



# Go Global!



## Resources for your Experience Abroad

Cross-cultural Materials

Issues of Safety and Security

Health Information

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For further online predeparture orientation exercises, see:

<http://www2.pacific.edu/sis/culture/>

University of California, Riverside  
Education Abroad Program and Opportunities Abroad Program  
(951) 827-2508

<http://epoap.ucr.edu/>

Resource III-A

A Workshop on Cultural Differences

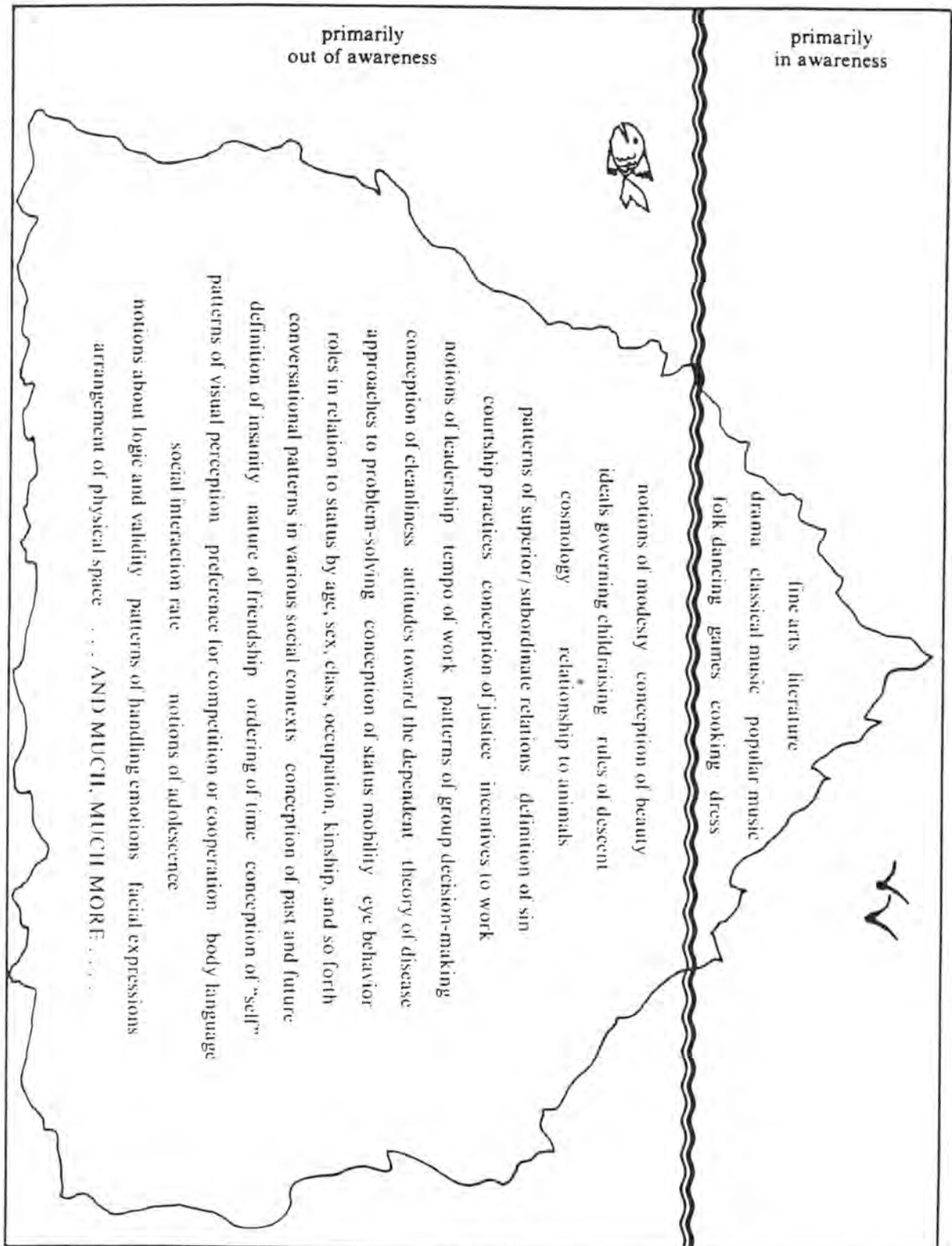


Figure 1: The iceberg conception of the nature of culture

Just as nine-tenths of an iceberg is out of sight (below the water line), so is nine-tenths of culture out of conscious awareness. The out-of-awareness part of culture has been termed "deep culture."

