

Student Field Preparation Guide

NEW ZEALAND AND AUSTRALIA

THE SCHOOL FOR FIELD STUDIES STUDENT FIELD PREPARATION
GUIDE 2009-2010 NEW ZEALAND AND AUSTRALIA

Introduction

This Student Field Preparation Guide is an important tool which includes everything you need to know to prepare for your international education experience! Use it from the time you are accepted to the program, when you are getting ready to leave, while you are in the field and even after you return home.

We begin with a reminder list of the vital tasks you need to accomplish, including what you need to send to SFS and when. There is information about plane tickets, travel documents and insurance, and some helpful safety tips. Next, you will find information about the particular country and Center where you will be spending a semester or summer. Along with some background on these places, we have included a packing list and some suggestions concerning finances to help guide you in planning what to bring with you. There is also information about what life is like at your Center on a day-to-day basis and what to expect as far as living conditions. Finally, we have included some resources on safety and traveling abroad, and details on our school-wide policies. **Please be sure to read through the entire Guide** and don't hesitate to contact your Admissions Counselor with any questions.

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PREPARING FOR DEPARTURE

PREPARATION CHECKLIST

Paperwork and Fees to Send to SFS

All required forms should be sent to SFS:

**The School for Field Studies
10 Federal Street, Suite 24
Salem, MA 01970**

- Nonrefundable deposit of \$650(semester) or \$450 (summer). Due 10 business days after acceptance.
- SFS Financial Aid Application (if applicable). Due 10 business days after acceptance.
- SFS Online Medical Review Form. Due 10 business days after acceptance.
- SFS Physical Examination & Authorization Form. Due 10 business days after acceptance.

No student may enter the field until a current SFS Medical Review Form and Physical Examination & Authorization Form have been reviewed and approved by SFS personnel. Inaccurate, incomplete or fraudulent information on your SFS Medical Review Form could jeopardize your safety and the safety of other students and staff during the program. This may be grounds for not admitting you, recalling you from the program, or restricting your participation in certain activities which may affect the quality of your experience and/or your academic credit.

- SFS Terms and Regulations Contract due 10 business days after acceptance.
- Acknowledgement and Assumption of Risks Form due 10 business days after acceptance
- Credit Registration Form (semester students only). These can be completed electronically through your online checklist at www.fieldstudies.org.
- Final tuition payment. Due 60 days prior to start of program.
- Updated SFS Medical Review Form and Physical Examination & Authorization Form if there are *any* changes to the information before you depart.

Other Preparation To Do's

- Contact SFS alumni on campus or as provided by SFS to learn more about what to expect.

- Obtain passport/Check to make sure your passport is valid.
- Obtain visa for entry into country if necessary. See Passport and Visa section of this Field Guide for more information.
- If you are a permanent resident of the U.S. or an international student returning to school in the U.S after the program, please be sure to have the necessary documentation for re-entry into the United States.
- Obtain required clothing and equipment (see packing list later in this document).
- Make travel arrangements that meet the schedule outlined by the group flight departure and arrival times. (If traveling independently, have itinerary approved by, and submitted to, SFS).
- Prepare with your doctor and a Travel Specialist to cover all your travel plans in the countries where you plan to go. Be sure to review:
 - Your immunization history and requirements for every region in which you plan to travel (some information in the Safety section of this Guide)
 - Your fitness level
 - Medications and prescriptions in sufficient quantities and in their original containers. Check with your insurance company on how to fill prescriptions for several months in advance as you may not be able to find the medicine you need in-country.
 - Any changes in treatment programs
 - Understand what the risks are for each place where you'll be going.
- Make sure you have health insurance (required). You will have to fill this in on your SFS Medical Review Form. Check with your provider to make certain that your policy offers coverage outside of the United States and specifically in the places where you're going. The evacuation and repatriation insurance that you receive from SFS is **not** medical or dental insurance.
- Make arrangements to have student housing/registration/summer employment taken care of before departure.
- Leave Center Address (can be found later in this document) for friends and family to contact you.
- Make two clear copies of your plane ticket and your passport. Take one copy of each with you and leave one copy with a friend or family member.
- Read this Guide carefully in its entirety, including the sections later in this document on life at your particular Center, traveling and living abroad, safety in the country where you'll be going, and SFS policies.**

Optional

- Obtain personal property insurance (e.g. for your laptop computer) if you so desire; SFS does not provide this.
- Purchase travel /course cancellation insurance if you wish. You may want to check with your home university if you are unable to locate a provider on your own. This is different from evacuation and repatriation insurance, which is provided by SFS.

INSURANCE

HEALTH INSURANCE

Students are required to carry health insurance valid in the country or countries of program operation, while enrolled in SFS programs. You will not be allowed to join an SFS program without identifying such coverage. Some insurance carriers do not cover out-of-country medical expenses. Therefore, you should ensure that your medical insurance policy offers coverage outside of the United States and specifically in the country where the program is being held. Those insurance companies that do provide international coverage often do so on a reimbursable basis. Public or private hospitals and clinics in Australia and New Zealand will not accept insurance for payment. In most cases, you will need to secure a payment with a credit card deposit. This means that you will need to have a valid credit card to pay for your medical expenses up front and then request reimbursement when you return home. If your current policy does not provide coverage outside the U.S., the SFS Admissions staff can provide information on affordable short-term insurance options.

In the event that you require medical attention during a program, a staff member will accompany you on the visit(s) to a medical facility. You will be liable for all these incidental expenses, including travel, meals, etc, incurred by all parties involved during these visits. You must pay in full for these expenses prior to your departure from the program.

PERSONAL PROPERTY INSURANCE

SFS insurance does not cover the personal property of students, staff and visitors. You may wish to check on your current policies or purchase some.

TRAVEL INSURANCE

SFS insurance does not cover travel or course cancellation. You may wish to purchase some, so check with Advantage Travel or your travel agent for more information on your options.

EVACUATION AND REPATRIATION INSURANCE

Most insurance companies do not cover medical evacuation costs. SFS provides students with emergency medical evacuation and repatriation insurance through Seabury & Smith. This insurance is effective for the duration of the program and for seven days immediately following the program. You will receive an insurance card during the orientation at the Center. Note: this is **not** the same as health/medical or dental insurance!

