunication Union (ITU), the International Baccalaureate Organization (IBO) and the World Intellectual Property Organization (WIPO). Geneva is the city that hosts the highest number of international organizations in the world. Apart from the UN agencies, Geneva hosts many inter-governmental organizations, such as the World Trade Organization (WTO), World Meteorological Organization (WMO), the World Economic Forum (WEF), the International Organization for Migration (IOM), the International Federation of Red Cross and Red Crescent Societies (IFRC) and the International Committee of the Red Cross (ICRC).

**About France and Paris**

France, officially known as the French Republic, is a unitary sovereign state comprising territory in western Europe and several overseas regions and territories. Metropolitan France extends from the Mediterranean Sea to the English Channel and the North Sea, and from the Rhine to the Atlantic Ocean. France covers 640,679 km² (247,368 mi²) and has a population of 66.6 million. It is a semi-presidential republic with its capital in Paris, the nation’s largest city and the main cultural and commercial center. The Constitution of France establishes the country as secular and democratic, with its sovereignty derived from the people.

Throughout its long history, France has produced many influential artists, thinkers, and scientists, and remains a prominent global center of culture. It hosts the world's fourth-largest number of cultural UNESCO World Heritage Sites and receives around 83 million foreign tourists annually—the most of any country in the world. France remains a great power with significant cultural, economic, military, and political influence in Europe and around the world. It is a developed country with the world's fifth/sixth-largest economy by nominal GDP and tenth-largest by purchasing power parity. In terms of total household wealth, France is the wealthiest nation in Europe and fourth in the world. French citizens enjoy a high standard of living, and the country
performs well in international rankings of education, health care, life expectancy, civil liberties, and human development. France is a founding member of the United Nations (UN), where it serves as one of the five permanent members of the UN Security Council. France is a founding and leading member state of the European Union (EU).

Paris is the capital and most-populous city of France. Situated on the Seine River, in the north of the country, it is in the center of the Île-de-France region, also known as the "Paris Region". The City of Paris has an area of 105.4 km² (40.7 mi²) and a population of 2,273,305 people within its city limits. It also has the most populous urban area in the European Union. The Paris Region covers 12,012 km² (4,638 mi²) and has its own regional council and president. It has a population of 12,005,077, or 18.2 percent of the population of France.

Paris has some of the world's largest and renowned museums, including the Louvre, which is the most visited art museum in the world, the Musée d'Orsay, mostly devoted to impressionism, and Beaubourg, dedicated to contemporary art. The center of Paris contains the most visited monuments in the city, including the Notre Dame Cathedral; Les Invalides, where the tomb of Napoleon is located, and the Eiffel Tower located on the Left Bank south-west of the center. Other landmarks are laid out east to west along the historic axis of Paris, which runs from the Louvre through the Tuileries Gardens, the Luxor Column in the Place de La Concorde, the Arc de Triomphe, to the Grande Arche of La Défense. Disneyland Paris is Europe's most popular theme park, with 15 million combined visitors to the resort's Disneyland Park and Walt Disney Studios Park.

Several other much-visited landmarks are located in the suburbs of the city; the Basilica of St Denis, in Seine-Saint-Denis, is the birthplace of the Gothic style of architecture and the royal necropolis of French kings and queens. The Paris region hosts three other UNESCO Heritage sites: the Palace of Versailles in the west, the Château de Fontainebleau in the south and the medieval fairs site of Provins in the east.

Check out past study abroad programs on SAGE Flickr:
http://www.flickr.com/photos/valencia_sage/sets/

Important Dates and Deadlines!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>10/1</td>
<td>Apply for your passport (recommended)</td>
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<tr>
<td>12/4</td>
<td>Program Application deadline due</td>
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<tr>
<td>12/11</td>
<td>Participant notification date</td>
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<tr>
<td>12/11</td>
<td>Predeparture meeting #1</td>
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<tr>
<td>1/15</td>
<td>SAGE Orientation (mandatory)</td>
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<tr>
<td>1/7</td>
<td>Passport or Application Receipt due</td>
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<tr>
<td>1/15</td>
<td>Predeparture meeting #1 / SAGE Orientation (mandatory)</td>
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<tr>
<td>1/29</td>
<td>Deposit deadline date</td>
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<tr>
<td>2/19</td>
<td>Final payment deadline date</td>
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<tr>
<td>3/4</td>
<td>Predeparture meeting #2</td>
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<td>3/25</td>
<td>Meeting #3</td>
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<tr>
<td>4/8</td>
<td>Meeting #4</td>
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<tr>
<td>4/22</td>
<td>Meeting #5</td>
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</tbody>
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4/29-5/7  Study Abroad Program
5/13   Re-entry #1 – Program Close-Out
5/20   Re-entry #2 – Final Group Presentations

PART 2: Program Academics & Course Syllabus

VALEN西亚 COLLEGE
MCB 2930 Health Education
Class Policies & Course Syllabus
Summer 2016

PROFESSOR:  Prof. Melissa Schreiber
OFFICE:  East Campus, Bldg. 1-128
OFFICE PHONE:  407-582-2246
EMAIL:  mschreiber@valenciacollege.edu
OFFICE HOURS:  TBD
TERM:  Summer Session A – Travel dates: April 29-May 7
CRN:  33140
CREDIT HOURS:  3
PREREQUISITES:  none
CLASS MEETINGS:  East Campus, room 1-112
DAY/TIME:  see program itinerary in this booklet

Nature and Scope of the Course
This course is focused on providing participants the opportunity to become immersed in the rich cultural contributions of Switzerland and France. This Health Education course is an examination of the basics of microbiology, infectious disease, public health, and epidemiology in a foreign country. We will explore the International Red Cross and Red Crescent Museum and the World Health Organization (WHO) in Geneva. Students will attend a lecture at a local university in Geneva and Paris to learn about public health and epidemiology. In Paris, you will tour the Ministry of Health, hospitals, the Pasteur Museum, the Eiffel Tower, Musee du Louvre, Notre Dame Cathedral, and the Latin Quarter. Upon completion of this course, students will have gained a greater understanding of health education and public health, which have been evaluated by historical events in Europe.

Course Description
The Health Education course in France & Switzerland provides students the opportunity to learn about the importance of public health and epidemiology. Students will combine lectures, discussions, and onsite visits in Geneva and Paris to emphasize the basic concepts of Microbiology, infectious disease, public health, and epidemiology. In addition, students will tour different facilities to understand the importance of health education, prevention efforts, and reporting disease statistics. Students are required to attend all pre and post departure meetings and participate in all in country learning opportunities.

Major Topics/Concepts/Skills/Issues:
- Prepare themselves for travel to a foreign country.
- Attend pre-trip meetings and review requirements for foreign travel.
- Describe the basic concepts regarding infectious disease.
- Explain the basics of the pathogenic microbes that are prominent in the region of travel.
- Describe the importance of public health and epidemiology in a foreign country.
- Compare public health in the US versus another country.
- Identify the prevention measures of infectious disease in a foreign country.
- Explain the infectious disease prevention efforts in another country.
- Report infectious disease data from a foreign country.
- Obtain data and prepare a summary report or teaching presentation.

**Course Format**

Students are required to meet and work to prepare themselves for the study-abroad component of the course. Work will begin during the semester prior to the course travel. Required readings, assignments, and other activities will be provided. There will be several pre-departure orientation meetings prior to travel dates and re-entry meetings.

From the dates listed on the program website, the course will be held throughout designated cities identified in the program itinerary. During this time students will have both structured instruction time and structured first-hand experiences which will provide the opportunity for students to apply what is learned during instruction to the venue locations. Please see the program itinerary for the daily schedule and program activities.

**Course Textbooks & Materials**

All materials and readings can be located in your course in Blackboard.

**Grading Scale**

The following grading scale is used:
A=90-100; B=80-89; C=70-79; D=60-69; F=below 60

423 – 470 points = “A”
376 – 422 points = “B”
329 – 375 points = “C”
282 – 328 points = “D”
Below 281 points = “F”

**Course Assignments and Grading**

**PRE-DEPARTURE:**
- Be sure that the SAGE office has received your complete application packet. You will not be allowed to participate on the trip if any materials are missing.
- Review the following health information for Switzerland and France.
- Blackboard will be used in this course. https://learn.valenciacollege.edu/
- **Complete reading assignments, quizzes, and participate in discussion boards – 100pts.** Reading assignments, quizzes, and discussion boards will be posted in Blackboard.
- **Attend all pre-departure and re-entry meetings – 50pts.** This is required for participation in the study abroad program.
- **Country and Culture Assignment – 15pts.** Students work in pairs and pick a topic to present to the class for the last pre-departure meeting.
- **Pre-Departure Reflections Journal – 10pts.** Identify at least two (2) of your own learning (personal, professional or academic) objectives and share them with the instructor and peers at the beginning. At the end of the course, discuss if the learning objectives were met. These objectives may guide your daily journal entries.

**ON-SITE:**

- **Participate and contribute to all learning activities – 50pts.** Actively participate in all work, learning and discussions (including completing readings prior to discussions) related to learning activities.
- **Participate and contribute to all cultural activities – 50pts.** Actively participate in all work, learning and discussions (including completing readings prior to discussions) related to cultural activities.
- **Be a positive student and teammate – 30pts.** Conduct yourself in a professional and scholarly way that will enable peers and faculty to perceive you as a positive role model. Follow through on commitments to your classmates and teammates. The grade for this component will be based primarily on feedback from in-country faculty.
- **Reflections Journal – 50pts.** Personal daily reflections are required of all students. Write a daily journal entry per exploring your thoughts and reactions to your learning. You can explore observations about the specific sessions, general thoughts about the course topic, reflections of cultural significance, relationship to readings, personal reflections, application of information and insights into personal life as well as to the global society, responses to questions provided, and any questions that come to you. It is expected that your reflections build in depth over the course.

**RE-ENTRY:**

- **Final Reflections Journal Entry – 15pts.** Synthesize your experience. Identify 1-2 experiences or realizations that you think had significant impact on you and why. Grading will be based on completion of assignment, reflection and interpretation of ideas presented, integration into your daily or professional life, depth of reflections, self-discovery, application to current or future area of study or work, and clarity of writing.
- **Final Class Presentation – 100pts.** Students will work in teams of two or three to prepare a multimedia presentation on a topic related to the experiences abroad. The professor must approve the presentation topic in advance.