# STEREOTYPES AND ADJUSTMENTS

Due in part to the media and U.S. political policy there are many stereotypes of Americans held by people in other countries. These affect how we are perceived by others, and contribute to highs and lows of adjustment to our new environment.

## Americans are:

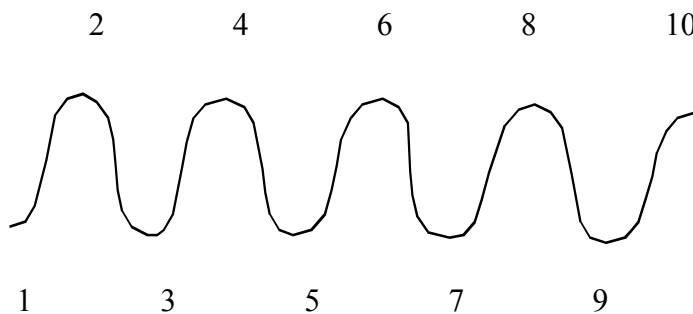
- INFORMAL
- LOUD, RUDE, BOASTFUL, IMMATURE
- CONFIDENT THEY HAVE ALL THE ANSWERS
- DISRESPECTFUL OF AUTHORITY
- IGNORANT OF OTHER COUNTRIES
- GENEROUS
- OUTGOING, FRIENDLY
- HARD WORKING
- EXTRAVAGANT, WASTEFUL
- RACIALLY PREJUDICED
- WEALTHY
- ALWAYS IN A HURRY

Because of different cultural values we might consider some of these stereotypes to be positive, while people from other cultures may consider them negative. We also have stereotypes of others which can be counterproductive. To get beyond these stereotypes, we encourage you to talk with your host country acquaintances to learn more about them as individuals, and to share the diversity and values of you as an individual and citizen of your home country.

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## Rhinesmith's Ten Stages of Adjustment

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- |                           |                               |
|---------------------------|-------------------------------|
| 1. initial anxiety        | 6. acceptance of host culture |
| 2. initial elation        | 7. return anxiety             |
| 3. initial culture shock  | 8. return elation             |
| 4. superficial adjustment | 9. re-entry                   |
| 5. depression-frustration | 10. reintegration             |

This roller coaster ride is a natural pattern of valleys and peaks, where excitement and interest are succeeded by depression, disorientation or frustration. The intensity of the ups and downs depends upon the individual, as does the length of time an individual experiences each stage. It is important to realize that this process is both natural and necessary for the sojourner's optimum adjustment to the transition from culture to culture.

## SKILLS THAT MAKE A DIFFERENCE

Some people seem to take to another culture more naturally than others. And some foreign cultures seem to be easier for Americans to adjust to than others. But there are certain skills or traits which you may have-or, with a little effort, develop-which will facilitate your rapid adjustment.

Before going on, jot down in the space below some of the skills-they are usually attitudes, ways of responding, and styles of behaving-which you might think to be most helpful in the overseas adjustment process.

### NOTES:

Here are the skills that our experience has shown to be the most important:

- TOLERANCE FOR AMBIGUITY
- LOW GOAL/TASK ORIENTATION
- OPEN-MINDEDNESS
- NON-JUDGEMENTALNESS
- EMPATHY
- COMMUNICATIVENESS
- FLEXIBILITY; ADAPTABILITY
- CURIOSITY
- SENSE OF HUMOR
- WARMTH IN HUMAN RELATIONS
- MOTIVATION
- SELF-RELIANCE
- STRONG SENSE OF SELF
- TOLERANCE FOR DIFFERENCES
- PERCEPTIVENESS
- ABILITY TO FAIL

Add to these any of yours which we did not list. Then on a scale of one (low) to five (high), rate yourself in each of these characteristics. Write the number beside each one and total them. If you scored less than 55 you've got some work to do.

