UVA in Argentina



January 2019 Handbook



Dear Student:

Welcome to UVA in Argentina!

This will be one of the most exciting times in your life as a student. Study abroad is a time filled with learning, practicing new skills, and making new relationships.

This handbook is a reference to prepare you for your upcoming experience. It is full of practical advice – what to pack, how to handle money in Mendoza, how to stay in touch with people back home, and more. It will help you explore issues such as credits, documentation, and cultural adjustment. It will also encourage you to prepare for living in the area of the world in which you will be a guest. Make no mistake: this handbook is just a starting point; it is **not** a substitute for your own research about your host country.

This is what you need to make the class a positive and rewarding experience: adaptability, patience, responsibility, and humor. Avoid rigid ideas of "right" and "wrong" ways to do things. You will most likely find a new perspective on yourself and on the world.

We challenge you to be a goodwill ambassador and actively participate in improving international relations whether in the classroom or on a train, in a restaurant or with new friends. Take every opportunity to open your mind to new experiences, customs, and people. Remember.... you are a guest in another country, thus the utmost respect and appreciation should be evident in everything you do.

Have fun, be safe, and learn a lot!

Reid Bailey, Stefano Grazioli, and the International Studies Office Education Abroad Team



Table of Contents

Program Leadership & Emergency Contacts	4
JVA in Argentina Systems Case Studies (Eng.) & GCI: IT Project Practicum (Comm.)	5
Academics	6
Arrival, Accommodation and Meals	6
Finances	8
Documentation	9
Packing	10
Communications	12
Health	13
Safety and Legal Matters	17
Traversing Cultures	23
Pre-departure checklist	26
Fire Safety 101	28

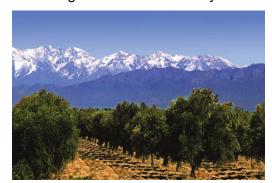
Program Leadership & Emergency Contacts

Program Director

Stefano Grazioli (grazioli@virginia.edu) is a professor at the McIntire School of Commerce. Stefano's areas of expertise are the design and management of business information systems. Stefano understands study abroad because he completed his undergraduate education in Europe and his graduate education in the U.S. He has also taught IT and business classes in three continents. At McIntire, Stefano teaches grad and undergrad classes that focus on how to use Information Technology to generate business value. He was given the All-University

Teaching Award from the University of Virginia.

Throughout his career, Stefano has helped hundreds of teams of undergrads, MBAs, and exec-ed participants to successfully complete projects that solve real-world business problems. He is the Director of the Master of Science in Management of Information Technology (MS MIT) program at the University of Virginia and has conducted research, educational, and training projects for major organizations such as Bank of America, the Internal Revenue Service, Norwest Bank, KPMG, and Informix (now IBM).



Reid Bailey (rbailey@virginia.edu) is an associate professor of system and information engineering. Prof. Bailey co-developed the UVA in Argentina program in 2008 with Michael Ledwith, then a graduate student. He is committed to creating authentic education experiences where students confront real problems faced by actual people and organizations. One of Prof. Bailey's favorite parts of the program is that it is "teaching and learning as it should be," meaning that students learn material because they need it to solve real problems (not because the syllabus says they are supposed to learn that material this week), and that faculty work side-by-side with students in a mentoring role (not a lecturing role). Another favorite part is staying up nearly all night working on the projects with students... which he thinks the students like more than they will admit...

Emergency Contacts

Ambulance – 101 Fire – 107 Police – 101 **U.S. Embassy:**

Av. Colombia 4300 (C1425GMN) Buenos Aires Buenos Aires, Argentina (+54) 11 5777 4533

CISI/AXA Assistance: (Health Insurance & Emergency Assistance): +1 312 935 1703

UVA Contacts - Education Abroad Advisor

Ryan Hathaway is the Education Abroad Advisor for programs in Asia and most Global Commerce Immersion programs. Based in the International Studies Office, he works with the UVA in Argentina J-term program and can be contacted at rch3p@virginia.edu.

UVA in Argentina

Systems Case Studies (Eng.) & GCI: IT Project Practicum (Comm.)

This January Term program focuses on understanding differences in engineering and business practices through a practicum in Mendoza, Argentina. A practicum is a special kind of class in which students solve real world projects. In this course, teams of students work directly with

Argentine companies. During a period of about two weeks, each team carries out a consulting project that typically requires the analysis of a real business problem, collecting data, and proposing a feasible solution. The work culminates in a final briefing to the client and the preparation of a written report.

While other classes visit a large number of cities and organizations, we put a premium on depth of the experience. We believe that there is no better way to gain deep insights into the cultural and business differences between the U.S. and other countries than to live for a period of time in a foreign city and to work directly with local clients.

Location

Comprising almost the entire southern half of South America, Argentina is the world's eighth largest country, covering an area of one million square miles.

Argentina has some of the world's tallest

mountains, expansive deserts, and most impressive waterfalls. Its diverse land ranges from the wild, remote areas of Patagonia, to the bustling metropolis of Buenos Aires, its capital.



Mendoza is a delightful city in central-western Argentina. It is close to the Andes mountains and its climate in January is very dry. Average temperatures for January summer) are 32°C (90°F) during daytime, and 18.4°C (65.1°F) at night. Mendoza is the largest wine producing area in Latin America. Winemaking is its signature industry and generates exports worldwide.



Academics

Grades

Upon completion of the program, the course instructor will submit grades in SIS. Grades will be factored into your GPA. Detailed information about grading policies will be provided in the class syllabus.

Consult your academic advisor to ensure the courses/credits are attributed to completion of the correct requirements.

Arrival, Accommodation and Meals

Travel to Argentina

Students are responsible for making their own airline arrangements to and from Argentina. Participants should plan to depart the U.S. on December 29th for arrival in Mendoza on December 30th. Participants will depart Argentina on January 12th arriving back in the U.S. on January 13th. The professors will recommend specific flights to help with your planning.

Do not book any travel until the ISO has instructed you to do so. Once you have **confirmed ticket information**, complete the Travel Information questionnaire. Enter confirmed ticket information in this questionnaire, not just intended plans. In the event that your flight reservations need to be changed, you can edit the information. **Do not book any flights that travel through a restricted area.**

Please note that any flight arranged through Buenos Aires will require an airport transfer across Buenos Aires (from one airport to another), so it is recommended that students travel through Santiago, Chile.