Benefits include:

- Unlimited coverage for emergency evacuation.
- \$20,000 for repatriation of mortal remains.
- Assistance services (see below for details)

The travel assistance benefits are provided by American International Assistance Services, Inc., (AIAS), with assistance centers located throughout the world and staffed 24-hours a day, 7 days a week. Some of the services which can be accessed through AIAS include:

- Worldwide, 24-hour medical care location services
- Medical transportation arrangements
- Medical case monitoring, arranging of communications between patient, family, physicians, consulate, etc.
- Arranging medical transportation home after treatment

TRAVEL ARRANGEMENTS

You are responsible for making your own travel arrangements and for paying your travel to and from the program. You have many choices: you may wish to book your ticket over the Internet, through your local travel agent or by working with Advantage Travel Agency to book a seat on the group flight arranged by SFS for most semester and summer programs.

ADVANTAGE TRAVEL AND GROUP FLIGHTS

You are not required to travel on the group flight, nor is it guaranteed to be the cheapest flight available. However, there are a number of benefits to joining the SFS group flight, including:

- You can take advantage of group ticket rates.
- Your itinerary is guaranteed to meet the group pickup/drop off program schedule.
- Advantage Travel has some influence with airlines to make ticket adjustments in the event of last-minute program date changes or cancellation, lost tickets, or other unforeseen circumstances.
- This travel agent is familiar with SFS programs.
- This will be one-stop shopping for your travel plans, both to and from the program and for other trips if you plan to travel during a break or pre/post-program.
- It will be fun to begin your travels with your fellow SFS students!

MAKING YOUR TRAVEL PLANS ON THE INTERNET OR THROUGH A LOCAL TRAVEL AGENT

Be sure to arrive at the pickup location on time! All travel plans must be reviewed and approved by your SFS Admissions Counselor prior to purchase. The Advantage Travel Agency group flight schedule determines the program meeting time at the destination airport, as well as the program departure time and place. We'll meet the group at the airport at the time of the group

flight and coordinate transportation to the Center. If you miss the group pickup time, you are responsible for getting to the Center on your own.

Regardless of whether the ticket is purchased through Advantage Travel or another agent, SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, acts of God, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power or communications. Therefore, The School routinely does not authorize its designated agent to issue tickets until 30 days prior to the start of a program.

If you opt to travel before or after your program, be sure to check with immigration officials regarding your visa status. It's a great idea to arrange all your travel before you leave because the only chance you'll have to exchange tickets is during mid-term break of the semester program (if applicable) or at the end of the summer program.

Be sure to join a frequent flyer program! Also, check with your agent about multiple stops or stopovers; long trips are an excellent opportunity to see other countries or regions for a small fee or at no extra cost, but this usually needs to be arranged at the time of ticket purchase.

PASSPORT AND VISA

You must have a passport to enter all of the countries where our programs take place. Make certain that your passport is valid until six months after the program ends.

Summer program participants will need an Electronic Travel Authority (ETA) in place of a visa. This can be processed by your travel agent (or Advantage Travel).

ABOUT NEW ZEALAND AND AUSTRALIA

New Zealand is an island country with two main landmasses: the North Island and the South Island. In New Zealand, you will be spending all of your time on the North Island. If you "Google" the North Island of New Zealand, then most everything North of Auckland is where you are going to be until you leave for Australia. You will be staying at a variety of different sites that can accommodate student groups.

New Zealand is geographically isolated at 1250 miles (2000 km) southeast of Australia and hundreds of miles south of New Caledonia, Fiji, and Tonga. It was once part of Gondwana, the super continent, but separated from other land masses about 80 million years ago. This geographic isolation over a long period of time has resulted in the evolution of flora and fauna, especially birds, which are unique and often endemic to New Zealand. The main forest types are podocarp and kauri forests (and southern beech in the cooler climates). After the arrival of humans, the introduction of non-native mammals, and severe deforestation, many of these endemic species became endangered or extinct.

New Zealand's extinctions include the moa, Haast's eagle (once the world's largest bird of prey), huia, laughing owl, and flightless wrens. Hunting pressure in combination with deforestation and the introduction of predators caused the extinction of these animals. In addition, five species of vascular plants are believed to be extinct, including Adam's mistletoe and a species of forget-me-not. Although New Zealand has suffered high rates of extinctions, it is now a world leader in island restoration projects, in which invasive species are eradicated and native species reintroduced. Several offshore islands now serve as wildlife reserves that protect endangered species. Recently New Zealand has also been developing mainland ecological islands for the protection of native species.

New Zealand was originally settled by Eastern Polynesians between 700 and 2000 years before present. These people developed a distinct culture known as Maori that dominated the region until the arrival of the first Europeans in 1642. As a result of European settlement, mainly by the British, much of New Zealand culture is British in origin. Maori traditions and culture always maintained a presence on the islands, but there has been a recent resurgence in Maori language, art, and culture. The marae (sacred place used for social and religious purposes) and the extended family still play roles in communal and family life of Maori people.

New Zealand lies at approximately 34 to 47 degrees south, roughly the same as Italy in the Northern Hemisphere. Unlike Italy, New Zealand's climate is free from continental influences and exposed to cold southerly winds and ocean currents. Thus, the climate is mild and temperate with temperatures rarely falling below 32 F (0 C) or rising above 86 F (30 C). Auckland receives the most rain of any New Zealand city at about 50 in (1280 mm) per year.

We have chosen to compare the rainforests of New Zealand's North Island to the rainforests of Queensland, Australia because these two countries share similar Gondwanan ancestry, but have experienced different patterns of indigenous and European settlement and differ in their economic development. You will see many similarities and differences in the ecological, geographical, social, economic, and historical factors that have shaped natural resource management in these countries.

Australia was chosen as the site for SFS's rainforest study program for a variety of reasons. The rainforests of the region have been subjected to all of the abuses that rainforests the world over are now experiencing, only for a longer period of time. However, many of Australia's rainforests are now protected, some are being experimented upon to develop sustainable use strategies, some former rainforest lands are being reforested, and others are retained for agriculture or as pasture. Local governments, resource managers and communities are struggling simultaneously to deal with this shifting mosaic of ecology and economics. In short, Australia is where many of the world's tropical countries will be in 20-30 years, and solutions to Australia's rainforest management and conservation problems may serve as a model for the rest of the world.