Now circle the traits you think are the *most* important (or guess what our choices are - it'll be no surprise that we're going to tell you).

Our choices:

1. SENSE OF HUMOR
2. LOW GOAL/TASK ORIENTATION
3. ABILITY TO FAIL

A *sense of humor* is important because there is going to be much to weep or get angry or annoyed or embarrassed or discouraged about - no matter how many of the other traits you have, the ability to laugh things off will be the ultimate weapon against despair.

Americans abroad too often undertake *tasks* that are unrealistic and set *goals* for themselves that are unattainable. It is one of the major causes of failure. To the extent that you set your goals too high and refuse to adjust them to the realities of what can actually be accomplished in a foreign environment, you're going to be disappointed. Experience shows that Americans who are less goal-oriented or task-driven, and more able to relax and ride with events tend to be more effective and enjoy themselves overseas.

The ability to tolerate *failure* is critical because: 1) everyone fails at something overseas; it is absolutely built in, 2) the highest stars in the American firmament are "achievement" and "success", and 3) the American most likely to be selected to go overseas is the person who has been most successful at home. Some people sent abroad will have virtually never experienced failure. If, in addition, they have little tolerance for it, they are in for trouble as are those who work for or live with them.

One of the largest international cultural exchange organizations in the U.S. uses "sense of humor" and "the ability to fail" as principal selection criteria for the thousands of people they choose for international exchanges. <sup>Source</sup>

## *Strategies for A Successful Experience Abroad*

### ***Daily Customs and Practices***

Avoid criticizing local practices in any way, no matter what your beliefs may be. Give it a chance before judging it negatively.

Be familiar with your own cultural customs and issues, because you'll probably be asked in detail about them (and it's embarrassing when others know more than you do).

Read the local paper, watch the news on TV, listen to the radio. Keep informed on current events and issues then ask people about those events - most people love to be asked their opinion!

Learn about the locale, events, publications, and history.

Be aware of local customs regarding meeting and interacting with other people. (What you consider to be "friendly, positive, casual" conversation may be considered inappropriate or strange to them.)

There is a reason for every cultural trait; if you try to understand the reason for the differences, you may be better able to accept the new ways, and you can think more critically about the sources of your own culture.

Try new things! New foods, styles, daily rituals, magazines, movies, museums, trips, music, etc.

Bring things from home that make you feel at home anywhere (photos, luck charm, teddy bear, etc.).

Continue daily rituals (cup of coffee in the morning, exercises each day, read favorite book, etc.) that make you feel at home.

Of course it is okay to spend time with other US nationals, but try to include one or two host country students to avoid speaking only English and to facilitate dialogue on cross-cultural issues.

### ***In the Community, Classroom, and on the Job***

Start frequenting the same cafe, bar, etc. and get to know the people who work and hang out there. You can do your homework there, and ask them for help in conjugating verbs or vocabulary. Most of the time, they enjoy helping.

Ask about "intercambios" (personal language exchange programs, 1/2 time speak host country language, 1/2 time speak English) with native speakers at your university.

Introduce yourself to neighbors, neighborhood shop owners; make it a point to greet them every day.

Invite people to your apartment or dorm room, or to join you out somewhere.

Introduce yourself to students, co-workers, and other people you meet.

Ask people the "Fifty Questions" (see handout by same name).

Ask local students for help with studying.

Make it a point to visit someone you meet.