If you select the recommended flight to Mendoza, you will be greeted at the airport, and travel to the Hotel will be provided to you. Otherwise, take a short cab ride (\$10-\$15 US) to the hotel (Address below).

Housing

From December 30th to January 11th, the group will stay in El Portal Suites in downtown Mendoza on the Plaza de Chile (http://www.elportalsuites.com.ar/). Typical room is a suite with an entry room with two beds, a table and a TV, a kitchen, a full bathroom, and a bedroom with two twin beds and TV with cable. The hotel also has a rooftop Jacuzzi, breakfast room, and a Wi-Fi connection throughout the hotel. Students should be aware that none of these amenities are guaranteed. We may change hotels to better suit the needs of the group.

Hotel Contact Info: Dec 30 - Jan 11

Hotel El Portal Suites

Necochea 661, Mendoza CP 5500, Argentina +54-261-4382038

From January 11th-12th, the group will stay in Gran Hotel Protrerillos (http://granhotelpotrerillos.com/). This is the location of the farewell dinner and is closer to the airport.

Hotel Contact Info: Jan 11 - 12

Gran Hotel Protrerillos Ruta Nacional Nº 7, Km 50 Luján de Cuyo Mendoza, Argentina +0264-482001

Transportation within Mendoza

Walking is the primary way you will get around the city – to go to the grocery store, to restaurants, etc. Buses can also be used to navigate the city. While on the bus, be vigilant to your belongings. Multiuse tickets to the bus can be purchased at many convenience stores.

Taxis are the easiest way to reach a destination, and they are more affordable than in the US. Use of the remise (a white radio taxi) is recommended as it is regarded as the safer choice. Remises can be called by the hotel.

University students are **NOT** permitted to use Uber car service while on a University-sponsored trip because of the risk of fraudulent drivers.

Argentina is known for its beef! If you are a vegetarian, no problem. Just let us know.

The meal schedule is shifted back a few hours for lunch and dinner in Mendoza.

Transportation on excursions and to and from project sites will be provided and is included in program costs.

Meals

El Portal Suites has a breakfast bar that is included as part of the lodging. The bar offers items such as orange juice, coffee, teas, milk, toast, ham, cheese, various breads, yogurt, jams, and fruit salad. Students requiring other food should let the directors know during a pre-departure meeting.

The lunch meal is typically eaten at about 2 pm. Students will be able to venture into the city in small groups to find cafés and restaurants for meals that suit them. Students should expect to pay prices equivalent to Corner food for similar food: i.e., pizzas or sandwiches.

Dinners are typically served at 9 pm (at the earliest!). There will be several group dinners during the course with the cost of these will be covered by the program. For other dinners, the students can try out other restaurants. For restaurants equivalent to the establishments on the downtown mall, you might expect to pay US\$ 10-20, a cost that excludes vino.

Finances

Managing your Money Abroad

Understand the costs that your program covers and make sure that you know how much money you will require beyond what you pay for the program. The amount that you will need for incidental expenses is estimated on the program Budget Sheet, but will ultimately depend on your lifestyle as well as local costs.

Exchange rates fluctuate on a daily basis. Check online or at a local exchange service for the daily rate.

Cash

In general, students should be careful about carrying large amounts of cash as it increases one's likelihood of becoming a target. When purchasing anything, it is difficult to conceal the contents of a wallet particularly if it contains many large bills. As a rule of thumb, carry the cash you will need for the day and possibly for a souvenir.

Plan on using ATMs to get cash once in Mendoza. You may choose to exchange some money for Argentine pesos from a bank in the United States before leaving the country just so that you will have money when you first arrive... even though you really won't need the money immediately upon arrival if you come with the group as we will transport you to the hotel.

Debit Cards/ATM

ATM machines are available throughout Mendoza and are a fast way to obtain foreign currency. Debit cards with Visa, MasterCard, Cirrus or Plus signs are the most widely accepted cards. Check the back of your debit card to know which system your card belongs to.

The ATM transaction will debit the money from your account at that day's exchange rate. There are usually transaction fees which vary significantly. **Call your bank before departure and check on the fees charged for each ATM or purchase transaction**. If you will have large transaction fees, withdraw larger amounts each time to avoid multiple fees. Be sure that you (and someone back home) know your PIN number for ATM or credit cards.

Alert your debit card issuer of the dates and location(s) of your travels to avoid a fraud alert being placed on your account. Make copies of both the front and back of the card and know the country-specific customer service phone number to assist you should the card be lost or stolen.

Some U.S. banks have "no-fee" agreements with banks abroad. Check with your bank for their specific information.

When using an ATM, you mark yourself as a potential target. Everyone should be aware of their surroundings and should use ATMs in safe areas and in groups of two or more. All over the world, people prey on ATM users to mug or pickpocket.

Credit Cards

Visa, MasterCard, and occasionally American Express cards are accepted in stores and restaurants where large purchases are common. Do not expect to use them in small stores or

cafes in Argentina. Credit cards are convenient for most purchases, emergencies and cash advances, although there are usually higher interest charges for cash advances.

Remember that you will be billed in dollars on your statement, and the amount will reflect the exchange rate of the day the transaction was posted. **As with debit cards, alert your credit card issuer of the dates and location of your travels.** Know the country-specific phone number and make copies of both the front and back of the card to assist you should the card be lost or stolen. If you have a credit card with a chip, get a PIN number from your bank – some countries expect that, if you have a chip, you will have a PIN.

Documentation

Keep a photocopy of your documents in a safe place at home with family and keep a copy in a secure place with you abroad (away from the originals). If your passport is lost or stolen, it is easier to replace if you have the photocopy accessible.

Your passport should be valid for at least six months after the program concludes.

Visas

U.S. citizens will not need a visa to participate on the UVA in Argentina program — U.S. citizens participating on short-term (less than 90 day) programs may enter the country as "tourists". Travelers may be asked for proof of round-trip airfare by Customs officials.

Students traveling on a non-U.S. passport may have different visa requirements for entry to Argentina. After researching the visa requirements, speak with the program's Education Abroad Advisor if you need documentation regarding



enrolment in the program or UVA. All UVA international students need to meet with their International Student Advisor to discuss re-entry documentation and requirements.

Keep a photocopy of any visa documents in a safe place at home with family and keep a copy in a secure place with you abroad. If your passport and visa is lost or stolen, it is easier to replace if you have the photocopy accessible.