### Grading Rubric for Final Class Presentation

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>20</td>
<td>Well-developed introduction with a strong hook and a concise thesis statement</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>Introduction sets up with a thesis statement &amp; a clear purpose</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>Has an introduction with a thesis statement/may be weak or incomplete</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>Does not meet minimum requirements for this criterion</td>
</tr>
<tr>
<td><strong>Cohesion</strong></td>
<td>20</td>
<td>Presentation is tightly controlled by the thesis without being formulaic</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>Unified; all paragraphs are related to the thesis, but may be formulaic</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>Presentation has something to do with the thesis/may stray a little</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>Does not meet minimum requirements for this criterion</td>
</tr>
<tr>
<td><strong>Development</strong></td>
<td>20</td>
<td>All parts of assignment are present; ideas from thesis are fully developed w/ minor &amp; major details that are very supportive and/or give strong sensory images; outside sources (if used) support thesis</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>Has major &amp; minor details, both specific and concrete; may need additional support</td>
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<tr>
<td></td>
<td>15</td>
<td>Has some details that support the thesis; may be underdeveloped/lack strong support</td>
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<tr>
<td></td>
<td>0</td>
<td>Does not meet minimum requirements/weak or no support/omissions</td>
</tr>
</tbody>
</table>
Rubric for Discussion Boards

5 pts – Post is of substantive, quality work with two well-thought out replies to fellow classmates posts.
4 pts – Missing 1-2 of the requirements from the aforementioned criteria.
3 pts – Missing 2-3 of the requirements from the aforementioned criteria.
2 pts – Missing 3-4 of the requirements from the aforementioned criteria.
1 pts – Missing 4-5 of the requirements from the aforementioned criteria.
0 pts – Did not post or work was late.

Students should use material from the class, including the experiential learning component of the trip and knowledge gained while abroad, assigned readings and lectures to form this research. Students are allowed to use outside material, such as primary sources, other textbooks, academic articles, etc. as well to help create the content of the research. Please cite material properly however. Be sure to provide full citations for all references, including internet sources.

SAGE Scholarship Project

All students who accept a scholarship are required to do a project in return. This project involves promoting study abroad at Valencia College or assisting in the SAGE office. This can be done either before or after your international travel. See the SAGE Scholarship Project Form for details.

Standard Valencia Withdrawal Policy for Non-Study Abroad Programs

Per Valencia Policy 4-07 (Academic Progress, Course Attendance and Grades, and Withdrawals), a student who withdraws from class before the established deadline for a particular term will receive a grade of “W”. A student is not permitted to withdraw once the program deposit payment has been made. A faculty member MAY withdraw a student up to the beginning of the final exam period for violation of the class attendance policy. A student who is withdrawn by faculty for violation of the

**POLICY FOR STUDY ABROAD PROGRAMS:** If you are withdrawn from the program for non-attendance, you will still be responsible for paying the program fee in FULL and you will be responsible to pay back the College for any scholarship funds received. Study Abroad Programs are a privilege and many students may be waitlisted for scholarships that will take full advantage of this learning opportunity.

**NOTE:** Please do not confuse withdrawal from a course with cancellation from the Study Abroad Program. Although tuition MAY be refundable, program fees may NOT be refundable; this will depend in part on the date of cancellation. See Cancellation/Program Withdrawal policy as stated in this handbook.
class attendance policy will receive a grade of “W”. Any student who withdraws or is withdrawn from a class during a third or subsequent attempt in the same course will be assigned a grade of “F”. For a complete policy and procedure overview on Valencia Policy 4-07 please go to: http://valenciacollege.edu/catalog/10-11/pdf/09B_policies.pdf. NOTE: If you are withdrawn from the course for nonattendance, you will still be responsible for paying the program fee in FULL and you will be responsible to pay back the College for any scholarship funds received.

Make-Up Policy
This course cannot be made up. Missed assignment deadlines may be made up within 24 hours of missed assignment deadline only with instructor approval.

Academic Honesty
Each student is required to follow Valencia policy regarding academic honesty. All work submitted by students is expected to be the result of the student’s individual thoughts, research, and self-expression unless the assignment specifically states “group project.” Any act of academic dishonesty will be handled in accordance with Valencia policy as set forth in the Student Handbook and Catalog. At Valencia, we expect the highest standards of academic honesty. Academic dishonesty is prohibited in accordance with policy 6Hx28: 8-11 upheld by the Vice President of Student Affairs (http://valenciacollege.edu/generalcounsel/policydetail.cfm?RecordID=193). Academic dishonesty includes, but is not limited to, plagiarism, cheating, furnishing false information, forgery, alteration or misuse of documents, misconduct during a testing situation, and misuse of identification with intent to defraud or deceive. Students shall take special notice that the assignment of course grades is the responsibility of the student's individual professor. When the professor has reason to believe that an act of academic dishonesty has occurred, and before sanctions are imposed, the student shall be given informal notice and an opportunity to be heard by the professor. Any student determined by the professor to have been guilty of engaging in an act of academic dishonesty shall be subject to a range of academic penalties as determined by the professor. These penalties may include, but not be limited to, one or more of the following:

- loss of credit for an assignment, examination, or project;
- reduction in the course grade;
- or a grade of “F” in the course.

At the option of the professor, the appropriate administrator of the campus may be furnished with written notification of the occurrence and the action taken. If such written notice is given, a copy shall be provided to the student. Students guilty of engaging in a gross or flagrant act of academic dishonesty or repeated instances of academic dishonesty shall also be subject to administrative and/or disciplinary penalties that may include warning, probation, suspension, and/or expulsion from the college.

Internet Research Statement
Because of the variety of sources, ease of publication, lack of central control and proliferation of commercial information on the free Internet, it is often hard to tell if the information is reliable. Many sites contain research and information of high quality. However, unlike traditional print publications or library-based electronic resources, there is usually no process of peer review, nor is there an editor verifying the accuracy of information presented on the Internet. PLEASE MAKE BOLD— There are an increasing number of sites containing information that may be incomplete, anonymously written, out-of-date, biased, fraudulent, or whose content may not be factual. Students should, therefore, use caution in use of the free Internet for their research needs. For academic topics that are addressed in scholarly literature, use of electronic databases or visiting the library may better meet your needs. However, each professor makes the final determination of what is or is not accepted as a valid source so review the syllabus for specific guidelines from your professor.

Students with Disabilities
Students with physical or mental disabilities who may require accommodations are encouraged to contact the Office for Students with Disabilities (http://valenciacollege.edu/osd/). Students with learning disabilities who may require
accommodations are encouraged to contact this office as well. After disclosing, students are urged to discuss their needs with individual instructors. This should be done at the beginning of each semester. Instructors in conjunction with appropriate college officials will provide assistance and/or accommodations only to those students who have completed this process.

**College Policies**

**Student Code of Conduct**
Students are expected to adhere to Valencia’s Student Code of Conduct at all times during a study abroad program. Remember that you are a representative of Valencia College, as well as a cultural ambassador of the United States, so you should not engage in any activities abroad that you would not consider engaging in while on campus. The Valencia handbook can be downloaded at http://valenciacollege.edu/pdf/studenthandbook.pdf, please pay particular attention to the “Academic Policies and Procedures” sections beginning on page 57.

**Important Dates**
See College calendar for important dates and final exam schedule at http://www.valenciacollege.edu/calendar.

**Important Valencia Website Links**
- College Calendar: http://valenciacollege.edu/calendar/
- College Catalog: http://valenciacollege.edu/catalog/
- Valencia Policy and Procedures: http://valenciacollege.edu/generalcounsel/policy/
- FERPA: http://valenciacollege.edu/ferpa/
- ADA: http://valenciacollege.edu/osd/handbook/sec4.htm
- Medical Records: http://valenciacollege.edu/generalcounsel/policy/ValenciaCollegePolicy.cfm?policyID=186

**Disclaimer**
Changes may be made at the discretion of the instructor. All fees are subject to change without prior notice.
PART 3: Program Itinerary

Program Itinerary: MCB 2930 Health Education
Summer Term A
Program Travel: April 29-May 7, 2016

The program itinerary listed below contains the weekly schedule of meeting sessions, assignments, and activities. Dates and assignments are subject to change.

**Major Learning Outcomes**

1. Students will prepare themselves for travel to a foreign country.
2. Students will describe the basic concepts regarding infectious disease.
3. Students will describe the importance of public health and epidemiology in a foreign country.
4. Students will identify the prevention measures of infectious disease in a foreign country.
5. Students will report infectious disease date from a foreign country.

<table>
<thead>
<tr>
<th>DAY / DUE DATE</th>
<th>PREDEPARTURE PROGRAM ACTIVITIES</th>
<th>Link to Outcomes</th>
<th>Academic Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 12/11/15</td>
<td>Pre-Departure Orientation #1: Friday, December 11th, 2:30-5:30 p.m., East Campus 1-112</td>
<td>1</td>
<td>3</td>
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<tr>
<td></td>
<td>• Icebreaker activity.</td>
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<td></td>
<td>• Collect medical forms, photos, and any other missing documents. Pass out recommended packing list.</td>
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<td></td>
<td>• Review short-term study abroad information sheet. Clarify payment and scholarship questions.</td>
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<td></td>
<td>• Study abroad program overview: destination, academic requirements, course syllabus, transportation, accommodations, etc.</td>
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<td>• Discuss passport and visa process.</td>
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<td>• Geneva and Paris culture assignments. Students will work in pairs and pick 4 - 6 topics to present to the class for the last pre-departure meeting.</td>
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The following is a list of possible topics that will be covered.