### ***Join, Join, Join!***

- Participate in social events.
- Volunteer to work on group projects.
- Join clubs, sports teams, social groups in city, town, workplace, etc.
- Spend time in social places (avoid going in large groups of US nationals).
- Eat meals with other students or co-workers to make contacts and get to know each other.
- Take advantage of homestays, dinners with local families, anything to help you meet host-country people.
- Give email a break! It is very helpful to share your experiences with friends and family back home, but LIVE A LITTLE. Meet people in your host country and make the most of your time there

### ***Think Positively!***

You may be concerned about homesickness or anxiety, especially at the beginning of your stay. Don't worry, that's normal! The more involved you are, the faster you will adjust to your new culture. If you keep the above strategies in mind, your experience can be as positive and fulfilling as you want it to be.

*Remember, you may only be abroad for a short time, so make the most of it! It's up to YOU to make it happen.*

# University of California, Riverside

## EAP and OAP

### Issues of Safety and Security

While safety and security abroad has always been important, we believe it to be even more important in the post 911 world. Our intentions in providing you this handout about personal safety and security are neither to scare you nor to minimize the need for you to take particular care. We hope it will encourage you to think about these issues, and to begin to educate yourself about aspects of your host country, which directly affect your safety while abroad. In addition to reading, we advise you to talk to students who have been where you are going, and find out how they successfully met some of these challenges.

#### Before You Leave

1. **Make two sets of photocopies of your airline ticket, credit cards, prescriptions for medication, passport identification page and current visas stamped in the passport.** Leave one set at home with your family and carry one set with you in a separate place from the original documents. You might also **take one extra set of passport photos with you**, in case you need to get a new passport quickly.
2. Leave a copy of your itinerary with family or friends at home. As your travel plans change, notify your family.
3. Leave behind anything you would hate to lose, valuable or expensive-looking jewelry, irreplaceable family objects, all unnecessary credit cards, etc.
4. **While in a foreign country, you are subject to its laws, not those of the U.S.** Learn the local laws and customs of your host country and countries you plan to visit. Good resources are the library, and the embassies, consulates or tourist bureaus of the various countries. The U.S. Department of State publishes Background Notes on countries worldwide. In addition, keep track of what is being reported in the media about recent developments in those countries.

#### While You Are Traveling

1. **Do not impair your judgement due to excessive alcohol consumption, and do not fall under the influence of drugs.**
2. Try to minimize your "foreignness" through your appearance and actions. Only Americans wear those college shirts with giant acronyms. As much as possible, avoid the appearance of affluence. Remember that conversations with friends can be overheard by people around you. Be cautious about discussing personal matters, travel arrangements, or your program.
3. **In public places remain alert.** Get away from any package or bag which appears to be unattended, and call it to the attention of employees or the police.
4. Do not agree to carry, look after, or store any package, parcel or suitcase for anyone. Do not borrow suitcases and make sure that nobody puts anything in your luggage.
5. Never agree to drive a car for someone else, especially across national borders.
6. Avoid or spend little time in possible target areas for terrorist activity, especially places frequented by Americans, i.e. bars and fast-foot restaurants associated with the U.S., branches of American banks, American schools and churches, American firms and businesses, and American consulates and embassies. Avoid using American logos on your belongings and clothing, including athletic wear.
7. Deal only with authorized agents when you exchange money. Do not change money on the black market.