Personal Belongings and insurance

Personal belongings should be covered by your personal or parents' homeowners' or renters' insurance policies. However, you may need to purchase a "rider" or "personal articles floater" itemizing any high-value items with which you are traveling (i.e. laptops, jewelry, etc.). With the rider or personal articles floater, the specified items are covered anywhere in the world.

Because study abroad students have been targets of theft, it is recommended that students DO NOT take precious articles abroad. Leave valuable jewelry and irreplaceable items at home!

When visiting a café to do work, students should not sit outside with laptops. Students need to be vigilant with other items (e.g., cameras, iPods, etc.) when in public. When sitting on a street side café, it is best to keep belongings in a bag (e.g., backpack) in your lap.

Power of Attorney

While not likely necessary for a program like the Argentina program, you may choose to designate an individual to take care of legal or financial matters on your behalf while you are abroad. This is particularly helpful in regards to filling taxes (not likely necessary while in Argentina – but make sure you are on top of it if you owe estimated taxes), arranging financial aid, and paying bills. Designate someone you trust to uphold financial obligations such as a parent or sibling. Find out what the proper procedure is and make those arrangements legal before you depart.

Packing

It is nearly impossible to pack everything you want. The trick is to pack what you need and **can carry**! Consult your airline's policy regarding baggage size and weight limits and overweight baggage fees. Remember that you will only be away for 2 weeks and that a Laundromat is very close to the hotel.

You will probably want to bring home some items from your host country; account for this by leaving some space in your baggage. Verify regulations for carry-on liquids and put your name and address on a luggage tag as well as inside your suitcase in case the suitcase breaks or is lost. Others may require you to check electronic devices over a certain size. Restrictions and requirements regarding electronics can change guickly; verify with your airline before departure.

Carry-on

- Important documents: passport, visa, printed itinerary, insurance cards (CISI), credit/bank card
- Copies of important documents (see to-do list at end of this handbook)
- Change of clothes
- Laptop (with power cord and good battery)
- Camera (if taking one in addition to your phone)
- Toiletries (Review the FAA rules for any liquids or gels)
- Medications, including Prescriptions labeled with supplies to last two weeks
- Sunglasses
- Valuables
- Extra pair of contacts and/or glasses

When sitting outside at a café:
1) do not use your laptop
2) keep your bag in your lap.

Suggested Packing List - Clothing

- Bathing suit
- Hat
- Walking shoes (closed toe) and a pair of shoes that can get wet (e.g., for rafting)
- Clothes for business presentations, final banquet and nice dinners -- business casual will work
- Day time: Clothes for weather in highs in the upper 80s/90s
- Nighttime: Clothes for weather in the mid-60s

Additional Items

- Books on Argentina/Mendoza
- Pens
- Notebook/portfolio with paper (for taking notes at client)
- Laptop with power cord and a good battery
- Software that may be useful (e.g., SYS 3rd/4th years: bring Minitab, ARENA, @risk, etc.)
- Power adapter type "C" or "I" (no voltage conversion necessary for most laptops just the two prong round adapter); see http://electricaloutlet.org/ for more information
- Power converter if you plan to use a hair dryer or other electric items without transformers built-in
- Power strip or 3-outlet adapter if you have a good one that isn't too big
- Earphones with a microphone if you intend to use Skype
- Sunscreen
- DEET insect repellant
- · Prescriptions labeled with supplies to last two weeks

Medications

Know what is legal to bring into your host country. Take enough prescription medication to last you throughout your stay if possible. Pack medications in their **original** containers, and bring the prescription documentation with you. Medication sent from the U.S. may not get through customs. Pharmacies in other countries will be able to fill most prescriptions, but check to be sure what is available in your host country. Getting a new prescription will also necessitate a visit to a local doctor. If you wear contact lenses, bring extra contacts, cleaning solution, your written eye prescription, and extra glasses.

Electronics

Electronic voltage and wattage levels are varied and can wreak havoc if your devices do not match. The electrical outlets and voltage used in countries around the world are shown on https://www.worldstandards.eu/electricity/plugs-and-sockets/. Power converters, as well as outlet adapters, are available at electronic stores and travel shops. Be selective about taking electronics with you! For your return flight, be aware that for some flights to the U.S. airlines now require electronic devices to be charged when going through security, so as to confirm they are not hollowed out; be sure to fully charge any devices you are carrying before going to the

Electronics in Argentina operate on 220-240 voltage and have outlets built for Australian sized plugs.

airport. Others may require you to check electronic devices over a certain size. Restrictions and requirements regarding electronics can change quickly; verify with your airline before departure.

Communications

Family and friends will be eager to hear about your experiences abroad and you will have plenty to share. Prior to departure, establish a realistic communication plan based on the access to communication tools in your host country as well as your academic requirements and cultural explorations. Check-in with your family after arriving, so they know you have gotten to your destination safely. Give them the link to the class blog, which includes daily summaries and pictures.



Open Door Policy:

Students are encouraged to use the program directors and staff as a resource. Please bring matters to their attention before they escalate. **If safety is a concern or medical attention is needed, DO NOT WAIT. Find a program administrator immediately**. Students have resources (Profs. Bailey and Grazioli, Jose and David) that are available at all hours should the need arise.

Email and Internet

We expect Internet access to be available at the hotel. The cost is included with the room. Students can also use internet cafés. Many students use Skype to stay in touch with friends in

family back home -- but do keep in mind that Wi-Fi is slower in Mendoza, especially when all of us connect at one time! Video skype is hard to get to work with the slow connections; audio works sometimes, but not always.

The internet is S L O W In Mendoza – be mentally prepared for this

Continue checking your UVA email account while you are abroad—this is the official form of communication at UVA

and the means by which the University will notify you of important changes or events. You may also need to access sites requiring 2-Step Login, like SIS, while abroad. **Important information about using 2-Step Login internationally can be found here:**

https://www.secureuva.virginia.edu/2steplogin/faq.html; about EduRoam here: http://its.virginia.edu/wireless/eduroam/.

Health

Before you travel abroad, it is worthwhile to take a close look at the many factors that contribute to your physical and emotional well-being. Traveling abroad will almost certainly affect your health, because so many factors of your daily health have to do with lifestyle and environment. Conversely, the state of your health will have a significant impact on the success and enjoyment of your trip.