The tropical rainforests of Australia cover less than .01% of the country. These forests are found in a narrow, broken belt between Townsville and Cooktown, along the northeast coast of the state of Queensland. The forests are bordered to the east by the Coral Sea and to the west by a "sea" of dry grasslands and eucalypt savannas. Annual rainfall, a key determinant of rainforests, exceeds 5 feet (1.5 meters) per year; yet, within 43.5 miles (70 kilometers) the precipitation may average less than a third of that figure. The shape and size of these islands of rainforest have been greatly influenced by agriculture, ranching and other forms of human activity. As you enter a Queensland rainforest, the multi-tier nature of the forest architecture becomes apparent. The uppermost level is composed of a few emergent trees that penetrate

the upper canopy level. The canopy itself is so dense that the forest floor remains relatively dark, cool, and moist even during periods without rain. The few herbaceous plants that grow on the forest floor have adapted to make the most of every photon of light. The limbs and trunks of many trees support epiphytic plants such as orchids, vines, ferns and strangler figs.

Australia's rainforests are famous for having the world's most diverse assemblage of primitive plant species. Many of these are relic species which have changed little since Australia was connected with South America, Antarctica, India and Africa in the vast super-continent Gondwanaland. Ancient tree ferns and towering kauri pines flourish amongst more recently evolved rainforest species.

The animal life is just as remarkable and unique. Many rare and endemic marsupial species occur in local rainforest fragments. Pademelons, bandicoots, musky rat-kangaroos and a range of possums are frequently seen around the Center's buildings. Tree kangaroos and tiny sugar-gliders may well be seen during an evening of spotlighting in nearby rainforest. At dawn and dusk, platypus can be found playing and feeding in local creeks and many reptiles like the large 15-foot amethystine python may be encountered on warm days and nights.

Queensland rainforests are a birder's paradise. Brush turkeys, birds that incubate their eggs in enormous mounds of decaying vegetation, are seen daily. King parrots, sulfur-crested cockatoos, rainbow lorikeets, and a host of other splendidly colored birds are common.

In July 1988, SFS purchased a tract of 153 acres in northern Queensland to permanently establish the campus of the Center for Rainforest Studies (CRS). The Center property includes approximately 100 acres of (previously) selectively logged primary rainforest, 30 acres of pasture and orchard, and 20 acres of re-growth forest. Several thousand acres of state forest, which have received designation as a World Heritage site, border the property on one side. The rolling terrain of the Center's property ranges in elevation from about 2296 to 2624 feet (700 to 800 meters) above sea level. Local temperatures range from 50°F to 95°F, and average annual rainfall at the Center is about 60 inches.

As is typical of tropical rainforests, species diversity is remarkably high. One 33ft.² (10m²) plot on the property yielded 86 species of trees and shrubs. Vertebrates on the property include marsupials such as the musky rat-kangaroo, Lumholtz's tree-kangaroo, red-legged pademelons, bandicoots and several species of possums. There are spectacled flying foxes (fruit bats), reptiles which include at least 10 species of snakes, leaf-tailed geckos, forest dragons and lace monitors, several species of rainforest frogs, innumerable species of birds including the king parrot and butterflies including the Cairns birdwing and Ulysses.

CRS is secluded. The nearest town is Yungaburra (population 800), a 20-minute drive by car. This small town offers hotel and restaurant facilities, a post office and a supermarket. Cairns (pop. approx. 130,000) is 90 minutes from the Center by car. It is a major tourist destination and hosts an international airport, auto rental facilities and a large resort community serving visitors to the nearby Great Barrier Reef. It is also home to James Cook University, the largest regional teaching and research institution that boasts a strong tropical studies program. The town of Atherton (pop. 8,000) is a 30-minute drive from the Center. This regional center for the Tablelands carries most supplies and is the home to the Commonwealth Scientific and Industrial Research Organization's (CSIRO) Tropical Forest Research Center. The Tropical Forest Research Center contains a library, herbarium and a staff of a dozen or more scientists.

PROGRAM OVERVIEW

The Center for Rainforest Studies' academic and research program emphasizes tropical rainforest restoration and management. Rainforest ecosystems are hot spots of floral and faunal biodiversity. Large areas of Queensland and New Zealand's North Island were once covered with rainforests. However, agricultural and residential development have destroyed and disrupted rainforest habitats and species. Session I compares and contrasts the ecological, geographical, social, economic and historical factors that have shaped natural resource management in far north Queensland and northern New Zealand. Both countries share a similar Gondwanan ancestry; however, indigenous and European settlement patterns and economic development significantly differ between the two countries. Session II works only in Australia, focusing on the techniques used in rainforest research.

ARRIVAL AT THE AIRPORT IN NEW ZEALAND

If your bags are delayed in travel, you should complete a lost baggage form at the airline desk after clearing Customs. Ask a staff member to help you with the address. It is not unusual for bags to get delayed in transit; they usually show up within two days.

WEATHER AND CLIMATE

New Zealand's summer is from December to February, autumn or fall is from March to May, winter is from June to August and spring is from September to November.

Since students will be there during the winter, the average temperature is 59 degrees. During this time of year it rains often and there is not much sunshine! Rain gear is essential; you can find details on the packing list page. You will be on the North Island, so the weather will be milder than other parts of New Zealand, but be prepared for cold!

Cold nights with frost, pleasant days, and occasional prolonged wet weather are all to be expected during June, July, and August. Everyone should be prepared for the sun/sunburn by bring hats and sunscreen. Due to decreased ozone over New Zealand sun exposure is a problem even in their winter.

The Atherton Tablelands, Australia, at 17 degrees south latitude (comparable to Managua, Nicaragua), has two major seasons: a "wet" season, lasting from approximately November through March (the Australian summer), and a "dry" season from April to October (Australian winter and spring). During the Australian winter it can be cold in the mornings and the evenings, please review packing list. The "wet" season is wet and hot and is usually characterized by heavy rains and many cloudy days. The wet season is also characterized by thunderstorms, monsoons, and cyclones, especially from January through March; therefore, bad road conditions often hamper mobility during this season. The "dry" season weather is often cool and can also include rain. Expect to wear a fleece and long pants, and be prepared with wet weather gear if

necessary. Daytime temperatures can get down to 50°F (10°C), with frost on the ground some nights.