## Everyday Life Overseas

1. **Register with the U.S. embassy or consulate before you go abroad**, so that you can be located in the event of an emergency. **You can register online at <https://travelregistration.state.gov/ibrs/>**
2. Avoid any possible involvement with drugs. Drug laws vary from country to country, but in many cases, they are extremely severe, regardless of whether the drug in your possession is for personal use or for sale to others. Once you leave the United States, you are not covered by U.S. laws and constitutional rights.
3. Besides drugs, alcohol can also get U.S. citizens in trouble abroad. Students have been arrested for being intoxicated in public areas, underage drinking, and for drunk driving. Americans are expected to obey all of the laws of the countries they visit, and those who break these laws sometimes face severe penalties.
4. Learn which areas of the city or town are considered safe for your housing and living. Become familiar with the best means of transportation and well-traveled routes as you go about your daily business. Consider varying your daily routine so you are not always traveling the same route at the same time. Carry a street map and know the directions to your destination. Try to travel with friends at night. Let someone know when you expect to return, especially if you are out late at night.
5. Familiarize yourself with the local emergency phone number and address, just in case you should need it.
6. Keep track of the key to your room, apartment, or house. Plan ahead of time what you would do to get back into your housing if you lost the key or returned "after hours."
7. Should you observe suspicious events or persons within the premises of your university, classroom, dormitory, neighborhood or student "hang-out," report them immediately to the appropriate authorities.
8. Stay in contact with your on-site program director and/or administrative personnel. If you will be away from your program location, inform the program staff of your destination and how long you will be gone.
9. On a regular basis read the local newspaper or an English language paper, or watch the news on television to keep appraised of any developments that might affect you.
10. Have sufficient funds with you or a credit card available to purchase a return ticket to the U.S.
11. If you had to leave your housing quickly, make certain you know which items you would choose to take with you in a small backpack or tote bag. Think about passport, money, medicines, walking shoes, comfortable clothes, etc.

## Unusual Situations

1. Make sure you know what to do in case of an emergency. Upon arrival in your host country, make certain to get emergency plans from your program's administrative staff. Learn how to contact the local authorities, and how to communicate your need for help in the language of the host country.
2. If there is a situation which creates many disruptions over a large area, expect delays of several days or longer in making arrangements to leave the country. Consider ahead of time all possibilities for evacuating the area. Before you leave, contact your family and your program administrators to give them specific details about your plans.
3. Trust your instincts. If it feels as though trouble is about to start, move away from the area as quickly and quietly as possible.
4. Avoid public demonstrations or other civil disturbances.
5. If you are taken into custody by the police, ask to call the nearest U.S. consulate or embassy. Limited assistance in locating legal help should be available through embassy staff. (See section about U.S. Consuls Help Americans Abroad.)

## Assessing and Reducing Personal Risk

The Peace Corps sends about 5,000 Americans to a wide range of countries every year, and has some of the best training available to prepare their volunteers for some demanding conditions. Here are excerpts from their Pre-departure training handbooks that can be found at <http://www.globaled.us/peacecorps>.

According to Peace Corps records, the situations which place students at greatest risk are:

- \* Being out after midnight
- \* Being alone at night in an isolated area
- \* Being in a known high crime area
- \* Sleeping in an unlocked place
- \* Being out after a local curfew
- \* Being intoxicated

### **STRATEGIES USED BY STUDENTS IN THE UNITED STATES TO REDUCE RISK**

It is useful to remind students that they have been using a variety of strategies to avoid harm while living in the United States and to review what those strategies are:

- \* Listening for what is being said around them
- \* Keeping watch for suspicious people and vehicles
- \* Knowing what hours of the night are more dangerous than others
- \* Staying in and walking only in those areas that are well lit
- \* Avoiding being alone in unfamiliar neighborhoods
- \* Knowing where to get help (stores, phones, fire station, etc. Know the "911" equivalent in your host country.)

It is important to discuss the extent to which these strategies are or are not applicable during your time abroad.

### **FACTORS PLACING STUDENTS AT RISK**

Your circumstance as foreigners place you at some increased risk. Specifically, you:

- \* Are new to this country
- \* May not speak the local language well
- \* Are traveling to new places and making new friends
- \* Will generally be traveling by public transportation
- \* Are curious about your new home and the new culture you are living in
- \* Probably stand out in a crowd
- \* Have not yet learned the best way to say no in this culture
- \* May not yet pick up the "clues" in this culture that you are in danger
- \* Have not yet established personal daily routines in your new home

### **STRATEGIES FOR REDUCING RISK**

Safety is ultimately the responsibility of each individual student and each person should actively develop his or her own personal safety strategies. Administrators can assist you in developing personal awareness and personal safety strategies. Some suggestions include:

#### ***At site:***

- \* Establishing relationships with hosts, neighbors, and local authorities
- \* Moderating alcohol consumption
- \* Improving structural security of residence (shuttered/barred window, door locks, sealed walls/ceilings, etc.)
- \* Ensuring access to emergency medical care
- \* Developing emergency support/communications network
- \* Screening night visitors