Going abroad is not a magic "geographic cure" for concerns and problems at home. Both physical and emotional health issues will follow you wherever you go. In particular, if you are concerned about your use of alcohol and other controlled drugs or if you have an emotional health concern, you should address it honestly before making plans to travel.

Travel Clinic in the Elson Student Health Center (434) 924-5362

www.virginia.edu/studenthealth/trave lappointments.html

Contrary to many people's expectations, travel does not minimize these problems; in fact, it often exacerbates them to a crisis stage while you are away from home, in an unfamiliar environment.

Identify your health needs

Be clear about your health needs. Thoroughly and honestly describe allergies, disabilities, psychological treatments, dietary requirements and medical needs, so that adequate arrangements can be made. In addition, resources and services for people with disabilities vary widely by country and region. If you have a disability or special need, identify it and understand ahead of time exactly what accommodations can and cannot be made.

If you require regular medical care for any condition you have, tell those in your host country who can be of assistance. Notify the program director and the International Studies Office of your disabilities and special needs in advance.

A visit to your family physician, gynecologist, dentist, and mental health professional will help you prepare for a healthy journey and might prevent emergencies abroad. Update your health records, including eyeglass prescriptions and regular medications. Identify medical resources before you leave. If you expect to need regular medical care abroad, take a letter of introduction

If you have a disability please tell your Education Abroad Advisor so they can assist in identifying programs with appropriate support services.

from your physician at home, providing details of your medical conditions, care, and specific needs. If you use prescription medication, check to be sure it is legal and available in your host country. Take enough prescription medication to last you throughout your stay. If you self-inject prescribed medication, you may need to carry needles and syringes with you. If you wear contact lenses, bring an extra set of contacts, cleaning solutions, glasses, and your written eye prescription.

Immunizations

It is recommended that students consult the Center for Disease Control (CDC) and the Travel Clinic at Elson Student Health Center for guidance early in their preparations to ensure they get proper medical preparation. The CDC website for Argentina is http://wwwnc.cdc.gov/travel/destinations/argentina.htm. Discuss any medication

recommendations with your health care professional and follow his or her advice. Make sure

your tetanus and other booster shots are current. NOTE: There is currently a yellow fever vaccine shortage in the U.S. If you are traveling to a country that requires or recommends the yellow fever vaccine, consult the CDC, the Travel Clinic, and/or your healthcare provider immediately.

Centers for Disease Control (CDC) (800) CDC-INFO

www.cdc.gov/travel/

Medical Insurance and Emergency Assistance

All participants in this program are covered for both international health insurance and emergency assistance and evacuation by Cultural Insurance Services International (CISI). Students will be enrolled in this insurance by the ISO for the program dates - do not enroll yourself. Students who travel independently before or after the program, however, should contact CISI to purchase an extension of coverage for their entire time abroad. Students will be emailed policy information, their ID card, and claim form in a separate email from CISI directly. The email will have the subject line "CISI Insurance Materials" and will be sent from enrollments@culturalinsurance.com. All students should print this card and policy information and carry with them in their carry-on luggage, and carry it on their person at all times during the program. Students can log in to the "myCISI" portal at www.culturalinsurance.com to research CISI-preferred medical providers in their study abroad location. When receiving medical care at preferred facilities, students should be able to present their ID card and not pay any fees in person. If for any reason a facility requires payment, students can submit a reimbursement claim form with original receipts to CISI upon their return. A worldwide, 24-hour emergency assistance service is provided to CISI customers by AXA Assistance, which can be reached from abroad by calling 1-312-935-1703 or emailing medassist-usa@axa-assistance.com.

Jet Lag

Even though the time change is not a big one when going to Mendoza, you may experience jet lag or traveler's stress. Some helpful ways to counteract jet lag include: avoid caffeine and alcohol while traveling, get plenty of rest, eat healthy food, drink plenty of fluids (particularly juices and water), get moderate exercise and wear loose, comfortable clothing, and go outside as daylight helps the body adjust to the new environment.

Medical Kit

Pack all medications in their original containers in your carry-on.

- Medication: prescriptions, pain relievers, anti-diarrhea, etc.
- First Aid Kit: band-aids, antibacterial ointment, sunscreen
- Contraceptives, feminine hygiene products, other routine health and medical products you may need or brands you prefer
- Glasses, contacts, contact solution
- Depending on the region: water purification or salt tablets, moisturizers, insect repellent

Local Medical Facilities

CISI lists preferred providers (hospitals and practitioners) on their website – these are providers that have accepted direct payments from CISI in the past. They also list many other providers that may accept payments from CISI, but the process may be more involved, or they may not accept direct CISI payments.

*CISI-preferred

HOSPITAL ESPANOL

Calle San Martin, 965 5501 Mendoza, Argentina +54 261 449 0300

CLINICA FRANCESA

Av. Ejercito de los Andes, 1696 M5521JNK Guaymellen Mendoza, Argentina +54 261 432 7864

Alcohol and Drugs

Alcohol plays a different role in the culture of many countries than it does in the U.S. Many cultures teach youth to drink moderately and responsibly in the home, and thus do not experience the reactionary or "rebellious" alcohol abuse to which some American students expose themselves. The negative social and physical effects of the use of alcohol and other drugs are well documented. Use of these drugs may exaggerate existing physical or mental health conditions and may cause: blackouts, poisoning and overdose, physical and psychological dependence, damage to vital organs, inability to learn and remember information and psychological problems including depression, psychosis, and severe anxiety. Impaired judgment and coordination resulting from the use of alcohol and drugs are associated with

acquaintance assault and rape, contracting sexually-transmitted diseases, unwanted or unplanned sexual experiences and pregnancy, DUI/DWI arrests, hazing, falls, drowning, and other injuries.

Students should be particularly aware of laws regarding possession and consumption of alcohol in their host society. If consumption of alcohol is prohibited, travelers may need to abstain from drinking even while in transit to their host location.

The University of Virginia does not condone the illegal or otherwise irresponsible use of alcohol and other drugs. It is the responsibility of every member of the University community to know the risks associated with substance use and abuse. This responsibility obligates students and employees to know relevant policies and laws and to conduct themselves in accordance with these laws and policies.