- Banking (monetary system)
- Business customs hours
- City-specific details
- Communication styles
- Culture shock and re-entry culture shock
- Cultural values, customs, and belief system
- Currency and exchange rates, additional credit card fees
- Demographics
- Dress that is weather and custom appropriate
- Economy
- Food, meal times, meal etiquette, charge for water
- Geography
- History
- Language - provide some instruction in key phrases;
- Legal matters - things that are illegal there but legal in the states; drug laws
- Music and dance
- Nonverbal communication
- Politics
- Religion
- Shopping
- Social structures and hierarchy
- Sports
- Time system (might use military) and time orientation
- Tipping
- Transportation and safety
- Weather

**SAGE Orientation**
**JANUARY 15**
**OSCEOLA – 1-101 1:00-5:00pm**

**This is a mandatory part of the course that you must attend. Please make arrangements in advance.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 3/4/16</td>
<td>Pre-Departure Orientation #2: Friday, March 4, 2:30-5:30 p.m., East Campus 1-112</td>
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<tr>
<td></td>
<td>- Icebreaker activity.</td>
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<td>- Discuss the different components of Blackboard: reading assignments, discussion boards, and quizzes.</td>
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<tr>
<td></td>
<td>- Lecture, learning activities, and discussions regarding the basics of Microbiology and infectious disease.</td>
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<tr>
<td></td>
<td>- Question and answer session for country and culture assignment.</td>
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<tr>
<td>3/7/16 – 3/13/16</td>
<td>College Spring Break</td>
</tr>
<tr>
<td>3/14/16 - 3/24/16</td>
<td>At-Home in Blackboard</td>
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<tr>
<td></td>
<td>- Icebreaker activities in Blackboard.</td>
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<tr>
<td></td>
<td>- Reading assignment, discussion board, and quiz will be completed in Blackboard regarding the basics of Microbiology and infectious disease.</td>
</tr>
<tr>
<td>Fri 3/25/16</td>
<td>Pre-Departure Orientation #3: Friday, March 25, 2:30-5:30 p.m., East Campus 1-112</td>
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<tr>
<td></td>
<td>- Lecture, learning activities, and discussions regarding the basics of public health and epidemiology.</td>
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<tr>
<td>Date</td>
<td>Activity</td>
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<tr>
<td>3/26/16 - 4/7/16</td>
<td>At-Home in Blackboard&lt;br&gt;Discuss learning objectives (personal, professional, or academic) for the study abroad course.&lt;br&gt;Question and answer session for country and culture assignment.</td>
</tr>
<tr>
<td>Fri 4/8/16</td>
<td>Pre-Departure Orientation #4: Friday, April 8, 2:30-5:30 p.m., East Campus 1-112&lt;br&gt;Health, Safety, and Emergency Preparedness in Study Abroad orientation.</td>
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<tr>
<td></td>
<td>Health concerns&lt;br&gt;Travel warnings, policy, and resources&lt;br&gt;Geneva and Paris: crime, theft, politics, illness, injury, safety, and views towards Americans&lt;br&gt;College policies, expectations, controlled substances policy, buddy system, curfews, general conduct, and sexual harassment&lt;br&gt;Emergency plan&lt;br&gt;Peer group leader (student leader) role assignment; bus captain, wake up calls&lt;br&gt;Phone procedure / usage of personal cell phones&lt;br&gt;Personal property and valuables&lt;br&gt;Insurance&lt;br&gt;Travel behavior&lt;br&gt;Strangers in a country&lt;br&gt;Leave copy of important papers with family member&lt;br&gt;Personal medical conditions to be aware of as a group&lt;br&gt;Medications and prescriptions&lt;br&gt;Accommodations- hotel, room size, air conditioning or lack of, food differences and portion sizes&lt;br&gt;Luggage, backpacks, clothing&lt;br&gt;Special needs?&lt;br&gt;Lecture, learning activities, and discussions regarding the basics of infectious disease education and prevention measures, statistics, and reporting data.&lt;br&gt;Question and answer session for Geneva and Paris culture assignment.</td>
</tr>
<tr>
<td>4/9/16 - 4/14/16</td>
<td>At-Home in Blackboard&lt;br&gt;Reading assignment, quiz, and discussion board will be completed in Blackboard regarding the basics of infectious disease education and prevention measures, statistics, and reporting data.</td>
</tr>
<tr>
<td>4/15/16 - 4/21/16</td>
<td>At-Home Assignment&lt;br&gt;Work on country/culture presentation with partner.&lt;br&gt;Finalize learning objectives for the study abroad course</td>
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<tr>
<td>Fri</td>
<td>Pre-Departure Orientation #5: Friday, April 22, 2:30-5:30 p.m., East Campus 1-112</td>
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<td>DAY/DATE</td>
<td>LOCATION</td>
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<td>4/22/16</td>
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| 4/29/16  | Orlando to Geneva | • Arrive in Geneva in the late morning/early afternoon.  
• Meet our tour director at the airport and transfer to the hotel. | • Depart Orlando in the early evening. | 1 | 0 |
| 4/30/16  | Geneva   |                    |                                |                 |               |
| Sat      |          | • Orientation meeting with our tour director at the hotel.  
• Receive Geneva transport card for transportation with city limits.  
• Review Following Items  
Itineraries and local maps  
Emergency contact and medical emergency cards  
Safety, buddy system, curfews  
Meeting times and locations  
Cell phone dialing procedures  
Hotel amenities and services  
Transportation departure times  
• Procedure for any concerns during off hours, middle of the night, etc.  
• LUNCH on your OWN.  
• An introduction to Geneva will include a visit to Jet d'Eau, Clack Flower, Organizations Quarter, the Old Town, and St. Pierre Cathedral View.  
• Return to hotel by public transport.  
• The instructor will provide pizza for dinner.  
• Watch the movie “Contagion” to | 1 | 6 |
<p>| TOTAL    |          |                    |                                | 3, 4, 5         | 58            |</p>
<table>
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<tr>
<th>Day</th>
<th>City</th>
<th>Activities</th>
<th>Days</th>
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<tr>
<td>Sun</td>
<td>Geneva</td>
<td>Breakfast provided by the hotel. Guided tour of the International Red Cross and Red Crescent Museum to understand the humanitarian efforts in understanding the world. The museum represents the joint efforts of 12 national societies from every continent. Permanent exhibitions include chamber of witnesses, defending human dignity, restoring family links, and reducing natural risks.</td>
<td>3, 4, 5, 11</td>
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<tr>
<td>Mon</td>
<td>Geneva</td>
<td>Breakfast provided by the hotel. Visit the headquarters of the World Health Organization (WHO). The WHO directs authority for health within the United Nations (UN) system. Students will learn about the WHO responsibilities for providing leadership on global health matters, responding to new and emerging public threats, shaping the health research agenda, setting norms and standards, providing support to countries, and monitoring and assessing health trends.</td>
<td>3, 4, 5, 11</td>
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<tr>
<td>Tues</td>
<td>Geneva and Paris</td>
<td>Breakfast provided by the hotel. Hotel check out and transfer to the train station. Train to Paris from Geneva (approximately 3.5 hours). Students will read WHO published articles regarding infectious disease, epidemiology, and public health.</td>
<td>1, 3, 8</td>
</tr>
</tbody>
</table>

Understand the public health efforts of the CDC and WHO to track a deadly pandemic.
- Debriefing and journal writing.

LUNCH on your OWN.
- Tour of the Red Cross museum will continue after lunch.
- Return to hotel by public transport.
- Professor Schreiber’s presentation on reporting data for infectious disease.
- Group activities on reporting statistics from different infectious diseases.
- DINNER on your OWN.
- Journal writing regarding the day’s activities.
- Debriefing time and structured free time. Students will be required to travel in groups of three to four at all times when not participating in a whole group activity and designate a group leader.

LUNCH on your OWN.
- Listen to a lecture at a local university regarding public health and epidemiology.
- Return to hotel by public transport.
- DINNER on your OWN.
- Journal writing regarding the day’s activities.
- Watch the “Viral Outbreak – The Science of Emerging Disease” to learn about research on detecting and fighting emerging viral pathogens.

LUNCH on your OWN.
- Transfer to the hotel in Paris.
- Receive Paris metro passes for travel used within Paris.
- An introduction to Paris will include a Seine river cruise and visit to the Eiffel tower. The Eiffel tower was named after the engineer Gustave Eiffel.
health on the train. They will write a reflections paper based on the information they read in the articles.

| Wed 5/4/16 | Paris | Eiffel. In 1889, the structure was completed and it was the entrance arch to the 1889 Paris World’s Fair. It has become both a global cultural icon of France and one of the most recognizable structures in the world. The Eiffel tower is the tallest structure in Paris and the most-visited paid monument in the world.
|           |      | - Return to hotel by public transport.
|           |      | - DINNER on your OWN.
|           |      | - Journal writing regarding the day’s activities.
|           |      | - Debrief regarding the study abroad course in Geneva.