#### ***Traveling:***

- \* Notifying the study abroad office of travel plans
- \* Wearing prudent attire
- \* Restricting night travel
- \* Avoiding "high risk" regions
- \* Traveling with a friend/ trusted other
- \* Determining risk levels of varying means of transport (bus, train, taxi, hitch hiking, etc.)
- \* (Women) sitting with other women or middle aged couples



## Issues of Special Concern to Women

1. Before you leave the U.S. take the time and initiative to learn as much as you can about the culture of your host country. The more you are familiar with the customs, the more respect you will earn and the more you will break down stereotypes. Such knowledge will increase your confidence and independence, which are so important to personal safety.
2. Be aware of cultural biases toward women. Women may be seen as fragile and vulnerable and "asking for it" if traveling alone. While you can't change the culture around you, use your friends (American and host nationals) as a safe haven for venting frustrations and developing coping skills. **Learn from local women about appropriate behavior, safety.**
3. Be aware of stereotypes of American women. It is an unfortunate fact that people in other countries often have acquired their knowledge of U.S. women through the distorted and stereotyped media images on TV, in the movies and in advertising.
4. Cultural differences can extend to body language. A gesture, a smile, a hairstyle, the way you carry yourself, eye contact, and the distance between people talking can have profoundly different interpretations from culture to culture.
5. Consider taking a self-defense class before departure.
6. Never use cultural differences to endure or excuse verbal or physical abuse, including sexual harassment the way we define it in the U.S. Depending on the situation, remove yourself as quickly as possible, confront the person, or ask for support from others. If your study center director or another program staff person is harassing you, please contact us in Programs Abroad for help.

## Working While Abroad

To investigate the legalities of working abroad while you are a student, you should contact the consulate of your host country. In a few locations it will be legal for you to work part-time while residing there as a student. In many countries, however, this is not permitted. Please be aware that if you are caught working illegally, the consequences can be serious, including deportation and being banned from returning to that country for many years.

BUNAC (the British Universities North America Club) coordinates work programs in Britain and Australia for U.S. citizens who are full time students. Graduating seniors are also eligible for up to a semester following graduation. Information is available from the Programs Abroad Office and Library or <http://www.bunac.org/>.

## U.S. Consuls Help Americans Abroad

If you plan to stay more than two weeks in one place, if you are in an area experiencing civil unrest or a natural disaster or if you plan to travel to a remote area, please **register at the Consular Section of the nearest U.S. embassy or consulate.**

In U.S. embassies and consulates throughout the world, consular officers provide a range of services to U.S. citizens including:

1. **Replacing a passport.** If you lose your passport, a consul can issue you a replacement, often within 24 hours.
2. **Help in finding medical assistance.** A consular officer can give you a list of local doctors, dentists, and medical specialists.
3. **Help getting funds.** Should you lose all your money and other financial resources, a consular officer can help you contact your family or bank to arrange for them to send you funds.
4. **Help in an emergency.** Should your family need to reach you because of an emergency at home or because they are worried about your welfare, they can call the State Department's Overseas Citizens Services at (202) 647-5225. The State Department will relay the message to the consular officers in the appropriate country, and they will attempt to locate you.

5. **A visit in jail.** If you are arrested, you should ask the authorities to notify a U.S. consul. **Consuls cannot get you out of jail.** They can, however, visit you, provide a list of local attorneys, inform you generally about local laws, and contact your family and friends.
6. **Making arrangements after the death of an American.** When an American dies abroad, a consular officer will notify the family of the deceased.
7. **Help in a disaster/evacuation.** If you are caught up in a natural disaster or civil disturbance, you should let your family know as soon as possible that you are safe. If you are unable to contact them, however, a U.S. consul will convey a message through the U.S. State Department.

Find a U.S. Embassy abroad at GoAbroad.com's Embassy Search site - <http://www.goabroad.com/embassy/>.