WHAT TO BRING

SFS's packing list includes all items that are essential for this program. The list was compiled based on feedback from past students and current staff. You must bring these items with you to New Zealand and then to the Centre as well. There will be few opportunities to shop during the first weeks of the program. Make sure all equipment is in good shape before leaving: check for leaks, broken straps, jamming zippers, etc. In addition, any equipment or shoes that have dried dirt on them need to be washed off prior to packing or you may be delayed when passing through Customs and immigration in Australia.

SFS recommends packing in your carry-on bag: two changes of clothes, basic toiletries, one warm garment, your binoculars and camera and any other essential items that would be needed to survive for three days after arrival; luggage is occasionally misplaced for that long.

Check baggage limitations with your air carrier(s) and test-pack your belongings to make sure you meet baggage requirements. Generally one is limited to two checked items and one carry-on bag. Extra baggage usually costs \$90-\$150 or more per item. Additionally, make sure that you can carry all of your belongings without assistance – and leave some space for souvenirs!

ELECTRICAL APPLIANCES

There are electrical outlets in most of the places you will be staying in while in New Zealand. The electrical voltage in New Zealand and Australia is 240. Some electronics, including most computers, can handle 240 and simply need an adapter to go from an American plug to an Australian/ New Zealand-shaped one, while others cannot and need to go through a voltage converter before connecting. These converters can be found at most electronics stores. It is best to check on the back of each device for the line "INPUT: 100-240. If it does say 100-240 then you just need an adapter. If it says something like 100-110 then you will also need a converter. Adapters (for different-shaped plugs) are available for purchase in New Zealand and Australia, but you should bring a voltage converter with you from the U.S.

REQUIRED CLOTHING AND PERSONAL ITEMS

The rainforest is hard on clothes. Most students tend to leave their clothes behind at the end as the rainforest environment has been hard on them. Mold is another thing to consider especially during the wet season. Many students bring old, sturdy, well-worn clothes to wear in the field. Summer and fall students should be prepared for the possibility of extended cold and damp weather and should bring additional warm clothes. The temperatures can range from 50°F to 90°F with warm days and cool nights. There is no heat in any of the buildings, nights can be cold, and we dine outdoors year-round.

**There is some bug spray, sunscreen, gumboots, work gloves, and notebooks that have been left from previous programs in Australia; however, students should bring what is necessary for the two weeks in New Zealand.

Please keep in mind that this packing list has SUGGESTED amounts listed, please pack according to your own needs.

| Items | Summer Programs |
|------------------------------------------------------------------------------------------------------------------------|------------------------|
| Shorts and T-shirts: Nice shorts are acceptable town wear. Runners may want to bring more. | 3 shorts, 6 t-shirts |
| Pants: Cotton/synthetic blends are best - they dry quickly, and pair that is heavier too for field work. | 3-4 pairs |
| Long-sleeved shirts: Light fabric for working in the field and in the sun, and heavier ones for warmth and protection. | 3 |
| Tank tops | 2 |
| Light sweaters or fleeces | 2 |
| Warm wool sweater or fleece | 1 |
| Waterproof, hooded rain parka | 1 |
| Inexpensive rain pants - optional | 1 |
| Nice clothes: for town and social occasions | 1 set |
| Jeans | 2 |
| Swimsuit | 1 |
| Underwear and socks: including two pairs of wool (light wool) or synthetic (not cotton) hiking socks. | 1 week's worth (min) |
| Gumboots: fairly light, shin-high, water-repellant with good tread (optional, but recommended for spring semester) | 1 |
| Sturdy Hiking Boots, preferably waterproof | 1 |
| Tennis/running shoes | 1 |
| Flip-flops (Highly recommended that students also bring a pair of light closed-toed shoes) | 1 |
| Hat | 1 |
| Wool or fleece hat 1 (summer and fall program) | 1 (required) |
| Sunglasses | 1 |
| Sturdy (e.g. leather) work gloves for weeding | 1 (optional) |
| Towels (1 big towel and 1 face towel) quick dry towels are helpful | 2 |

REQUIRED EQUIPMENT

Items for the cabin

- One set of sheets and a pillow case (twin/standard dorm bed size). Sheets are not provided at the Center but a pillow is
- Warm sleeping bag
- A travel pillow/camping pillow for New Zealand (provided at all but one site)
- Headlamp with several packs of batteries is preferred, although a flashlight will do. Mini-flashlights not acceptable. We do night work where you will need to use both hands, making it difficult to hold a flashlight
- Toiletries (**BIODEGRADEABLE PLEASE!!**). Items can be purchased from the nearest town on Fridays, but be sure you have enough for at least the first week.
- Wristwatch -preferably water-resistant
- Small Repair Kit - needle, thread, safety pins, etc - optional
- Personal First-Aid Kit - with plenty of anti-itch creams, Neosporin, Bacitracin, Tylenol, ibuprofen, Band-Aids, tape, tweezers, anti-histamines, etc. You will find this to be useful
- Travel alarm clock unless your watch has an alarm
- Any necessary over-the-counter medications or prescriptions. Per Australian law, CRS staff is limited in their ability to dispense any medications including Advil, Tylenol, Pepto-Bismol, Tums, etc. Note also that overseas prescriptions are not accepted in Australia. Be sure to bring a copy of your prescriptions with you, however, to prevent delays at customs. You should bring adequate supplies of prescription medications with you to last throughout the duration of the program, in addition to over-the-counter medications like Advil, Tylenol, Tums, etc.
- MOTION SICKNESS PEOPLE!!**—The highway to the center is VERY windy, long, and can make people nauseous!! As well, you will find yourself in the SFS vans for long amounts of time and if you plan on going out to the Great Barrier Reef—**PLEASE BRING SOME DRAMAMINE!** (if going out on the reef you may be able to purchase sea sickness medication on the boat but they tend to be more expensive). There is some good over-the-counter medicine (Quells) that you can purchase in pharmacies.