- Breakfast provided by the hotel.
- Listen to a lecture by the government’s principal advisor regarding public health in France at the Ministry of Health. This branch of the government oversees the health care public services and the health insurance sector of the French Social Security.
- LUNCH on your OWN.
- Interact with patients and the nursing staff at either the modern Parisian hospital or the Hospital St-Louis. The hospital is equipped with the most advanced technology and board certified hospital professionals.
- Visit the Pasteur Museum in the Pasteur Institute to learn about the life and work of Louis Pasteur. The Pasteur Museum opened to the public in 1936 and includes the spacious apartment Pasteur occupied during the final seven years of his life. He is known to be one of “the fathers of Microbiology” along with Ferdinand Cohn and Robert Koch for his discoveries of the principles of vaccination, microbial fermentation and pasteurization. Students will learn about his remarkable breakthroughs in the causes and preventions of diseases and his discoveries that have saved countless lives. He created the first vaccines for rabies and anthrax. His medical discoveries disproved spontaneous generation and provided evidence for the germ theory of disease. He is known to the general public for his invention of the technique of treating milk and wine to stop bacterial contamination, a
| Thurs 5/5/16 | Paris  | • Breakfast provided by the hotel.  
• The students will interact with a specialist at the Musee du Louvre to learn about the Leonardo da Vinci's Mona Lisa and some world's finest paintings and sculptures of Western Civilization. | process referred to as pasteurization.  
• Return to hotel by public transport.  
• DINNER on your OWN.  
• Journal writing regarding the day’s activities.  
• Debriefing time and structured free time. Students will be required to travel in groups of three to four at all times when not participating in a whole group activity and designate a group leader. |
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<td>5</td>
<td>8</td>
<td></td>
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</tbody>
</table>
| Friday 5/6/16 | Paris  | • Breakfast provided by the hotel.  
• Visit the Musee de l’Assistance Publique to understand the history of Parisian hospitals in Paris. The building became a Catholic school for girls from 1675 to 1794, then it was converted into the central pharmacy for hospitals in Paris, which operated from 1812 until 1874. The museum was established in 1934 and contains a broad collection of nearly 10,000 objects related to the history of Parisian hospitals from the Middle Ages to | LUNCH on your OWN.  
• Explore the Notre Dame Cathedral, one of the finest examples of French Gothic architecture, and in the world it is among one of the largest and most well-known church buildings.  
• Walking tour of the Latin Quarter will provide students a feeling of student life in Paris because they will be surrounded by a number of higher education establishments such as the Lang-Martinez Psychiatric Hospital, the Ecole des Mines de Paris, the Schola Cantorum, and the Jussieu University.  
• DINNER on your OWN in the Latin Quarter.  
• Return to hotel by public transport.  
• Journal writing regarding the day’s activities. |
| 3, 4 | 11 |
the present day.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>RE-ENTRY PROGRAM ACTIVITIES</th>
<th>Link to Outcomes</th>
<th>Academic Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat 5/7/16</td>
<td>Paris to Orlando • Breakfast provided by the hotel. • Check out of the hotel. • Depart the Paris airport. • Arrive in Orlando in the evening. • On the flight to Orlando, write a thank you card to your donor addressed to: My Esteemed Valencia Donor and give it to the instructor before leaving the Orlando airport.</td>
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<tr>
<td>Fri 5/13/16</td>
<td>Re-Entry Meeting #1: Friday, May 13, 10:30-12:30 p.m., East Campus 1-216 • Brunch with the East Campus science faculty. • Review SAGE closeout process. o Complete the online GPI post-assessment evaluation. o Complete the online SAGE program evaluation. • Final reflection journal share. Positives and negative experiences. • Share photos and videos of your experience to the class (bring a USB drive with all photos and videos). • Students will discuss if their learning objectives were met for the study abroad course. • Students will turn in their reflections journal from the study abroad experience. • Discuss the requirements for the final multimedia student presentation.</td>
<td>1, 2, 3, 4, 5</td>
<td>2</td>
</tr>
<tr>
<td>5/14/16 - 5/19/16</td>
<td>At-Home Assignment • Work on final project. • Students will work in teams of two or three to prepare a multimedia presentation on a topic related to the experiences abroad. • The professor must approve the presentation topic in advance.</td>
<td>1, 2, 3, 4, 5</td>
<td>16</td>
</tr>
<tr>
<td>Fri 5/20/16</td>
<td>Re-Entry Meeting #2: Friday, May 20, 2:30-5:30 p.m., East Campus 1-112 • Student multimedia presentations (~20 minutes each).</td>
<td>1, 2, 3, 4, 5</td>
<td>3</td>
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<td>TOTAL:</td>
<td>21</td>
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<tr>
<td></td>
<td>GRAND TOTAL:</td>
<td>145</td>
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</table>
PART 4: Preparing for Study Abroad

Passport
All international travelers need a valid passport. If you do not already have a passport, we strongly urge you to visit the U.S. Department of State website at [http://travel.state.gov/passport/index.html](http://travel.state.gov/passport/index.html) as soon as possible. You can fill out the application and turn it in at any US Post Office. Please note that the University of Central Florida has an office that issues passports and does not require an appointment: [https://spot.ucf.edu/passport.html](https://spot.ucf.edu/passport.html)

Make sure that your passport will not expire for at least **6 months beyond your return date**. Otherwise, you will need to renew your passport before departing for the program. Passports can be expedited for an extra cost.

If you are on a SAGE program that requires the office to purchase your airline ticket, and you do not have a passport at the time the airline tickets are being purchased, your ticket will be delayed, you may have to pay additional fees, and you may not have the same flight itinerary as the rest of the group.

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**I lost my passport! What do I do?**

Be a savvy traveler and prepare a “passport replacement kit” before you leave, containing the following documentation and support items. Leave a complete set with a family member or friend:

- Two passport photos (US format in inches, NOT French format!)
- A clear color copy of the photo and signature page of your passport, indicating passport number, date, and place of issue
- Photocopy of your social security card
- An additional official photo I.D. (driver’s license, etc.)

BE SURE TO START THE APPLICATION PROCESS AS SOON AS YOU HAVE BEEN ACCEPTED INTO THE PROGRAM. DO NOT DELAY! FAILURE TO PROVIDE A COPY OF YOUR PASSPORT BY THE PROGRAM DEPOSIT DEADLINE MAY RESULT IN BEING DROPPED FROM THE PROGRAM AND LOSS OF SCHOLARSHIP WITH NO REFUND.
Always report the loss of your passport to the US embassy and the police, as well as to the program leader and tour operator. Go to the passport section of the American Embassy in Paris with your kit and your police declaration of theft, and you can get another one relatively easily. Be prepared to pay a replacement fee of $100 euros, payable by cash or credit card. Visit http://italy.usembassy.gov/ or http://athens.usembassy.gov/ for detailed instructions. If you’ve lost all your identity cards at the same time, bring along a friend (and their passport) who is a US citizen and can vouch for your identity.

**Visa Requirements**
Most programs do not require a visa if you are an American citizen. The program leader will review any visa requirements with you in the orientation sessions. If you are **NOT** a citizen of the USA, you must inquire with the destination country’s (or countries’) consulate or embassy regarding visa requirements. You can also verify visa requirements at www.visahq.com.

If you are asked to provide documentation for some aspect of the program, please contact the SAGE office. It is IMPERATIVE that you begin this process early on. Note that you must already have a valid passport in order to obtain your visa. If you are on an F or J visa, you must meet with an international advisor to see if there are any travel restrictions on your visa. If you are on an F or J visa, you must meet with an international advisor to see if there are any travel restrictions on your visa.

**VALENCIA WILL NOT BE RESPONSIBLE FOR REFUNDING ANY PAYMENTS MADE IF YOU DO NOT GET YOUR PASSPORT AND/OR VISA IN TIME FOR TRAVEL. IN ADDITION, PLEASE NOTE THAT NOT ALL VISAS ARE APPROVED. YOU MUST APPLY AT YOUR OWN RISK AND EXPENSE.**

**International Cell Phone Access**
Before traveling overseas, be sure to contact your phone provider to find out about international rates and phone settings you should know. The following information is for AT&T customers only. AT&T customers only but is given as an example on questions to ask your program provider. If you are not fully aware of how your phone works internationally, you can incur very high charges without intention. Note that you can put your phone into "airplane mode” and still access WiFi.

You can purchase international packages for one month for calls, texts, and data for Internet usage. If you plan on using your phone overseas, be sure to purchase a package because the regular rates are very expensive. T-Mobile™ now offers free international texting. Students who have T-Mobile will have the best communication potential with the instructor while abroad. The following is a list of the AT&T prices. Note that they prorate the package based on the date you request it and where you are in your billing cycle. Be sure to request that billing start from the beginning of your cycle. Here is an example (please note that rates may change):

- International roaming for one month: $5.99 and each call is a discounted rate
- International text package of 50: $10.00
- International 20MB data: $24.99 (1MB overseas would be $20.00 without the package)

**CELLULAR PHONE** (Be sure to check with your carrier in order to learn their specific policies with regard to international phone usage).

- **ROAMING:** Turn your cellular phone OFF before you get on the plane. You can turn the phone on again once you arrive to your destination. Check with your cell provider to verify what roam charges will apply internationally, even if you do not have service, or an international phone. A cell phone will typically seek service continuously and rack up a massive bill in roam charges while overseas. Know before you go!
• **VOICEMAIL**: It is important to leave your phone OFF if you do not want to be charged over $1.00 for every voicemail that is left for you. If your phone is ON, you will be charged when someone calls and they leave a message. Even if you do not answer the call or have international service; you will most likely be charged international fees and these are extremely expensive and add up quickly.

**iPhone**

- **ROAMING**: Turn roaming OFF before you get on the plane (settings – general network) and set the phone to FLIGHT MODE. When the plane lands, you can set the phone back to normal from flight mode, but leave roaming OFF. Remember to turn roaming back ON when you return to the United States.

- **VOICEMAIL**: It is important to leave your phone OFF if you do not want to be charged over $1.00 for every voicemail that is left for you. If your phone is ON, you will be charged when someone calls and they leave a message.

- **FREE CALLING AND TEXTING APPS**: There are several free applications that you can download to send and receive calls and texts via your iPhone, iTouch, or iPad. You will need the headphones with the integrated microphone:
  - Viber: For iPhone only. Both users must have the app downloaded and you can make calls to each other even internationally.
  - Textfree to Voice: For iPhone, iTouch, and iPad. The sender must have the app to send free texts but the user does not need an app or an iPhone. Both users need the app for calling. You get 10 free minutes and you can earn more minutes by downloading different apps or you can buy minutes which are extremely cheap. This application works in the following countries: US, Australia, Canada, China, the Dominican Republic, Ecuador, France, Germany, Guam, Guatemala, India, Netherlands, Pakistan, Peru, Philippines, Puerto Rico, UK, Venezuela.

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**STUDENTS HAVE RETURNED FROM OVERSEAS WITHOUT HEEDING THE ABOVE WARNINGS ONLY TO DISCOVER THAT THEY OWE OVER $1000 IN CHARGES THAT THEY DID NOT REALIZE WERE ACCRUING. CONFIRM ALL DETAILS WITH YOUR CELL PHONE PROVIDER BEFORE DEPARTURE. KNOW BEFORE YOU GO!!!**

**Time**

Time in Switzerland and France is calculated in UTC/GMT hours. The time difference between the east coast of the USA and Italy is +6 hours (i.e., 3 PM in Orlando is 9 PM in Italy). Time is often expressed on a 24-hour cycle rather than a 12-hour cycle. For example: 6:00 AM is equal to 6 hours; 12:00 PM (noon) is 12 hours; 6:00 PM is equal to 18 hours; 12:00 AM (midnight) is equal to 0 hours. This website: www.timeanddate.com/worldclock/ -- provides all time zones and running, up-to-date clocks for all capital cities worldwide.