Sexual Activity

There are different attitudes and expectations concerning dating and sexuality in other countries. Words and actions that mean one thing to you may mean something completely different to another person. Be aware that dating patterns might be very different in Argentina. For instance, young people tend to go out in groups rather than in pairs.

It is important to discuss your expectations regarding interpersonal and sexual involvement with

your partner so that you can reduce physical, emotional, and other risks. Become aware of the particular attitudes and customs concerning sexuality in the country you will be living in and make responsible decisions about sexual relationships while overseas. Not only will your decisions affect you, but also your partner and possibly her/his family.

If you anticipate being sexually active, take health precautions and be aware of the social implications in Mendoza.

HIV and other sexually transmitted diseases exist in every country, and can be easily transmitted through many sexual behaviors.

Cultural factors often determine whether you can negotiate condom use with your partner. In some countries, condom use is expected and encouraged. In other countries, individuals risk accusations of unfaithfulness if they suggest that their partner use a condom. Please use good judgment and communication skills with your partner concerning this issue. Condoms and other contraceptives are not available in many areas, so it may be a good idea to take some with you if you think you may need them. You may also wish to take an extra supply of birth control and a prescription, if appropriate.

Mental Health

Living in a new environment may cause additional stress on a condition that is easily manageable in the United States. Whether or not you currently take medication or see a psychologist or psychiatrist, it is important to prepare yourself for possible shifts in your mental health, at least at the start of your experience abroad. If you do see a mental health professional, discuss your upcoming sojourn abroad and determine support and communication strategies ahead of time if needed. Once on site—or ahead of time—identify local resources

through your provider or host institution. Determine prior to departure whether the medications you take are legal in your host country and whether you can take enough with you for your entire time abroad.

In addition to on-site resources, the Office of the Dean of Students is available to all UVA students while abroad, and Counseling and Psychological Services (CAPS) is available to students for one initial consultation while abroad.

(434) 924-7133—Dean of Students office (434) 243-5150—to reach CAPS

Safety and Legal Matters

Life in Argentina can be very different from life in the U.S. While we encourage you to enjoy your time overseas and become acquainted with your new surroundings, you may become naïve to the true nature of your new environment. Traveling may give you a new sense of freedom and a false sense of security. It is very important to be aware of the environment and take necessary measures to ensure your safety.

Conduct

While studying abroad, you are a representative of the University of Virginia and have agreed to comply with UVA's rules, standards, and instructions for student conduct and behavior, as well as any stated codes of conduct from the host institution/program provider. Please see the links below to the most pertinent University policies:

Honor Code: http://honor.virginia.edu/

Standards of Conduct: http://scs.student.virginia.edu/~judic/about-the-ujc/standards-of-conduct/ Parental Notification Policy: https://parenthandbook.virginia.edu/policies/parent-notification Student Rights and Responsibilities:

http://records.ureg.virginia.edu/content.php?catoid=33&navoid=1249#statement_of_students
Policy on Sexual and Gender-Based Harassment and Other Forms of Interpersonal Violence:
http://eocr.virginia.edu/title-ix

Security

No matter how safe your surroundings and community appears to be, you should acquaint yourself with your new environment by reading all information that your program directors provides or recommends. Ask fellow students or staff members about areas you should avoid at night. Always carry the address and telephone number of the hotel with you until you have memorized them. Become familiar with common laws and customs of the host country.

As a whole, Mendoza is a safe city, but students need to be continually watchful of themselves, their possessions, and their fellow group members. Even though Mendoza does not always feel

like a large city, it has some of the same problems as large cites, particularly, pick-pocketing and petty theft. These events are known to occur in crowded public spaces. Students should not carry their passport with them once in Argentina (e.g., leave it in a safe place in the hotel). Everyone should make a copy of the passport (color if possible) to carry with them. For men, don't leave your wallet in you back pocket even if it has a button. If carrying bags, keep all pockets zippered or buckled shut. Hold the bag itself on your front side in addition to having the strap on your shoulder.



Students should not explore the city alone. Students are welcome to explore and experience the Argentine culture, but the Program asks that they do so in groups of at least two.

Stay informed

Stay well-informed about local and regional politics and conditions. Read newspapers with international coverage of local issues as well as local publications.

Local opinions of people and foreign nations, including the United States, fluctuate and can be influenced by a variety of factors including politics, economics, and personal experiences. Check the U.S. State Department Travel Advisories regularly: **travel.state.gov.**

Local and National News

Buenos Aires Herald: http://www.buenosairesherald.com/ (Argentine newspaper in English)

Los Andes (in Spanish): http://www.losandes.com.ar/ (Argentine daily newspaper based in Mendoza)

Clarin (in Spanish): http://www.clarin.com/ (widely circulated Argentine daily newspaper)

Be alert

Be aware of your surroundings and your possessions. Pay attention to the normal patterns and behaviors in your community. Listen to and trust your instincts. Take notice if there is a deviation from the norm, including unknown individuals "hanging out" in your building or any strange activity nearby. Beware of pickpockets and purse-snatchers, especially in crowded areas. You may be bumped casually and unaware of a violation.

To reemphasize: when visiting a café to do work, students should not sit on the street or inside near the street with laptops. Students need to be vigilant with other items (e.g., cameras, iPods, etc.) when in public. When sitting on a street side café, it is best to keep any belongings in the lap of the student to deter theft.

Take precautions

Exercise precautions as you would in any U.S. city or unfamiliar location:

- Students are encouraged to travel or explore in groups during free time. However, take a reliable cab (a remise) or walk with a friend rather than walking alone at night. Do not go into unsafe or unknown areas alone.
- University students are not permitted to use the Uber car service while under University supervision because of the risk of fraudulent drivers. If Uber is used before or after a University-sponsored trip, students are encouraged to carefully verify the driver's identity.
- Be selective and cautious in communicating with strangers.
- Use money belts or a concealed purse for your passport, visa, money, credit cards and other documents.
- Know where the nearest police station and hospital are, and keep emergency numbers handy.
- Avoid demonstrations.
- Do your best to blend in; dress like the locals, be polite and low-key. The more confident you seem, the less likely you will be a target for trouble. Don't gather at "American" hangouts.

Keep in contact

Make sure others in your group know where you are. Never plan an excursion independent from the group unless you have secured the program director's approval. Alert your program director of any concerns and should something happen, be proactive about communicating to the program director that you are alright.