Items for the field and classroom

- Spiral-bound Notebooks (there is an option to reuse extra notebooks from past students available at the centre), pens and pencils. Paper in Australia is a different size than paper in the U.S. so you should not bring folders. You can purchase folders in Australia during a trip to town.
- Daypack - small backpack suitable for taking gear into the field
- Sleeping pad/Therma-rest/cell foam pad for camping a few nights - semester and recommended for Summer I students only
- Binoculars – preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine. If you are interested in birding, we recommend that you pay the extra amount to procure good quality binoculars. Either way, binoculars are required. Borrow them if you cannot buy them. Make sure they are properly aligned before you leave
- Ziplock baggies - for waterproof storage (gallon ones are best for size)
- 2 Compression ("Ace") bandages - must be carried with you at all times and in particular on ALL hikes for snakebite treatment or sprains
- Tupperware/Rubbermaid container - one for packing lunches
- Two water bottles -1 liter capacity each
- Flash Drives/ USB memory sticks. Recommend at least 1 GB. You will use these to take your work and photos home with you at the end of the program. (there tend to be a lot of pictures to take home)

OPTIONAL CLOTHING AND EQUIPMENT

- Laptop computer—While in New Zealand students will be given the opportunity to use the internet on occasion while in towns. The cabin-like facilities will NOT have computers nor will they have wireless internet. Read below for information regarding while in Australia.
- Laptop computer. Students are HIGHLY encouraged to bring their own personal laptops for the added convenience and freedom that they provide. There are a limited number of computers at the site (5), so you will appreciate having an alternative when the Center computers are in high demand. As a general recommendation, this should be a PC or Mac compatible laptop less than 6 years old, containing Microsoft Office 2000 or later software, or office software that can export Microsoft Office compatible documents. To easily transfer your work between Center computers and your laptop, please bring a USB flash drive (also known as a USB keychain drive, USB micro drive, or USB thumb drive), with a capacity of at least 1GB (gigabytes). You should also bring a portable surge suppressor, a laptop carrying case, and a security cable or lock to protect your laptop. For Australia, you will also need to confirm that your laptop can accept 240v power, and you will need a standard Australian 3-prong power adapter to connect to the Center's power outlets.
Note: SFS cannot accept responsibility for ensuring the safety of students' personal computers, either onsite or in the field. Personal laptop insurance coverage can often be obtained through the credit card used to buy the equipment (check with your credit card company), or through homeowners' insurance. Please bring a portable surge suppressor, carrying case, and security cable or lock to protect your laptop.
- Camera equipment: digital or film (if you are using film please know that it is expensive to buy).
- Lightweight blanket –Past students suggest bringing one for the very cool nights (**AND A SLEEPING BAG**, you will definitely need this in New Zealand)
- Pocketknife (Do NOT carry this in your carry-on luggage.)
- A small botanical hand lens (10x magnification). Recommended for those interested in plants.
- IPOD, CD player, or Walkman – Please bring earphones so others can have quiet time especially if you have MINI speakers
- Guitar or other musical instrument
- Journal
- A small, packable umbrella
- Gaiters/canvas oversocks
- Games to play during free time on rainy days
- Laundry bag

FINANCES

Listed below is a partial cost estimate for the SFS program in New Zealand and Australia. However, the total amount will vary significantly with each individual's pre- and post-program

travel plans, souvenir and equipment purchases, and expenses during days off, or weekly incidentals such as snacks, film developing, magazines, etc.

Past students have found it easiest to bring New Zealand cash, an ATM card and a major credit card for emergency purposes. If you arrive without cash, you should be sure to get some (\$100NZ or more) using your ATM or credit card once you arrive at the airport in Auckland. Traveler's checks in U.S. dollars can only be exchanged at banks and the process is extremely time-consuming. **You should not bring U.S. dollars or U.S. traveler's checks.** Note that personal checks are not accepted, even by banks. Major credit cards are generally accepted in New Zealand and cash advances are possible with VISA, Mastercard, or Cirrus at ATMs (make sure you have a pin number for your credit card).

ESTIMATED COSTS (US DOLLARS)

| Expenditure | Summer |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Airport departure tax This may be included in the cost of the airline ticket so you should check with your travel agent | \$25 |
| Spending money (4 weeks) | \$400-\$600* |
| Program break (Summer Combined only) | \$ 250 |
| Textbook purchase at Center (plan to make purchase in Australian dollars) | \$60 |
| TOTAL | \$735-\$935 |

*You will need to pay for any optional activities during your free time. Occasionally, students like to arrange an activity in their free time or arrange to go out at night. Public transportation from the Centre, depending on the destination and number of passengers can range from AU\$5 to AU\$40. On a free day or after the program, many students book trips to the Great Barrier Reef, departing from Cairns (about 1 hour's drive from the Centre). A dive or snorkel trip generally ranges from AU\$60-\$200. While here, students often like to remember their group by making a t-shirt, which costs around \$20. As a rough estimate, for one month an average student might spend about AU\$200-300, but could easily be up to \$500+ depending on spending habits and activities.

If you chose to do an overnight away from the center, a hostel in Australia will be \$25 AUD and higher for a night. A meal will cost anywhere from \$10-30 AUD ranging from a sandwich to a sit down dinner.

Also, many students decide to purchase a Didgeridoo (a musical instrument). Be aware that this costs approximately \$180 AUD to purchase plus \$90 AUD more to ship home. Alternatively, you are allowed two checked bags on Qantas and a packaged didgeridoo could be checked as a second piece of luggage free of charge if you arrive with only one checked bag.

As a general note, prices in Australia are quite a bit higher than in the US.

FACILITIES

The facilities in New Zealand will vary. Students are going to be staying in a couple of different locations through out the two weeks. The facilities will be relatively the same as the ones at the Center in Australia. At all of the places there will be basic cabin accommodations, shared bunks/bathrooms, etc and possibly these as well:

- A lecture classroom with desks to store materials
- Kitchen and outdoor dining facilities
- Common space for socializing
- Laundry facilities are only at one location and will be limited for student use. Only for emergencies! There will be no access to dryers in New Zealand. Pack well!

In Australia, the SFS Center for Rainforest Studies site is called Warrawee, which means “you are welcome here” in the local aboriginal dialect. The Center is located in the foothills (elevation of 2624 feet, or 800 meters) of the Lamb Mountain range at the northern edge of the Atherton Tablelands. Surrounded by forest are four eight-person student cabins (22' x 22' each), which house up to 32 students in dorm-style bunk beds. The cabins are a **short** walking distance away from the male and female restroom blocks with shower and toilet facilities. Faculty lives in two duplex-style cabins.