**Weather**

The climate in Switzerland and France is colder than in Florida. Note that many older buildings do not have air conditioning! From April through May, the weather in Geneva and Paris is pleasant and mild. The average daytime high temperatures range from 55 degrees in April to 68 degrees in May.
Money Matters
Make sure to budget enough money for food, personal items, social/sightseeing activities, souvenirs, local transportation, etc. Based on student feedback, we suggest that you budget $500. Your actual expenses will vary depending on your personal needs, interests and habits.

Bills & Denominations
Switzerland and France are members of the EU so the unit of currency is the Euro. To learn more about the Euro, visit: www.euro.ecb.int/en.html.

Bills come in denominations of 5, 10, 20, 50, 100, 200 and 500 euro. Coins come in denominations of 2 euro, 1 euro, 50 cents, 20 cents, 10 cents, 5 cents, 2 cents and 1 cent.

Changing Money
If you bring U.S. dollars, you will have to convert them to euros. You can get the latest exchange rate at www.xe.com or www.oanda.com. As of this writing (May 2015), the exchange rate is roughly €1 Euro = $1.10 USD. Currency can be exchanged at banks and designated exchange points. Banks and exchange services charge a fee for their service. Fees vary depending on where you exchange your money. Some places will charge a flat fee and others will take a percentage of the money you are exchanging. Because of this, you should try to avoid changing a lot of money, and use ATMs instead. There is an exchange booth at the Florida Mall, which usually has good rates: http://www.orlandocurrencyexchange.com/.

Check with your bank here in the U.S. in advance of travel to see if they have inter-banking agreements with any overseas banks. For example: Bank of America has an inter-banking agreement with BNP in France, (as well as banks in England, Germany and numerous other countries. This agreement may allow BOA customers to withdraw euros from their ATMs without a usage fee, without a monetary conversion fee, and give a slightly better exchange rate. If your bank offers a similar service, this can be a better option that carrying all of your money in cash, and avoid the need to change back a large sum upon return to U.S.

Cash
We recommend that you bring $100 or its equivalent (e.g., euros), in cash to start with. There is a currency exchange desk at the Florida Mall that has reasonable rates: 407-854-0860. You will need cash for snacks, souvenirs, incidentals, and tip money.

Remember that if your cash is stolen or lost there is no way of recouping your loss, you should bring this cash in your money belt. **Please keep all important materials (i.e., cash, airline tickets, visa, passport) in a money belt that can be worn under your clothing.
ATM & Debit Cards
Withdrawing money from ATMs is the best way to get additional cash when you are overseas, since you get the bank’s exchange rate. ATMs are very common throughout Italy. VISA or MasterCard debit cards are usually accepted. ATMs and banks in may charge a small fee for each withdrawal just like in the US. You may also be charged an “international transaction fee” from your home bank. Cash is dispensed in euros using the official exchange rate of the day. Memorize your pin code in numbers and letters as keypads sometimes are arranged differently at banks overseas.

- Memorize your pin code in numbers and letters as keypads sometimes are arranged differently at banks overseas.
- Keep phone numbers for all bank cards in a separate place from the cards themselves; in the event your card is lost or stolen, you will not be able to use the number off the back ... you will need to have this written down somewhere you can access.
- Notify bank of any countries and states that we will be traveling though, to avoid your card being frozen while we are traveling.

Credit Cards
Major credit cards are accepted throughout Switzerland and France, in shops, hotels, restaurants, etc. VISA and MasterCard credit cards are the most commonly accepted credit cards in Italy. Diners Club and American Express are not as prevalent. Credit card purchases and ATM withdrawals are automatically converted to euros using the official exchange rate for the day of your transaction. In most cases, you don’t have to pay any exchange fees. However, your home bank may charge you an “international transaction fee” for each purchase and withdrawal. You should check with your credit card and ATM card companies regarding terms of use.

Important: Make sure to notify your bank, checking account holder, and credit card company that you are traveling and that there will be international activity on your account. Otherwise, the bank will freeze your accounts for suspected fraud. A secure email to your bank two weeks before you leave should take care of it.

Traveler’s Checks
Traveler’s checks used to be the safest way of transporting money, but they are quickly being outmoded by the convenience of ATMs. If you bring traveler’s checks, try to get them in euros and be sure to keep a copy of the check numbers in a separate place. Traveler’s checks can get lost easily, they are difficult to cash, and there is usually a large exchange fee.

Flight Information
Below is EXAMPLE information about your flights between the USA and Europe. A representative from the tour company will greet the group at the airport, arrange transportation to the hotel, and stay with the group during the program. YOU WILL RECEIVE AN UPDATED FLIGHT ITINERARY WHEN THAT IT PURCHASED WHICH USUALLY OCCURS SEVERAL MONTHS PRIOR TO THE DEPARTURE DATE.
Accommodations
Worldstrides Capstone Programs will reserve the hotel in Switzerland and France, so they reserve the right to change accommodations as needed. If it becomes necessary to change your accommodations due to unforeseen circumstances, we will inform you as soon as possible. Students are assigned to bedrooms based on gender. Please note that hotel information is subject to change. You will receive confirmation of the accommodations hotel a couple of months prior to departure.

Transportation
Besides airport transfers, we will be using public transportation in Geneva and Paris. What surprises people the most is that there are more pedestrians than cars!

- **Metro**
  The Geneva Metro is one of the most convenient ones in Europe. Local trains run every half hour in the daytime, and every hour after 8 p.m.

  The Paris Metro runs from roughly 05:30 till 00:40 (5:30am – 12:40am) Sunday through Thursday and 05:30 – 01:40 on Fridays, Saturdays and on days before a holiday. Frequency between most trains range from 2 minutes during rush hour up to 8-10 minutes during off hours, holidays, and Sundays.

- **Buses**
  In Geneva and Paris there are hundreds of bus lines, running from 5:30 am till midnight. All buses and trams travel in both directions. In an effort to minimize pollution in the small backstreets of the historic center, the city has established several electric bus lines to navigate alleyways barely wide enough for a Vespa. Bus journeys are inexpensive, but can be slow and uncomfortably crowded, particularly in the city center and during rush hours. There are two different types of buses. The tickets are valid for one ride only regardless of the distance.

- **Taxi**
  Taxis can be hailed, hired at taxi ranks or booked by telephone. You can always find a taxi at any of the train stations. Hotel clerks can also call a taxi as needed.
  Taxis can be expensive by US standards and depends on traffic.

- **Train**
Europe has a well-developed train system connecting cities. Transfer between cities will be by train. Your program leader will have a list of all the train departure and arrival times for all transfers for the program between Geneva and Paris.

**Telephone in Europe**

Public telephones in Switzerland and France are operated primarily by telephone cards, which can be bought from news agents. The cheapest way to make international telephone calls is by using an International Phone Card which can also be purchased in most news agents.

Note that placing a direct international call, especially form your hotel room, is very expensive. We recommend using the International Phone Card or an online service such as Skype.

- To place a call to Geneva, Switzerland from the USA dial 011 (outside line) + 41 (country code for Switzerland) + 22 (city code for Geneva) + the telephone number you are calling.
- To make a call from Europe to the USA, dial 00 + 1 (country code for USA) + city/area code + telephone number. For example to call the Study Abroad Office at Valencia College, from Europe, dial: 00-1-407-582-3188.
- To place a call to Paris, France from the USA dial 011 (outside line) + 33 (country code for France) + 1 (city code for Paris) + the telephone number you are calling.
- To call a local number within Europe, just dial the ten-digit telephone number without the prefixes.

**Internet Access**

WiFi Internet access is available at most hotels. Note that some hotels charge a fee for in-room Internet, but often offer free Internet in the lobby. There are also many Internet cafés in Europe. You can use [http://cybercaptive.com/](http://cybercaptive.com/) to find out where the nearest cybercafé is to your location, or use a Free WiFi Finder app on your iPad or iPhone.

**Electrical Needs**

Electricity throughout Switzerland and France is 220 v/50 cycles, and plugs have two to three round pins. An adapter converts to the right plug size. A converter changes the voltage, and is used for small appliances such as alarm clocks, hair dryers, straighteners or razors. Converters are not meant to be used continuously. A transformer is heavier and more expensive, and is needed to convert voltage for electronics (such as camera chargers—except for dual-voltage equipment like newer laptops which need only an adapter). Don’t send your other appliances to appliance heaven by plugging them in without the proper addons.

---

**Meals**

One welcome dinner and send off dinner is included in the program fee. Students must budget funds for additional meals. We suggest budgeting €7 to €15 per meal. There are numerous cafes and restaurants in Switzerland and France. The onsite director will recommend places that are good and will not break the bank.
**Tipping**

In general, tipping in restaurants is not expected. A 10-15% service charge is automatically added to the bill. Additional tipping for exceptional service is your choice, usually the spare change left over when you pay your bill. Taxi drivers are generally tipped around 10% (at the very least, round up the fare).

**Smoking**

People in Switzerland and France tend to smoke more than in the USA. Although Italy outlawed smoking in all enclosed workplaces, you will still find many people who smoke.

**What to Bring**

Travel light!! You are allowed one suitcase and one carry on item. Your suitcase should not weigh more than 50 lbs. You will be carrying it around A LOT, so you want to make sure that it is of manageable size and weight. A good rule of thumb is to pack everything that you think you might need, and then unpack half of it!