Women Abroad

"Despite our personal beliefs about what women should have the right to do around the world, we need to reach a balance of maintaining our identity and respecting the culture we are visiting. Women face unique challenges as we travel abroad. While we are excited to meet new people, we also have to think about our personal safety. Understanding cultural differences in the areas of sex roles, verbal and non-verbal communication and the reputation of foreign women can empower us as we go abroad."

- from American Women Abroad by Holly Wilkinson-Ray

Many American women traveling abroad are adventurous, independent and eager to meet new people. Make the most of your time overseas and become involved in a variety of activities. In the United States, women are used to being active: talking with people they don't know, making friends quickly, and going out at night. Yet, in some parts of the world the role of women is to stay at home. Friends are made through family ties, not at night in a bar. There are often strong differences between how women are expected to act in public and in private. Dress, behavior, activity, eye contact, and topics of conversation are shaped by spoken and unspoken cultural norms.

Traveling alone, frequenting bars at night, and making eye contact with men is sometimes dangerous. The non-verbal messages that we send in a different cultural context may surprise us all. Media images of female celebrities and students on spring break have created powerful,

lingering stereotypes of American women. As American women jog in the streets of Cairo, wear shorts in Kenya, and smile at people in the Paris metro, they may unintentionally reinforce stereotypes.

Being culturally sensitive is one step towards understanding and integrating into your host culture. Be observant of gender-specific roles, customs, and norms. Getting to know women in the host culture can help explain what you observe and how to navigate the norms and expectations.

See **Women Abroad** at http://educationabroad.virginia.edu/student-identity-abroad for links to resources.

Race and Ethnicity Abroad

"No two students studying abroad ever have quite the same experience, even in the same program and country. This same variety is true for students of color and those from U.S. minority ethnic or racial backgrounds. Reports from past participants vary from those who felt exhilarated by being free of the American context of race relations, to those who experienced different degrees of 'innocent' curiosity about their ethnicity, to those who felt they met both familiar and new types of ostracism and prejudice and had to learn new coping strategies. Very few minority students conclude that racial or ethnic problems, which can be encountered in other countries, represent sufficient reasons for not going. On the other hand, they advise knowing what you are getting into and preparing yourself for it. Try to find others on your campus who have studied abroad and who can provide you with some counsel." — www.studyabroad.com

See Race and Ethnicity Abroad at http://educationabroad.virginia.edu/student-identity-abroad for links to resources.

LGBTQ+ Abroad

"It is advisable to do some reading before departure regarding culture-specific norms of friendship and dating for relationships between people of any sexual orientation in the country where you are headed. Knowing about the culture-specific norms of friendship and dating for relationships between people of any sexual orientation in the country where you are headed is especially essential. Laws regarding same-sex relationships differ from country to country so you should inform yourself about those before your program begins." – www.studyabroad.com

See **LGBTQ+ Abroad** at http://educationabroad.virginia.edu/student-identity-abroad for links to resources.

Access Abroad and Students with Disabilities

We encourage all students to study abroad! UVA is dedicated to creating an environment of access and inclusion both on Grounds and abroad. To make this the best experience for you, it is vital that you inform the International Studies Office (ISO) and the Student Disability Access Center (SDAC) of your disability, including serious medical conditions, and your desire to study abroad as early as possible. Planning, preparation and good communication are key factors to a successful experience abroad. It is recommended that you work with SDAC and ISO to start planning your experience at least six months in advance.

See Access Abroad and Students with Disabilities at http://educationabroad.virginia.edu/student-identity-abroad for more information and links to resources.

Heritage Seekers Abroad

Going abroad gives students a wonderful way to explore their own cultural heritage. Whether you are going to a region that was home to your distant relatives, or revisiting the place of your own birth, you inevitably will be confronted with a range of emotions and experiences. You may expect to feel at home, but find yourself identifying with your American culture, or you may find that you identify deeply with your ancestral culture. You will want to consider in advance that you may have ideas about your destination that are outdated or specific to your family's history. As in all aspects of preparing to study abroad, having an open mind will be a great asset.

See **Heritage Seekers Abroad** at http://educationabroad.virginia.edu/student-identity-abroad for links to resources.

Religious Diversity Abroad

Whether you consider yourself religious or not, through study abroad you will be exposed to local religious practices and norms. You may find yourself confronted with a religious belief that is different from your own or a unique take on the religion you practice. Before you embark on your study abroad program you are encouraged to research the role religion plays in your host culture, and how members of the local community may perceive your religion.

See **Religious Diversity Abroad** at http://educationabroad.virginia.edu/student-identity-abroad for links to resources.

Legal matters

There are a number of common legal matters you should be aware of, regardless of your host country. Some of them are much more serious than others, so please read each carefully so that you are aware of the liability involved.

Arriving at the airport

Upon arrival, you will go through Immigration and Customs checkpoints in the airport. The Immigration officer will ask for your passport and may ask you several questions about the purpose of your stay. If the immigration officer is satisfied with the documentation and answers they will stamp your passport. The customs inspection is to check if you are bringing any "illegal" items into the country. The airline companies usually give you a customs declaration form that you fill out on the plane and you will hand this to the customs officer. The luggage check in Mendoza is pretty relaxed and only involves putting your bags through a scanner. It is possible that customs officers will open your bag, but is unusual for Mendoza. Make sure to fill out the customs form during the flight from Santiago to Mendoza so that your processing through customs is as quick as possible!

Local laws

It is critical to remember that you are a guest in your host country and are **subject to all of its laws**. Ignorance of the local laws will not excuse you from local prosecution and/or fines.

In some places, foreigners may find discrepancies between actual law and what is commonly practiced (for example, drinking may be illegal but tourists may be served alcohol at hotel bars) – but that, too, does not mean you will not face possible harassment, detention, or fines.

Illegal drugs

NEVER travel with any contraband drugs. You are subject to the law of the country you are in. Even if you find yourself in a location where the use of drugs by local citizens is either ignored or treated very lightly, when American students are apprehended indulging in or in possession of contraband, they can be dealt with in a very harsh manner. You can jeopardize your experience abroad by taking such a risk. If approached by someone selling drugs, walk away. Even a conversation with a suspected narcotics pusher is seen as an act of intent to purchase by some countries. Conditions of imprisonment in a foreign jail are not something you want to experience. Remember that being a citizen of the United States does not matter; the U.S. Consulate cannot get you released if you are arrested. They can only help notify family and arrange for legal representation.