## **Assistance in the U.S.**

The U.S. Department of State issues travel advisories whenever circumstances warrant them. You or your parents may reach the Bureau of Consular Affairs/Office of Emergency Citizen Services at (202) 647-5225 for travel advisory information and any other consular service.

Consular Information Sheets, Travel Warnings and Public Announcements are also accessible through the following Web site: <http://travel.state.gov>. Similar information will be available at U.S. embassies and consulates abroad.

## **Safety and Travel Related Web Sites**

### **U.S. State Department**

Services and Information for American Citizens Abroad ([http://travel.state.gov/travel/living/residing/residing\\_1235.html](http://travel.state.gov/travel/living/residing/residing_1235.html))  
Travel Advisories and Warnings (<http://travel.state.gov>) (202) 647-5225

### **General Sites**

Armchair World: The well-informed traveler (<http://http://www.armchair.com/info/netinfo.html>)  
Association for Safe International Road Travel (<http://http://www.asirt.org/>)  
NAFSA-Assoc of International Educators (<http://www.secussa.nafsa.org/safetyabroad/monitoring.html>)  
Overseas Security Advisory Council (<http://www.ds-osac.org/>)  
Safety-monitoring Websites (<http://www.secussa.nafsa.org/safetyabroad/monitoring.html>)  
USC SAFETI Clearinghouse (<http://globaled.us/safeti>)  
U.S. Federal Aviation Administration (<http://www.faa.gov/>)  
Visa information for traveling to other countries (<http://travisa.com/>)  
What's Up with Culture? Online orientation (<http://www3.uop.edu/sis/culture/index.htm>)

### **For UCR Students:**

EAP Students: 24-hour emergency number - (805) 893-4762

OAP Students: EAP and OAP Office front desk - (951) 827-2508 M-F, 8-5. Leave message after hours

## Here's To Your Health

Because of recent worldwide health cases (SARS, Mad Cow disease, etc.) people have become more aware of health-related concerns while traveling abroad. No matter where you go, pay special attention to your health needs, your insurance coverage, and health-related behavior. The following are recommendations and resources.

- 1) It is recommended that all students have a health examination prior to their departure from the U.S., even if it is not required by your study abroad program or your host institution.
- 2) Consult with your doctor about inoculations. Some countries have specific immunization requirements which must be fulfilled before departure. In addition to the country in which you will be studying, inform your physician of any plans you may have to travel to other countries so that you can receive all necessary immunizations prior to departure.
- 3) If you are taking any medication regularly, take an adequate supply to last for the entire period of your study or work abroad program, as long as it is not perishable. If your doctor advises against taking such a large supply with you, he or she should provide a diagnosis-prescription describing the medication so that an overseas physician may fill the prescription properly.

While many prescription medicines can be purchased over the counter and at far less cost overseas, students should be cautious. It cannot be guaranteed that the same pharmaceutical standards have been used in preparation and/or storage of the prescription as what is routine in the highly-regulated U.S. pharmaceutical industry. Poor storage in high heat and/or humidity, for example, could affect the effectiveness of some drugs.

- 4) If you wear glasses or contact lenses, it is a good idea to take both an extra pair and your prescription with you.
- 5) **Make certain that you have health insurance, including a US-funded policy that provides for the following:**
  - Copy of policy in English
  - Policy must be valid during the entire school year or term of study
  - Medical benefits of at least \$100,000
  - Co-Insurance not to exceed 25%
  - Co-payments not to exceed \$25
  - Repatriation benefit of \$10,000 minimum
  - Medical evacuation benefit of \$10,000 minimum
  - Deductible no more than \$500 per injury or illness
  - Policy funded in the United States
  - Pregnancy covered the same as any other condition
  - Be aware of the benefit period, to cover travel or other activities before or after your international program.
  - Verify whether the policy will cover you in the US as well as overseas in case you come home for a visit.
  - Check the insurance company rating, such as A.M. Best or Standard and Poor rating, at least B++ rating.
  - Find out if it is a reimbursement policy. This means that you are expected to pay for medical services at the time you receive them, and you will be reimbursed for those expenses at a later date, sometimes as many as several months later.
  - Be sure to read about the exclusions!! Many insurance policies exclude sports related injuries and other common types of illness/injury.