The Center's main administrative building includes:

- A lecture classroom with desks to store materials
- A library with books, reprints and student Directed Research papers
- A computer room with eight Dell Pentium computers for students
- Offices for Center staff
- Kitchen and outdoor dining facilities
- Common space for socializing with a ping-pong table and a dartboard
- Laundry facilities: two washers (center has soap) and two dryers—**DRYERS** are regularly locked because they use a lot of energy! No worries, there are plenty of places to hang-dry your clothing!

RESEARCH EQUIPMENT

In keeping with SFS' commitment to observational, non-destructive field research, the Center maintains an inventory of dissecting microscopes and a variety of sampling and measuring equipment appropriate for use in the field and the classroom. The Center has a small laboratory, but most research is done in the field.

LIBRARY AND COMPUTERS

In Australia: The Center library consists of about 700 books, several thousand reprints and 100 or so novels. The focus of the academic collection is on topics relevant to the Center and includes past students' Directed Research papers. You are encouraged to bring reading and research materials that can be left on site. This collection is NOT an exhaustive library of all

resources necessary for your assignments and research, but a collection appropriate for a field station. Though SFS does its best to update books accordingly, you should plan to rely also on the databases and online library available to you through your home institution.

At a minimum, there will be eight networked student computers available, running Microsoft Windows XP and Microsoft Office software. Access controls on all student computers will prevent additional software installations and settings changes.

If you have your own laptop, you are highly encouraged to bring it to the Center. This can help alleviate some of the stress involved during critical assignment periods, when computer access is in high demand. As a general recommendation, this should be an IBM or Mac compatible laptop less than 6 years old, containing Microsoft Office 2000 or later software, or office software that can export Microsoft Office compatible documents. Files can be transferred between your personal laptop and the Center's computers for printing or other purposes, using your own USB flash drive or CDRs. You will not be able to connect your laptop directly to the Center network or printers. Floppy disks and zip disks are not reliable in this environment and are therefore not recommended. You should also bring a portable surge suppressor, a laptop carrying case, and a security cable or lock to protect your laptop. For Australia, you will also need to confirm that your laptop can accept 240v power, and you will need a standard Australian 3-prong power adapter to connect to the Center's power outlets.

SFS cannot accept responsibility for ensuring the safety of students' personal computers, either onsite or in the field. Personal laptop insurance coverage can often be obtained through the credit card used to buy the equipment (check with your credit card company), or through homeowners' insurance.

All assignments can be saved to your network storage folder, which will be backed up by the network at the end of each day. This folder can be burned onto a CDR prior to departure from the program. You will be responsible for backing up and managing files saved on your personal laptop or in any other location outside of your network storage folder. **Be sure to take your project data with you upon completion of the program, as it will not be available from SFS later.**

FOOD AND CLEANING

There is nothing foreign about food in Australia or New Zealand to the American palate. There are abundant quantities of fresh meat, fish, dairy products, fruits and vegetables. All food at the Center is purchased locally, prepared by the Center and served buffet-style. The Center employs a cook (students may help with cooking in New Zealand if there is no cook) for the main evening meal, Monday through Friday; at other times food is prepared by staff and students. Everyone shares in cleaning and other mealtime chores. You can generally expect breakfasts of cereals and fruit; lunches of peanut butter & jelly, cheese, salad and meat sandwiches or leftovers; and hot suppers of vegetarian and meat dishes. Vegans will need to be flexible and prepared to bear the burden of cost associated with their special dietary requirements. It may be difficult to accommodate exclusive dietary requirements. If your requirements are extreme, please contact your SFS Admissions Counselor to discuss a solution.

Groups of students will rotate to help cleaning and composting every day after each meal. Also, there is a once a week general cleaning of the center done by the students and the staff. This includes the dorms, work in the garden and perform other Center maintenance tasks. This is part of the aspects of sustainability we are learning at the Center. Several hours are scheduled each week for a thorough site clean-up. This is in addition to the daily chores such as kitchen duty.

SPECIAL DIETARY/RELIGIOUS REQUIREMENTS:

Although past vegan students have found our meals to be both delicious and sufficient, please be prepared to bear any additional costs associated with veganism or any special dietary requirements. It may be difficult to accommodate exclusive dietary requirements; please contact your SFS Admissions Counselor to discuss any of your questions regarding your diet.

Also, if you have questions regarding a religious holiday which falls during program time, PLEASE contact your Admissions Counselor immediately upon acceptance. We will try to accommodate students' religious observances. However, schedules often involve complex coordination with many parties and reservations are often made months in advance. Any missed program time will necessarily need to be made up. (Please see Time Off Policy on page 38)

A TYPICAL DAY AT THE CENTER

6 DAYS A WEEK, ONE DAY OFF

Generally classroom lectures, if held, are before lunch; time after lunch will be in the field. Occasionally there are long classroom days or (more frequently) full days in the field. In reality, though, while there is no typical day at CRS, here is an idea of what you can expect.

6 days of class or field time a week, one day off each week

Sample Day 1 New Zealand

| Start Time | End Time | Description |
|-------------------|-----------------|-------------------------------------------------------------------------------------------|
| 0630 | 0900 | Breakfast, pack lunch & trailer, Kiwanis Clean-up |
| 0900 | 1030 | Travel to Wenderholm |
| 1030 | 1200 | Field Lecture. Wenderholm Regional Park – Mainland Islands – Maungatauhoro Te Hikoi track |
| 1200 | 1300 | Announcements + lunch at Wenderholm |
| 1300 | 1400 | Travel, stop in Warkworth for snacks |
| 1400 | 1600 | Travel to Marae |
| 1600 | 1900 | Settle in, briefing on visit, dinner |
| 1900 | 2030 | Q+A – Maori culture |

Sample Day 2 Australia

| | | |
|------|------|----------------------------------------------------------------------------------|
| 0700 | 0800 | Breakfast |
| 0800 | 1130 | TREAT/Landcare : Rainforest restoration practices |
| 1130 | 1215 | Lunch at Lake Barrine - check forestry display |
| 1215 | 1245 | Field Lecture. Lake Barrine: Logging history of the Atherton Tablelands |
| 1300 | 1400 | Lecture. NRM policy in OZ |
| 1415 | 1515 | Lecture. Ecological restoration & restoration ecology – Principles of rainforest |

| | | |
|------|------|------------------------------------------|
| | | restoration |
| 1530 | 1630 | Lecture. Fauna Conservation in Australia |
| 1630 | 1800 | Warrawork |
| 1815 | 1915 | Dinner |

TYPICAL WEEK

The weekly schedule at CRS and in New Zealand will vary significantly from the beginning of the program to the end. The academic program is delivered over a six-day week. During program time (6 days a week) you will find yourself following a rigorous schedule, however, one must be very flexible for changes occur all of the time!