- Sentences for possession or trafficking drugs can range from 2 to 25 years and possible heavy fines.
- In some countries like Turkey, Egypt, Malaysia and Thailand, conviction may lead to a life sentence or even the death penalty.
- In Saudi Arabia, drug smugglers and traffickers convicted of a second offense receive the death penalty.
- The Dominican Republic imposes 20 years imprisonment on anyone caught bringing narcotics into or out of the country.

U.S. Consular Officer's Abroad

What U.S. Consulates CAN do:

- Visit the U.S. citizen as soon as possible after the foreign government has notified U.S. embassy or consulate of the arrest.
- Provide the detainee with a list of local attorneys from which to select defense counsel.
- Contact family and/or friends for financial or medical aid and food, if requested to do so by the detainee.

What they CANNOT do:

- Demand a U.S. citizen's release.
- Represent the detainee at trial, give legal counsel, or pay legal fees or other related expenses with U.S. Government funds.
- Intervene in a foreign country's court system or judicial process to obtain special treatment.

For more details, see the web site: http://travel.state.gov

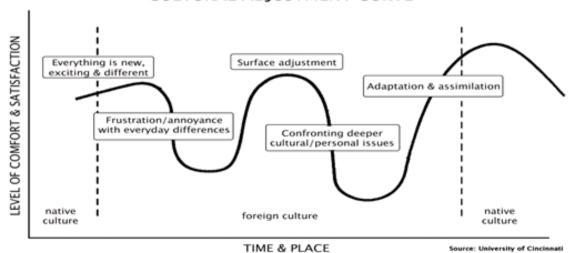
Traversing Cultures

Culture Adjustment and Culture Shock

Culture shock- or culture fatigue as it is more aptly named-- is a typical phenomenon when encountering a new culture and country for an extended period of time. Adjusting to using a different language, driving on the other side of the road, wearing different clothes, and eating different food can be both exciting and challenging.

The less obvious aspects of your own culture, such as values (time, personal space, gender roles, communication style, etc.), habits, expectations, common practices and procedures may not coincide with your host culture. The resulting 'culture bumps' can produce an emotional response—frustration, anger, impatience, anxiety, confusion, depression—called culture shock. A moderate amount of these stresses is a natural part of intercultural transition. Remember that stress and 'bad days' happen at home as well. However, while abroad you may not have the same support system or outlet to help you resolve the stressors. The chart below illustrates movement through culture adjustment one might experience.

CULTURAL ADJUSTMENT CURVE



There are, however, a number of strategies to help you work through the stressors and adjust.

- **Communicate.** Talk to the on-site program staff, host family, and other students. Express your experiences and ask for assistance in interpreting the situation—what happened from the different cultural perspectives and why.
- **Be opened-minded.** Remember that there are multiple 'right' ways to do things. Learn what is appropriate, and why, in your host culture. Try the host culture approach next time.
- **Be patient.** No one gets it all right the first time. Take it one thing at a time and remember each small accomplishment.
- Get Involved. Meet new people and make connections in the community.
- Have a sense of humor. Step back and see the humor in your misunderstandings, missteps, and mistakes.

Cultural baggage

The culture in which we grow up and live largely defines our perspective on the world, how we see ourselves and others. Just as our perceptions of another culture or society may not coincide with their perceptions, others do not always view us as we view ourselves. Stereotypes are generated and those expectations shape how we see each other, even when

our behavior does not support the expectation. For example, some common stereotypes of U.S. Americans and students include being outgoing, friendly, loud, entitled, informal, wasteful, disrespectful, wealthy, generous, violent, prejudiced, ignorant of other countries, and promiscuous.

These stereotypes often stem from entertainment or news media. While you may or may not see yourself as an embodiment of those characteristics, they do comprise the



'cultural baggage', or unconscious assumptions, that you carry. Being aware of these perceptions and behaving in culturally sensitive ways can aid you in understanding and being understood by your hosts.

Cultural sensitivity

Cultural sensitivity is an important aspect of adjusting to your new environment. That is, recognizing the differences between cultures without making a value judgment (right and wrong, better and worse). Here are some tips for developing cultural sensitivity:

- Research the country. Read books, talk to host nationals and previous visitors. Find out
 what the typical dress code is, which locations and situations are best to avoid, what
 message non-verbal communication such as eye contact sends, etc.
- Get to know the people. Learn from local residents, ask questions, and take the time to get to know them as individuals and cultural representatives.
- Observe. You can learn a lot about roles, attitudes and customs by watching.
- Honor the customs. Students travel to other countries to learn, so make the effort it
 takes to show them respect. Find out how this new culture views relationships, dating,
 leisure time, and holidays. Remember that, in all interactions, you are an ambassador
 for the U.S. and UVA.
- Learn the language. You will make a stronger connection with people by trying to talk in their language and pronouncing names correctly.
- Avoid generalizations. One positive or negative experience is not a reflection on all
 people or the culture. Seek to understand why certain actions, expectations, or beliefs
 are common and how they developed.

Representing the U.S. Abroad

While abroad, you will be seen by many people you meet as a representative of the U.S. (even if you're an international student here, you may be seen in this light since you attend a U.S. university). Depending on where you go abroad, and when, you may find that you are frequently asked about aspects of U.S. culture and politics. Many students are surprised at the extent to which people in their host country are informed about U.S. politics in particular, and how frequently politics (including people's individual beliefs, candidate preferences, etc.) is discussed even among relative strangers.

Here are some strategies identified by other UVA students who have studied abroad:

- Stay informed about current events in the U.S. that are being covered by international news media.
- Stay informed about politics in your host country/community.
- Come up with a tactful response to questions about your own political beliefs ahead of time.
- Don't make assumptions about the political beliefs of people who engage you in conversation.

- Be honest and prepared for people who might have different opinions from you. Discuss
 the topics maturely and be polite and respectful, even if you disagree.
- Don't get wrapped up in a political conversation you don't feel comfortable with. A simple "Honestly, I don't know enough about it. I'll check it out/read up on it" is always an acceptable response.

Preparing for Reverse Culture Shock

The cycle of overseas adjustment begins at the time you plan to study abroad. You may think that adjustment ends when you have successfully assimilated into the life of your host country, but, in fact, the cycle of cultural adjustment continues through your return to the United States.