<table>
<thead>
<tr>
<th>With the Student</th>
<th>In Carry-On Bag</th>
<th>In Suitcase</th>
</tr>
</thead>
<tbody>
<tr>
<td>- spending money</td>
<td>- photocopy of passport</td>
<td>- Light, adjustable layers clothing for professional, business casual and casual (Students should plan on wearing some of their outfits more than once. The hotels usually have laundry/dry cleaning service available.)</td>
</tr>
<tr>
<td>- credit/debit cards</td>
<td>- all valuable items</td>
<td>- 1-2 light sweater(s) or fleece jacket</td>
</tr>
<tr>
<td>- wallet/ID</td>
<td>- light sweater or jacket</td>
<td>- pajamas</td>
</tr>
<tr>
<td>- passport</td>
<td>- camera and film (extra camera batteries or battery charger)</td>
<td>- electrical adapters / voltage converters</td>
</tr>
<tr>
<td>- flight itinerary</td>
<td>- personal journal</td>
<td>- rain jacket or umbrella</td>
</tr>
<tr>
<td>- e-ticket confirmation</td>
<td>- one change of clothing</td>
<td>- first aid kit</td>
</tr>
<tr>
<td>- list of important phone numbers</td>
<td>- travel-sized toiletries</td>
<td>- small packets of laundry detergent</td>
</tr>
</tbody>
</table>

**What NOT to Bring**

- fresh food items or nuts (check Customs regulations)
- too many pairs of shoes (wear the heaviest shoes on the airplane so they don’t count towards their luggage weight)
- heels are not recommended for women
- any type of knife

<table>
<thead>
<tr>
<th>CARRY-ON BAG</th>
<th>Not to exceed <strong>11 pounds</strong> (approximately 20 Kgs) in weight and not to exceed <strong>45 inches</strong> (155 cm.) in total dimensions (length plus width plus height).</th>
</tr>
</thead>
</table>
| CHECKED LUGGAGE | ONE BAG Not to exceed **44 pounds** (approximately 20 kgs) in weight and not to exceed **62 inches** (155 cm.) in total dimensions.  
This is the maximum allowed so as to accommodate all luggage on internal transfers & therefore is our limit, even though some airlines allow more on International flight segments. Scholars will be responsible for paying excess baggage charges if applicable. Scholars are responsible for carrying their own luggage. Restrictions on carry-on luggage are subject to change. Please check the U.S. Transportation Security Administration’s website at [www.tsa.gov](http://www.tsa.gov). |
Packing List for Study Abroad
The following is a checklist to help you pack. Please confirm with your program leader the appropriate items to take. This is a comprehensive list for all program types.

Before You Go

- Verify your international calling access on your personal cell phone with your provider.
- Ensure your family members have all your transportation, accommodation, and contact information.
- Contact bank to make notation to all bank cards (debit and credit).
- Make a list of all important numbers (customer service for all bank cards, in event of loss or theft).
- Verify if you will have access to the Internet.
- Bring a gift for your host family (if applicable).
- Remember no liquids over 100 ml on the airplane and those must be in a zip lock bag.
- Remember to wear socks to the airport because you will have to take off your shoes through security.
- Check to find out the fee for checked baggage so you can plan accordingly. Fees are high these days!
- Keep all of your important documents, some toiletries, and a change of clothes in your carry-on bag.
- Inquire about any dress restrictions for women in the country, especially Muslim countries (remember airport layovers too).
- Recheck free baggage allowance with airline as departure date get closer, in the event of changes.

Important Travel Items

- Airline tickets, hotel confirmations, itineraries, etc. (have an extra copy of these documents)
- Insurance card and a copy
- Valid passport and visa (make two photocopies of your passport; keep your passport in a secure location)
- Second photo ID (driver’s license, birth certificate copy) and an extra copy
- Spending money (cash - have small bills for tips, traveler’s checks, credit cards)
- Bilingual dictionary
- Travel guidebook for your destination
- Orientation and course materials
- Journal/notepad and pens
- Reading materials, playing cards, travel board games for the airplane.
- iPod, MP3 player or other electronic devices for diversion
- Camera/video camera, extra memory card, and charger or disposable camera
- Backpack and fanny pack
- Purse or wallet
- Change holder
- Small calculator to do currency conversions
- Cell phone and charger
- Alarm clock with batteries
- Refillable water bottle
- Electricity converter and adapters

Clothing

- Hat (for sun protection)
- Sunglasses
- Appropriate outer wear:
  - FALL/WINTER TRAVEL: coat, gloves, boots, hat, scarf
  - SPRING/SUMMER TRAVEL: light jacket or sweat shirt
Appropriate clothing for the destination for each day of the trip (no military apparel!):
- **FALL/WINTER TRAVEL:** long johns, long pants, jeans, sweaters, turtlenecks (dress in layers)
- **SPRING/SUMMER TRAVEL:** jeans, shorts, dresses, skirts, tank tops, Polos, T-shirts

- Sneakers, walking shoes, flip flops or sandals
- Underwear (bring extra), undershirts, socks (bring extra)
- Belt
- Pajamas, robe, slippers
- Workout clothes
- Poncho/raincoat/small umbrella
- Evening wear and shoes for any formal events
- Comfortable walking shoes … NO HEELS!

**Toiletries and Medication**
- Toiletries bag (to carry items to and from the bathroom)
- Toothpaste and toothbrush
- Deodorant
- Shaving items (cream, razors)
- Feminine hygiene products
- Skin moisturizer
- Sunscreen
- Make-up
- Hair care products (shampoo, conditioner, gel, hair spray)
- Hair care accessories (hair dryer, flat iron, curling iron, hair clips, Scrunchies)
- Bath towel and wash cloth (light weight)
- Body soap
- Baby wipes (antiseptic)
- Hand sanitizer
- Tissues (small size to carry with you; not all bathrooms abroad have toilet paper)
- Personal medications (pain reliever, Imodium/Pepto Bismol, Benadryl, Chapstick)
- Prescriptions, medications, and asthma inhalers
- Eyeglasses and/or contacts and solution
- Nail clippers, tweezers
- Bug repellant (Cutter's stick is least messy)
- Contraceptives

**Miscellaneous**
- Laptop and charger
- Family photos
- Bathing suit and beach towel
- Laundry bag for dirty clothes
- Bed linens
- Personal first aid items (band aids, Neosporin, anti-itch cream)
- Strong flashlight and extra batteries
- Mini battery-operated fan
- Canteen or bottles for water/cup with lid
- Earplugs
- Sleeping bag
Clothes hangers

Do Not Take

- Fanny packs or purses that do not zip closed
- Expensive or expensive-looking jewelry
- Excess cash
- Credit/debit cards that you do not intend to use
- Anything irreplaceable

PART 5: Healthcare in Europe

Stay Healthy!
Remember that air travel will expose you to LOTS of new germs! Read this article from the New York Times about how NOT to get sick when traveling:
http://travel.nytimes.com/2011/03/06/travel/06prac-germs.html?_r=0. Here are some additional tips to help keep you healthy:

- Do not eat any meat from street vendors.
- Drink bottled watered.
- Take vitamins.
- Use hand sanitizer.

Dietary Concerns

Water: Bottled water may be purchased at most restaurants and all convenience stores.

Food: The quality of food is as one would find in other western countries. Central Europe is heavy on meats and starches.

Restrictions: Vegetarian options are fine, but limiting. Vegan meals cannot be provided. Kosher is manageable, though vegetarian is the default option.

Immunizations

Check with a physician/local public health department to see what immunizations are recommended. It is recommended that you get a physical exam before departure if you have any health concerns.

Research/Contact: World Health Organization - www.who.int
Research/Contact: Center for Disease Control and Prevention - www.cdc.gov

Below is information from the CDC (Centers for Disease Control) website detailing what vaccines and shots you will need to protect yourself from diseases in France and Belgium. We recommend that you read the full text on the CDC’s website, located here: www.cdc.gov/travel/westeurn.htm.
For general information: [http://wwwn.cdc.gov/travel/content/study-abroad.aspx](http://wwwn.cdc.gov/travel/content/study-abroad.aspx)


Italy is considered low-risk areas for diseases (as is most of Western Europe); however you should be current on the following immunizations.

- **Hepatitis A** or immune globulin (IG).
- **Hepatitis B**, if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults.

**See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.**

### Prescriptions

Contact the Transportation Security Administration (TSA) ([www.tsa.gov](http://www.tsa.gov)) for restrictions. You should:

- carry extra medication than what is needed for the trip
- carry all medications in the original containers (prescriptions, over-the-counter and vitamins)
- pack all prescription medication in your carry-on luggage
- bring a doctor’s note if they have narcotics, syringes, inhalers, nebulizers or allergy medication
- know the generic names of all medications
- bring an extra copy of a doctor’s prescription in case you need to refill a medication on the trip or as back up if you lose your medication.

### Insurance Coverage

All short-term study abroad program participants are required to carry medical and trip insurance which the SAGE office purchases or the program provider offers as part of their fee. The College currently uses CMI Insurance Worldwide: [http://www.cmi-insurance.com/](http://www.cmi-insurance.com/). Students on short-term study abroad programs will have this cost built into their program fee. It is your responsibility to review and know your coverage, which includes: Trip Interruption, Trip Cancellation, Trip Cancellation Terrorism, Trip Delay, Lost Baggage, Home Country Medical, Security Evacuation, and Personal Liability. There is a $50 deductible on the insurance. Coverage does NOT include lost cash or items left on a bus, plane, or in a hotel room. Be sure to protect your cash and personal belongings. We have had multiple situations with students losing all of their cash.

You will be provided with a brochure prior to your program departure date. If you feel that you need additional coverage, you can contact another insurance provider. It is recommended that you use the Property Document Form located on the SAGE website (How to apply page) in the event that you need to make a claim.

### Medical Treatment

Injuries and illness can occur while you are abroad, and it's important to be prepared. You should become familiar with your medical and travel insurance BEFORE leaving the USA. If you become ill or injured while abroad, make sure to inform your
professor. If needed, you will be taken to a local hospital for treatment. Should your illness or injury be serious, we will work with your family and insurance company to make necessary arrangements for your evacuation and/or special services. ALWAYS inform your professor if you are not feeling well. **NOTE:** In addition, it is VERY important that you have cash for any unanticipated medical expenses that might come up. You must pay for medical services in advance and you can submit a claim to the insurance provider upon your return. It is very important that you contact the insurance company PRIOR to going to the doctor so that they have a case started for you. Otherwise, you may not be reimbursed on the claim when you return.

**Counseling Services**

Valencia College wants to ensure that all students have an enriching and rewarding study abroad experience. However, should a student have difficulty adjusting to the experience while overseas or upon returning home, he or she can contact Bay Care Behavioral Health Student Assistance Program free of charge at 1-800-878-5470 24-hours a day. Free face-to-face counseling is also available.