Throughout all programs, one day a week is reserved for studying and relaxing. While staff are provided with periodic days off throughout the program period, at least one staff member is always on duty at the Center.

After the first few days of orientation, the first 2/3 of the program will include a minimum of 22 hours of contact field work or lectures each week.

STUDENTS AND THE LOCAL COMMUNITY

During your program, you are a member of the wider North Island and Atherton Tableland community. There are many occasions when you will be expected to interact with the local residents in both academic and informal situations. Please remember that what is considered acceptable or appropriate varies from culture to culture and be sensitive to this when you are away from the group or interacting with community members. The staff will brief you on this in more detail during Orientation.

You may have the opportunity to present the findings of your research to local residents, be they farmers, regional planners or local schoolchildren. Some past SFS groups have designed environmental education programs and led interpretative nature walks for local grade school students. You will work closely with volunteers for local tree-planting organizations in all phases of reforestation including seed collection, germination and seedling care and replanting.

Numerous outings and social occasions will provide you with the opportunity to appreciate Australian culture.

MID-PROGRAM BREAK (Summer Combined students only)

The Summer Combined program includes a five-day break, during which time you are free to leave the program and travel on your own or in a group. The Center is closed during this break and you are responsible for yourself during this time. Some students meet up with friends or family or choose to travel with other students or on their own.

Before the mid-program break, staff will brief you on current health and safety concerns as well as necessary precautions for traveling in the host country and/or surrounding countries. You are advised to travel in groups of two or more and will be given emergency contact numbers to carry with you during the break. Center staff will also ask that you submit a rough itinerary, with phone numbers where possible, prior to the break.

Please contact your SFS Admissions Counselor with any concerns regarding the mid-program break.

COMMUNICATIONS

MAIL

There is no opportunity to receive mail in New Zealand. In Australia, make sure your friends and family know the Center address and remind them that letters sent to Australia from the USA should be marked "AIRMAIL." The average one-way travel time for airmail to Australia from the USA is 10-14 days; 14-16 weeks for surface. Postage from Australia to the U.S. costs about \$2.20 Australian per letter. Please tell family and friends not to send any mail during the last three weeks of the program; you will not receive mail if it arrives after you have left the program.

Mail should be sent to:
Student Name
SFS Center for Rainforest Studies
P.O. Box 141 Yungaburra
Queensland, 4884 Australia

Packages should not be sent for summer program students, but if necessary they can be sent to the center in Australia. When sending a package to Australia, the sender will have filled out a declaration of value and you, the recipient, may incur a duty charge, depending on the item(s). The duty may be as much as 40% of the purchase value, and invoices or sales slips should be enclosed in the package as proof of value. Australia has a number of strictly enforced prohibitions on items that may be mailed into the country; therefore, please refer to the list on the following page. Packages may be opened and examined by customs officers and if any of the prohibited items are included in a parcel mailed to the CRS, it will be subject to quarantine. This will cause severe delays and the possibility that the addressee will be subject to a fee for these prohibited items as well as the possibility that the package will never be received. A relatively small amount of clothing, packaged food (with the exception of the prohibited items list below), and personal hygiene items — typical care package items or the like — are usually not taxed. Any item over \$200 AUS (\$140 USD) in value is subject to significant import duty, usually around 30% of the proven value. You will be liable for any duty charges on items received at the CRS and normally packages cannot be sent back without paying. **THIS CAN BE AVOIDED IF**

YOU WRITE "GIFT" ON OUTSIDE OF PACKAGE AND NOT ITEMIZING THE CONTENTS!!

PROHIBITED ITEMS (Most of these items are food and plant items)

Popcorn
Mayonnaise
Moon Cakes
Fresh noodles containing egg or meat
Fresh fruit and vegetables
Packaged meals containing egg, dairy products or meat
Meat and meat products fresh, dried, frozen, smoked, salted, canned, including stock and meat snacks
Salmon and trout, fresh or dried
Cheese
Beans, dried or fresh
Salami, fresh or preserved
Sausages, fresh or preserved
Milk and dairy products including butter
Seeds
Plant materials

More information can be found at the website for Australian Quarantine and Inspection Service <http://www.affa.gov.au> and <http://www.maf.govt.nz/quarantine/> for the NZ information. Please share this information with anyone who may want to send packages to the Center.

Again, the CRS will not return/forward mail or packages after the completion of a program.

Students who plan to travel after the program often try to lighten their baggage by sending gear home. Surface freight is the least expensive way to do this, generally costing \$60-\$100 per 40 lb. package and taking 10-14 weeks in transit. Parcel size is limited to items of less than 3 feet in length and 3 feet in circumference. Airmail is many times more expensive. You should expect about two weeks for delivery.

TELEPHONE

In New Zealand, you will not have access to a telephone at a majority of the sites. Occasionally you will be able to use a pay phone or visit an internet café, as the opportunity arises. In Australia the Center has a student telephone to which you will have access for outgoing calls. This phone does not accept incoming calls, and all outgoing calls must either be made collect or with a calling card. Pre-paid calling cards offer reasonable rates of AUS 5-10 cents/minute (plus AUS 25 cent connection fee) and past students have found them to be the easiest and most reliable way to place a call. Students can purchase them here at either service stations or online. If you opt not to purchase a pre-paid calling card from the Center, you should secure an AT&T, Sprint or MCI calling card. When securing one of these calling cards, verify that the card can be used for placing calls from Australia to the country(ies) where you plan to be phoning. While 1-800 numbers work in the USA, they usually do not work in Australia so if a carrier provides a 1-800 number, make sure to ask for an alternative number that can be used. Again, the Center

strongly encourages purchase of the pre-paid calling cards that are available in nearby towns as the rates are often better and past students have had mixed success using calling cards purchased prior to the start of the program including those through the carriers mentioned above. The cost of a call without a plan to the U.S. is about \$1-\$1.50 per minute.