Culture shock and re-entry shock (more commonly known as "reverse culture shock") are not isolated events but rather part of the total adjustment process that stretches from pre-departure through reintegration at home.

You are preparing to go abroad, but it is not too early to begin thinking about the day you will return home.

Questions such as "Why did I choose to study abroad?" and "What do I want to accomplish during my time here?" can help you clarify how you are going to integrate your international experience into your academic, professional



and personal goals for the future. Preparing for the surprises that often greet travelers after an extended period abroad will enable you to turn what, for some, is a very awkward time into a productive one. (And your photo album will hopefully reflect it all.)

Pre-departure checklist

ISO/UVA requirements

	Completed my online post-decision requirements.
	Have a passport that is valid for 6 months after return (and visa if necessary).
	Know what financial charges I can expect from UVA and my program provider or hos
	institution (if applicable).
	Made arrangements to pay the program bill.
	Set up direct deposit and set up someone in the U.S. (parent/guardian/etc.) as an
	authorized payer on my UVA Student Account if needed.
	Confirmed my registration and class enrollment for being abroad in SIS.
	Made all my travel arrangements and know the arrival details for my program.
	Read this entire Study Abroad Handbook.

Documents, Communications, and Money			
	Made 3 copies of my passport, visa (if applicable), and insurance cards; one copy is with		
	my family, one copy is in my checked bag, one copy is in my carry on.		
	Made two copy of my credit cards and ATM cards that I will be taking, front and back.		
	Leave on copy with parents. Take one copy in carry-on in a secure location. Why do		
	this? If you lose your credit cards, you'll need the card number and the phone number to		
	call the bank.		
	Packed (see packing list!)		
	Called my bank and credit card companies to inform them that I will be out of the		
	country. (This will help prevent automatic fraud detection from blocking usage of your		
	ATM/credit cards.)		
	Know how I will access money while abroad.		
	Determined whether my cell phone works abroad, should I choose to use it, and the		
	associated costs.		
	Made a plan for communicating back home, e.g., frequency of calls/emails/skype chats		
	with family members back home so I can maximize my immersion while abroad.		
Country-Specific Preparations			
	Went to my doctor for a "travel appointment"; you can see your own doctor or go to the		
	Elson Student Health Center		
	(http://www.virginia.edu/studenthealth/travelappointments.html).		
	Paid reciprocity fee and have print out packed with your passport		
	Planned for prescription and medical needs while abroad.		
	Registered with the U.S. State Department.		
	Know the time difference between my hometown and study site.		
П	Read about the history, economy, and culture of my host country.		

 $\hfill\square$ Have followed through on any action-items assigned to my Argentina team

Fire Safety 101

Information provided courtesy of the University of California Education Abroad Program.

Know what to do during a fire

- Do not panic. Stay calm!
 Test any closed doors with the back of your hand for heat. Do not open the door if you feel heat or see smoke.
 Close all doors as you leave each room to keep the fire
- 3. **Crawl low under smoke.** Cleaner air is always near the floor.
- 4. **Don't delay.** Choose the safest and closest exit. Once you are out, do not go back

Stop, drop, and roll!

What if You Can't Get Out Right Away?

Fire spreads quickly. In less than 30 seconds a small flame can get out of control and turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.

If you can't get out fast, because fire or smoke is blocking an escape route, yell for help.

Identify Fire Hazards

Check for sources of ignition, fuel, and oxygen: A burning candle; too many items plugged into one outlet, a shirt thrown over a lamp, a worn electrical cord; a space heather used to dry clothes, windows that are stuck; security bars on windows that cannot be opened, etc.

Resources

Fire Safety Foundation: www.firesafetyfoundation.org

FEMA Home Fires http://www.ready.gov/home-fires

Passport to Fire Safety http://www.passporttofiresafety.org/ UCEAP EDUCATION ABROAD PROGRAM

Fire Safety 101

Take Fire Safety Seriously

Prevent Fire

Install Smoke Detectors

Be Prepared if a Fire Occurs

Fire Safety

Fire injuries and deaths occur among college-age students every year in the U.S. and around the world. An important step you can take to protect yourself against fire is to install smoke alarms and keep them in good working order. You can buy smoke alarms before departure to make sure you will have one once you arrive abroad.

Safety Precautions

- Read more about fire safety and prevention in the UCEAP Guide to Study Abroad.
- Know how to call the fire department.
- Smoke alarms save lives: You are responsible. Install smoke alarms outside every room and every level of housing facilities. Test them regularly.
- · Do not disable smoke alarms.
- Have a fire extinguisher and know how to use it.
- Look for fire hazards
 Inspect rooms and buildings for fire hazards.
 Ask your UCEAP Study Center and/or partner institution staff for guidelines.
- · Do not overload electrical outlets
- · Use extension cords properly.
- Learn to correctly use and maintain heating and cooking appliances.
- Inspect exit doors and windows and make sure they are working properly.
- · Create an escape plan.
- · Practice escapes and evacuation plans.
- · Take fire alarms seriously.

If you Discover a Fire

Every second counts Alert people to evacuate.

Activate the nearest fire alarm, and exit the building.

Know your Way Out

Have an escape plan and practice it regularly. It could save your life. Smoke from a fire will make it hard to see and may disorient you. It is important to learn and remember the different ways out. How many exits are there? How do you get to them from your room? Have everyone in your group to draw a map of the escape plan for shared accommodations.

Get outside quickly and safely.

Cooking and smoking are leading causes of fire injurie

People living in rented or hared accommodations are leven times more likely to have a fire. (direct accurit)

The Cause

Many factors contribute to housing fires.

- Many students are unaware that fire is a real risk or threat.
- · Fire alarms are often ignored.
- Building evacuations are delayed due to lack of preparation and preplanning.
- Misuse of cooking appliances, overloaded electrical circuits and extension cords increase the risk of fires.
- Alcohol is a major factor contributing to burns in college-age students. In most cases where fire fatalities occurred on college campuses, alcohol was involved. Alcohol use impairs judgment and hampers evacuation efforts. A student under the influence of alcohol is more likely to fall asleep while smoking or while a candle is burning. (USFA, FEMA)

80% of all US fire deaths occur in residences. (USFA)

Candles and incense cause 12,000 residential fires annually (College Fire Safety)

Recordkeeping and fire classification practices worldwide prevent reliable comparisons with the U.S.