**PART 6: Safety & Emergency Preparedness**

**Your Safety**

Your well-being and safety is our utmost concern. While no study abroad program can offer an absolute guarantee that students will be completely safe at all times, there are many steps that can be taken to reduce the risk of becoming injured or a victim of crime abroad. Also, it is VERY important to understand the risks of study abroad before you go. Take a few minutes to watch this very important safety video: [http://www.youtube.com/watch?v=XgpYhz0awzo](http://www.youtube.com/watch?v=XgpYhz0awzo)

**Valencia’s Student Code of Conduct**

All students must adhere to Valencia’s Student Code of Conduct while overseas: [http://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=180&volumeID_1=8&pcdure=0&navst=0](http://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=180&volumeID_1=8&pcdure=0&navst=0)

Please remember that you are considered a cultural ambassador of the United States, and how you behave MATTERS! If you are found guilty of breaking the Student Code of Conduct during the study abroad program, there will be disciplinary action and you risk losing your scholarship.

**Department of State Travel Warning**

In the event that a travel warning is issued by the Department of State ([http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html)) prior to travel, College administration will need to review the warning to determine if the program can run or should be postponed, redirected, or cancelled. If a travel warning is issued when the program is already in the country, College administration will need to review the warning to determine if the program can continue or should be cancelled.

**Alcohol and Illegal Activities**

A few words about alcohol, drugs, and dangerous behavior. The legal drinking age in Italy and Greece is 18. Even if you are 18 or older, Valencia does not permit alcohol consumption during the program. Should the consumption of alcohol result in property damage or bodily injury to yourself or another, you will be sent home at your own expense, and your scholarship award will be revoked.
If you engage in illegal/criminal activity in another country, you are subject to the local law, not the U.S. law. Some examples of misconduct or violation of laws of the host country may include: any use of drugs or alcohol; disturbing the peace or disrupting the community; repeated failure to control noise levels in student housing facilities; disruption of the academic environment of the program, including repeated failure to participate in class assignments or to attend mandatory excursions; academic misconduct, including plagiarism and cheating; vandalism perpetrated against public or private property; and assault or sexual assault.

Do NOT, Do NOT, use illegal drugs!! Italian and Greek authorities are VERY strict about drug use. If you are caught using illegal drugs and/or you engage in potentially dangerous behavior you WILL be suspended from the program, you will be sent home at your own expense, and your scholarship will be revoked. We have very strict policies about drug use and physical conflicts— it's for your SAFETY. We take safety very seriously, and we expect you to do the same.

Are you interested in seeing what happens to people who break the law when overseas? Check out some of the episodes on “Locked up Abroad.” It will make you think twice!

http://channel.nationalgeographic.com/channel/locked-up-abroad/

Safety Tips
We strongly encourage you to use the following guidelines for general safety precautions. What do criminals looks for?

- someone who looks weak or vulnerable
- someone alone or who appears lost
- someone who is not attentive to their surroundings
- dark and remote locations
- no witnesses

- ALWAYS use the buddy system when going out (3 + people).
- ALWAYS tell the program leader or another student where you are going.
- ALWAYS carry emergency telephone numbers and addresses with you.
- NEVER leave a friend behind alone at a bar or with a stranger.
- NEVER get into the car with a stranger.
- Be sure how to recognize law enforcement.
- Know how to signal for help.
- Be alert at all times.
- Learn a few phrases in the target language.
- Know how to use a pay phone and carry change.
- Learn the safe areas of the city and routes to walk.
- NEVER carry all of your money in cash or expensive jewelry on you.
- Only walk on well-lit streets.
- Keep your valuable in a money belt. Wear your money belt around your waist underneath the clothing.
- Wear your backpack in the front, especially in crowded places.
- Leave your valuables, if you brought any with you, in a safe place.
- Do not change money on the street – use official exchange points only.
• Use ATMs during daylight hours and where plenty of people are visible. ATM machines attract thieves and pickpockets who watch for tourists. Use an ATM inside a bank if possible.
• Be careful of cars; note the direction of traffic; not all countries yield to pedestrians.
• Look confident like you always know where you are and where you are going.
• Ask directions from someone in authority.
• If you are followed, go to a populated area and call for help.
• If you are threatened, attract attention, try to get away, and call for help.
• Wait for public transportation in well-lit areas.
• If you are alone, don’t sleep or become too involved in reading while traveling; always be aware of your surroundings.
• Beware of pickpockets in large crowds and on public transportation
• Often thieves will have accomplices who will:
  - jostle you
  - ask you for directions or the time
  - point to something spilled on your clothing
  - distract you by creating a disturbance
• If you are confronted, don’t fight back – give up your valuables.
• Avoid crowds and large gatherings.
• Do not tell strangers where you are staying.
• Understand the host country laws pertaining to alcohol, drugs, dress, appropriate behavior in public, etc.

In-Country Emergency Orientation
When you reach the country, your program leader should conduct an in-country emergency orientation session in order to point out where to meet in the event of separation, how to get to the nearest embassy or consulate, how to call for the police, and how to call for an ambulance.

In the Event of an Emergency
Contact MEDEX Emergency Response Center (24-hour access), by calling toll-free or collect using the phone numbers below, or by emailing operations@medexassist.com. MEDEX is available 24-hours a day, 365 days a year to confirm your coverage and give you access to the following services: Italy: 800-877-204; Greece: 00-800-4412-8821

Coverage includes: location of medical providers, medical monitoring, emergency medical transport, repatriation of remains, emergency reunion, trip interruption, replacement of medication, guarantee of payments and method of payment, travel and communication assistance, transmission and retention of urgent messages, legal assistance.

IN ORDER FOR THE INSURANCE TO BE ACTIVATED, YOU MUST CONTACT MEDEX IMMEDIATELY. DO NOT WAIT UNTIL YOU RETURN TO THE UNITED STATES.
**Emergency Contact Information**

<table>
<thead>
<tr>
<th>Emergency Numbers in Switzerland:</th>
<th>Services of the Embassy:</th>
</tr>
</thead>
</table>
| These numbers can be dialed toll-free from any cell phone or pay phone. We hope you won’t need any of this information, but in the event that you do… | • Absentee Ballots  
• Arrest of a U.S. Citizen  
• Financial Assistance  
• Locating someone in an emergency  
• Legal Assistance  
• Lost or Stolen Passports  
• Medical Assistance |
| Emergency Telephone Numbers:      |                          |
| 117 Police                       | http://bern.usembassy.gov/ |
| 144 Ambulance (Red Cross)        | Location:                |
| 118 Fire Department             | Rue Versonnex 7          |
|                                 | CH-1207 Geneva, Switzerland |
| http://geneva.angloinfo.com/information/inside/emergency-numbers/ | Mailing Address:         |
|                                  | U.S. Consular Agency Geneva |
|                                  | Postfach 5266            |
|                                  | 3001 Bern                |
|                                  | Tel: +41(0)22 840 51 60 (no visa questions/information possible) |
|                                  | Fax: +41(0)22 840 51 62  |
|                                  | E-mail: Geneva-CA@state.gov |
|                                 | Business Hours:          |
|                                  | 10:00 a.m. until 1 p.m., Monday through Friday (by appointment only). Schedule an appointment by email. |

**European SOS 112**

The number 112 can be dialed to reach emergency services - **medical, fire and police** - from anywhere in Europe. This Pan-European emergency number **112** can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation, including:

- Serious medical problems (accident, unconscious person, severe injuries, chest pain, seizure)
- Any type of fire (house, car)
- Life-threatening situations (crimes)
- [SOS 112 website](http://www.europeancrisisnumber.org)
- Information on the 112 number from the [European Commission website](https://ec.europa.eu)

**HOSPITALS**


**Services of the Embassy:**

- Absentee Ballots
- Arrest of a U.S. Citizen
- Financial Assistance
- Locating someone in an emergency
- Legal Assistance
- Lost or Stolen Passports
- Medical Assistance

**Emergency Numbers in Paris, France:**

These numbers can be dialed toll-free from any cell phone or pay phone.

Emergency Service Telephone

**Medical Emergency:** Tel: 15  
**Police Service:** Tel: 17  
**Fire Service:** Tel: 18

**PHARMACIES in GENEVA, SWITZERLAND**

### European SOS 112

The number 112 can be dialed to reach emergency services - **medical, fire and police** - from anywhere in Europe. This Pan-European emergency number **112** can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation, including:

- Serious medical problems (accident, unconscious person, severe injuries, chest pain, seizure)
- Any type of fire (house, car)
- Life-threatening situations (crimes)
- **SOS 112 website**
- Information on the 112 number from the [European Commission website](http://ec.europa.eu/consumers/consumer-safety/112/index_en.htm)

### U.S. Embassy in Paris, France


American Citizen Services, 4, avenue Gabriel
75008 Paris Métro: Concorde

[All U.S. Citizen Services](http://france.usembassy.gov/consular/cas) are available weekdays, during the hours indicated for each service, except on [French and American holidays](http://france.usembassy.gov/consular/holidays).

You may visit our webpage on [Passport Services](http://france.usembassy.gov/consular/passport) for information on all passport applications. Certain applications may require you to make a personal appearance and schedule an appointment online.

[All Notarial Services](http://france.usembassy.gov/consular/notarial) are provided by online appointment.

[Consular Reports of Birth Abroad](http://france.usembassy.gov/consular/crba) are available by online appointment only.

Information on [Federal Benefits](http://france.usembassy.gov/consular/benefits) services is currently available Monday through Friday from 9:30 a.m. to 12:30 p.m., except on [French and American holidays](http://france.usembassy.gov/consular/holidays).

### HOSPITALS


### PHARMACIES

[http://www.parisescapes.com/paris_medicine.html](http://www.parisescapes.com/paris_medicine.html)

### Parents & Friends

Stay in touch with parents and friends. While your parents may be excited for you, they are undoubtedly concerned about your safety and health. A few emails/calls per week will go a long way to relieving their anxiety and helping you deal with re-entry shock. Make sure to write down and take with you the following numbers:

- Parents' Home Tel: ______________________________
- Parents' Work Tel: ______________________________
- Parents' Mobile: ______________________________
- Neighbor’s Tel: ______________________________ (in case of an emergency)
- Relative’s Tel: ______________________________ (in case of an emergency)

**HAVE AN AMAZING JOURNEY AND BE SAFE!**

*From the SAGE Office*
PART 7: Upon Your Return

Reverse culture shock, also referred to as re-entry shock, is the shock of being home after an extended period abroad. It is a

Program Close-Out Process

A condition of the scholarship you received is to complete the close-out process within two weeks of your return. You must:

1. Complete the online SAGE program evaluation.
2. Write a thank you card to your donor addressed to: My Esteemed Valencia Donor.
3. Upload your photos to the SAGE Flickr account. Ask your program leader for details.
4. Complete the project requirement to promote study abroad at Valencia by assisting at an event, facilitating an information session, or conducting a classroom presentation about SAGE. Documentation will be required by SAGE.