Many study overseas programs, particularly those administered by U.S. institutions, require that you buy special health insurance developed for students participating on their programs. Those of you enrolling directly at foreign institutions, however, may not be provided with such an opportunity. Check to see if your local carrier will cover you while abroad. There are also several policies developed for U.S. students who will be spending time studying, working or traveling abroad. Please contact the Programs Abroad Office staff for additional information. **There is also a list of Travel Insurance Companies on the Department of State website at [http://travel.state.gov/travel/tips/health/health\\_1185.html](http://travel.state.gov/travel/tips/health/health_1185.html).**

- 6) When traveling, keep current on possible health problems in each country to which you are going. This is especially important for travel in underdeveloped countries. **You are strongly encouraged to explore the Centers for Disease Control (CDC) web site at <http://www.cdc.gov/>.** The site includes information about disease outbreaks as well as geographic health recommendations.
- 7) Contraception is more difficult to get in some countries overseas than in the U.S. If you will need some form of birth control while abroad, take it with you.
- 8) Acquired Immune Deficiency Syndrome (AIDS) has been reported in over 125 nations, and the disease is thought to be even more widespread. However, the risk to you while studying abroad is determined less by geographic location than by individual behavior. You can take precautions to avoid contracting the HIV virus, which eventually results in AIDS, by the following:
  - a. Avoid exchange of semen, blood or vaginal fluids with anyone. Either abstain from sexual activity entirely, or practice safe sex.
  - b. Use a condom. Both men and women should carry their own condoms. You may have trouble finding reliable brands of condoms abroad, and some countries may not even sell them.
  - c. Avoid sexual intercourse with intravenous drug users and persons who have multiple sexual partners.
  - d. Do not share hypodermic needles.
  - e. Do not use or allow the use of contaminated, unsterilized syringes or needles for any purpose, including drugs, tattooing, acupuncture, medical or dental procedures. Needles for blood tests or injections must be sterile, preferably disposable, and pre-packaged in a sealed container. In some countries, even disposable equipment may be reused.
  - f. If an injection is required, make sure the needles and syringes come straight from a sealed, sterilized package, or have been sterilized with chemicals or boiled for 20 minutes. If in doubt, you can ask how the equipment has been sterilized. In some countries you can buy needles and syringes and take them to the hospital for your own use.
  - g. Do not use infected blood, blood components, or other blood products. While many countries have mandatory screening of donated blood, not all do. You can inquire at the local U.S. Embassy or Red Cross office about safe sources of blood overseas.
  - h. Do not use alcohol or drugs. The link between intravenous drug use and AIDS has been well-documented, but recreational drug and alcohol use can impair judgment and increase the possibility of high-risk sexual behavior.
  - i. For additional information about AIDS, contact the CDC National AIDS Hotline at:
 

1-800-342-AIDS	(English)
1-800-344-7432	(Spanish);

 the CDC National AIDS Clearinghouse at 1-800-458-5231,  
 or the World Health Organization at 1-202-861-3200.

## Health Related Websites

Centers for Disease Control Traveler's Health (<http://www.cdc.gov/travel/>)  
 Required vaccinations by country (<http://www.who.int/ith/>)  
 Lonely Planet Guides Health Information (<http://lonelyplanet.com/health/health.htm>)  
 World Health Organization (<http://www.who.int/>)  
 SAFETI Clearinghouse: USC Center for Global Education (<http://gloaled.us/safeti/>)  
 Information on English-speaking doctors abroad (IAMAT) (<http://www.iamat.org/>) phone number: (716) 754-4883  
 Electronic Embassy (<http://www.embassy.org/>)  
 The World Factbook (<http://www.odci.gov/cia/publications/factbook/>)  
 Tourism Offices Worldwide Directory (<http://www.towd.com/>)