Also, please consider doing the following:

- post photos and something about your experience to the Valencia SAGE Facebook group: [http://www.facebook.com/groups/valenciastudyabroad/](http://www.facebook.com/groups/valenciastudyabroad/)
- share some of your photos with us at the end of your trip on the SAGE Flickr: [http://www.flickr.com/photos/valencia_sage/](http://www.flickr.com/photos/valencia_sage/) (your program leader has the instructions and login information)

What Now?

After you return, you may experience a lot of mixed emotions – happy to be home but also missing the overseas experience and newly-made friends. Here are some tips to continue to get the most out of this experience:

- create a WhatsApp group so that participants can continue to stay in touch
- add the experience to your resume and be sure to mention it in your cover letters and interviews
- continue to read about your destination country in the news
- start making plans and saving for your next study abroad experience

Valencia’s Global Distinction

Now that you have completed your study abroad program, you are already one-third of the way towards earning the new Global Distinction! To complete the distinction, you must complete 15 credits from a list of courses, participate in 15 hours of co-curricular activities, and complete a capstone project. Your study abroad experience counts as one course towards the 15 credits and covers all of your co-curricular activities. Upon earning the distinction, you will receive a medallion for graduation, a notation on your transcript, and an acknowledgement on the SAGE website and Valencia publications. For more information, visit: [http://valenciacollege.edu/international/studyabroad/students/events/globaldistinction.cfm](http://valenciacollege.edu/international/studyabroad/students/events/globaldistinction.cfm)

PART 8: RESOURCES

Useful Internet Websites

Switzerland and France

*Online Newspapers:*

The Local

[http://www.thelocal.ch/](http://www.thelocal.ch/)

Le News
French Newspapers
http://lenews.ch/
http://www.onlinenewspapers.com/france.htm

Useful Sites:
Switzerland Local News Media
TripAdvisor
Lonely Planet
Paris Informer
http://www.mondotimes.com/1/world/ch/124/4095
http://www.tripadvisor.com/Tourism-g188057-Geneva-Vacations
http://www.lonelyplanet.com/switzerland/geneva
http://parisinformer.com/

Phrases in French

<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>FRENCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello! / Hi!</td>
<td>Bonjour / Salut</td>
</tr>
<tr>
<td>Good morning</td>
<td>Bonjour</td>
</tr>
<tr>
<td>Good evening</td>
<td>Bonsoir</td>
</tr>
<tr>
<td>Good-bye</td>
<td>Au revoir / A bientôt!</td>
</tr>
<tr>
<td>Have a good day.</td>
<td>Bonne journée.</td>
</tr>
<tr>
<td>Have a nice evening.</td>
<td>Bonne soirée.</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Comment vous appelez-vous? Quel est votre nom?</td>
</tr>
<tr>
<td>My name is…</td>
<td>Je m'appelle…</td>
</tr>
<tr>
<td>Where are you from?</td>
<td>Vous venez d'où ?</td>
</tr>
<tr>
<td>I’m from Orlando, Florida.</td>
<td>Je viens d'Orlando en Floride</td>
</tr>
<tr>
<td>Please</td>
<td>S'il vous plaît</td>
</tr>
<tr>
<td>Thank you</td>
<td>merci</td>
</tr>
<tr>
<td>Your welcome</td>
<td>De rien or … (Most polite)</td>
</tr>
<tr>
<td>You have a lovely shop!</td>
<td>Vous avez un beau magasin.</td>
</tr>
<tr>
<td>I am sorry to disturb you, but ...</td>
<td>Je suis désolé, je ne parle pas (bien le) français</td>
</tr>
<tr>
<td>Do you have size … ?</td>
<td>Avez-vous la taille … ?</td>
</tr>
<tr>
<td>Do you have others ?</td>
<td>Avez-vous des autres ?</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>Parlez-vous anglais?</td>
</tr>
<tr>
<td>I’m sorry, I don’t speak French (well).</td>
<td>Je suis désolé, je ne parle pas (bien le) français</td>
</tr>
<tr>
<td>Excuse me.</td>
<td>excusez-moi</td>
</tr>
<tr>
<td>Pardon me.</td>
<td>Pardonnez-moi</td>
</tr>
<tr>
<td>Yes, please.</td>
<td>Oui, merci</td>
</tr>
<tr>
<td>No, thank you.</td>
<td>Non merci</td>
</tr>
<tr>
<td>Not me !</td>
<td>Pas moi !</td>
</tr>
<tr>
<td>No, means no !</td>
<td>Non, c'est non !</td>
</tr>
<tr>
<td>Where is …?</td>
<td>Où est-ce que…?</td>
</tr>
<tr>
<td>the airport</td>
<td>l'aéroport</td>
</tr>
<tr>
<td>the American Consulate</td>
<td>le consulat</td>
</tr>
<tr>
<td>the American Embassy</td>
<td>l’ambassade des États-Unis</td>
</tr>
<tr>
<td>the ATM</td>
<td>le distributeur automatique de billets (or DAB)</td>
</tr>
<tr>
<td>English</td>
<td>French</td>
</tr>
<tr>
<td>-------------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>the bank</td>
<td>la banque</td>
</tr>
<tr>
<td>the bus station</td>
<td>l’autobus</td>
</tr>
<tr>
<td>the emergency room</td>
<td>la salle d’urgences</td>
</tr>
<tr>
<td>a free WiFi location</td>
<td>le wifi</td>
</tr>
<tr>
<td>a grocery store</td>
<td>une épicerie</td>
</tr>
<tr>
<td>a hospital</td>
<td>l’hôpital</td>
</tr>
<tr>
<td>the ______ hotel</td>
<td>l’hôtel</td>
</tr>
<tr>
<td>the marketplace</td>
<td>le marché</td>
</tr>
<tr>
<td>the metro (subway)</td>
<td>le métro</td>
</tr>
<tr>
<td>a pharmacy</td>
<td>une pharmacie</td>
</tr>
<tr>
<td>the police station</td>
<td>Le poste de police or le commissariat</td>
</tr>
<tr>
<td>a post office</td>
<td>Un bureau de poste</td>
</tr>
<tr>
<td>a restaurant</td>
<td>Un restaurant</td>
</tr>
<tr>
<td>the restroom</td>
<td>les toilettes</td>
</tr>
<tr>
<td>a store</td>
<td>un magasin un grand magasin (department store)</td>
</tr>
<tr>
<td>___ street</td>
<td>la rue______</td>
</tr>
<tr>
<td>the taxi stand</td>
<td>Una station de taxi</td>
</tr>
<tr>
<td>the telephone</td>
<td>un téléphone</td>
</tr>
<tr>
<td>the train station</td>
<td>la gare</td>
</tr>
<tr>
<td>the university</td>
<td>l’université</td>
</tr>
<tr>
<td>Help!</td>
<td>Aidez-moi! Au secours! (If in distress)</td>
</tr>
<tr>
<td>I have an emergency.</td>
<td>C’est une urgence!</td>
</tr>
<tr>
<td>I lost my luggage.</td>
<td>J’ai perdu mes valises.</td>
</tr>
<tr>
<td>There is a fire!</td>
<td>En feu</td>
</tr>
<tr>
<td>I need…</td>
<td>J’ai besoin d’</td>
</tr>
<tr>
<td>an ambulance</td>
<td>Un ambulance</td>
</tr>
<tr>
<td>a doctor / a nurse</td>
<td>Un médecin / infirmière</td>
</tr>
<tr>
<td>a translator</td>
<td>Un traducteur</td>
</tr>
<tr>
<td>some medicine</td>
<td>des médicament</td>
</tr>
<tr>
<td>How much does it cost?</td>
<td>Combien ça coûte?</td>
</tr>
<tr>
<td>What is the exchange rate?</td>
<td>taux d’échange</td>
</tr>
<tr>
<td>I don’t have any money.</td>
<td>Je n’ai pas d’argent</td>
</tr>
<tr>
<td>What would you like to order?</td>
<td>Que voudriez-vous commander?</td>
</tr>
<tr>
<td>I would like…, please.</td>
<td>Je voudrais … s’il vous plaît</td>
</tr>
<tr>
<td>I prefer …</td>
<td>Je préfère …</td>
</tr>
<tr>
<td>a water</td>
<td>d’eau (eau potable)</td>
</tr>
<tr>
<td>a soda</td>
<td>un soda</td>
</tr>
<tr>
<td>a coffee</td>
<td>un café</td>
</tr>
<tr>
<td>a tea (chilled)</td>
<td>un thé (glacé)</td>
</tr>
<tr>
<td>a hot chocolate</td>
<td>un chocolat chaud</td>
</tr>
<tr>
<td>lemonade</td>
<td>Un citron pressé</td>
</tr>
<tr>
<td>Sprite, 7Up, etc</td>
<td>Une limonade</td>
</tr>
<tr>
<td>Coke (diet, lemon)</td>
<td>Coca (light, citron)</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>Doesn’t exist ; go back home!</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------</td>
</tr>
<tr>
<td>chicken</td>
<td>La poule</td>
</tr>
<tr>
<td>Ham</td>
<td>Le jambon</td>
</tr>
<tr>
<td>an omelet</td>
<td>une omelette</td>
</tr>
<tr>
<td>beef</td>
<td>Le bœuf</td>
</tr>
<tr>
<td>fish</td>
<td>Le poisson</td>
</tr>
<tr>
<td>Grilled ham &amp; cheese</td>
<td>Un croque-monsieur</td>
</tr>
<tr>
<td>Grilled ham/cheese w/egg</td>
<td>croque-madame</td>
</tr>
<tr>
<td>&quot;French&quot; fries (not French at all!)</td>
<td>Les frites</td>
</tr>
</tbody>
</table>