INTERNET

In New Zealand you will have sporadic access to internet, usually when visiting an internet café in town as the group passes through. In Australia internet access is available for students 24 hours a day at the Center to support research and educational work. Remember, we are in the rainforest—not at an internet café! It is NOT as fast as normal.

Skype is not allowed at the center, since the capacity of the internet cannot accommodate everyone using it to make calls!

Also, in order to maintain the stability of the network, the following actions are prohibited:

- Downloading any non-research related files.
- Downloading large files, especially audio/video files.
- Downloading or running any software applications, including plug-ins and scripts.
- Using any Internet application other than Internet Explorer.
- Gaining unauthorized access to remote Internet systems or abusing Internet systems or Internet users.
- Taking actions that compromise the security of the center network.
- Representing The School for Field Studies in any manner.
- Distributing SFS-owned knowledge or propagating falsified information about SFS.
- Spamming, hacking, virus distribution, etc.
- Illegally copying or redistributing copyrighted material.
- Viewing pornographic or illegal content.

In the event of any violation of this policy, SFS reserves the right to suspend or terminate any or all Internet access.

NEWS FROM THE FIELD

Be sure to let your friends and family know that SFS publishes News from the Field every two weeks on our web site (www.fieldstudies.org). This includes photos, updates from the Center Director and Student Affairs Manager on what students have been doing most recently, and quotes from students with their thoughts about their experience. It's a great way for your loved ones to follow your exciting adventures!

EMERGENCY CONTACT

Emergency contact should be made with The School for Field Studies Headquarters office in Salem, Massachusetts at 978-741-3544. Office hours are 8:30am to 5:00pm (Eastern time) Monday through Friday. At all other times SFS maintains a 24-hour emergency message system while students are in the field. This system is for reporting family emergencies that require immediate contact with a student in the field, or to report a problem with a student in transit to or from one of the SFS field stations. To leave a message, which will page a staff member, call 978-741-3567, once prompted, press “2” for the emergency system. While headquarters’ staff know the whereabouts of student groups at all times, it may require 24 hours or more to make contact in some cases.

NOTE: Problems or emergencies that arise in the field will be reported directly to the SFS Safety Director. SFS will then contact appropriate parties as necessary.

SAFETY EDUCATION

In some areas where our programs operate the average local five-year-old has vastly superior knowledge about what is important in order to keep safe than our students do upon arrival. Learning to observe and interpret what is going on around you is a desirable skill that may enable you to effectively minimize risks, make better-informed decisions and mitigate the consequences of undesirable events. Like most skills, it takes some time to develop. The following section will help guide your behavior while you are learning and help facilitate the process.

This section (Traveling and Living Abroad) presents traveler best practices and lists a number of information resources. This will serve you during your SFS program time, as well as during travels before or after the program, and during break and free time. In addition, during your on-site orientation you will learn about potential local hazards, safety systems, Center specific rules and the local Operational Objectives. In addition, you may have discussions based on case studies and on your experiences and those of your group members.

TRAVELING AND LIVING ABROAD

COUNTRY INFORMATION

US State Dept. Country by Country Background Notes: <http://www.state.gov/r/pa/ei/bgn/>

US Embassies and Consulates: <http://usembassy.state.gov/>

CIA Country profiles including geography; people; government; economics; transportation; communications: <https://www.cia.gov/library/publications/the-world-factbook/index.html>

For Government Worldwide Travel Advisories

The following sites contain information on road/travel safety, the political situation, laws, medical facilities, crime, political strife, terrorism, etc:

US State Dept., Bureau of Consular Affairs: <http://travel.state.gov/>
Australian Dept of Foreign Affairs and Trade: www.smarttraveller.gov.au
United Kingdom Foreign and Commonwealth Office: www.fco.gov.uk
Canadian Dept of Foreign Affairs and International Trade: www.voyage.gc.ca/dest/index.asp

Personal Safety

Adapted from the USC Center for Global Education Study Abroad Safety Handbook

According to travel and study abroad experts, most of the incidents resulting in injury or death of students while participating in study abroad involve:

- Travel/traffic accidents
- Use and abuse of drugs or alcohol
- Sexual harassment and assault
- Crime/petty theft
- Mental health issues/stress
- Diseases and illnesses that exist in the host country

Some Best Practices for Mitigating Personal Safety Risks

Precautions When Accepting Food and Drink: Be cautious about accepting drinks from a stranger, alcoholic or non-alcoholic. Be cautious about accepting food from a stranger.

Risk upon Arrival: Travelers, especially those having just arrived abroad, are often targets of crime and at higher risk of harm, because they:

- Are unfamiliar with their surroundings
- Might not speak the local language well
- Are clearly recognizable as foreigners
- Have not yet learned the social norms or unwritten rules of conduct
- Are eager to get to know new people and the local culture
- Are naive to the intentions of people around them
- Are carrying all their valuables with them when they first step off the plane, train, or boat

Keeping in Control: In addition to the circumstances involved with being new in a foreign country, which are often beyond one's immediate control, there are many situations that you can control. Some controllable factors that place you at greatest risk include:

- 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 under the influence of alcohol or drugs.

Non-verbal Communication: Non-verbal communication (such as body language and hand gestures) considered harmless in the U.S. may be offensive to people in other countries. The list of gestures considered rude in other countries can grow beyond the obvious.

Sexually-Transmitted Diseases: Keep yourself free from sexually-transmitted diseases by using protection (like condoms or abstinence). Also, remember that “no” may not always be interpreted as “no” in other countries. Inform yourself about the types of diseases prevalent in the area in which you are traveling. Unprotected sex puts one at risk for acquiring a sexually-transmitted disease, including HIV. Traveling abroad can be romantic - beautiful scenery, a new culture, none of the constraints of home. Do not however, let the romance overwhelm your common sense. If you do decide to have sex, you should make sure that it is protected sex.

International Sources of Information: Inform yourself about your new environment, making use of as many different sources as possible – the Internet, the library, television and radio news programs, and the newspaper. Don’t limit yourself to U.S. sources. Instead, contrast the U.S. information with that provided by other countries.

Understanding Locals: Beyond tuning into yourself, make it a point to try to understand what locals are communicating to you, how they feel about you and about U.S. citizens in general, how you are fitting with their values, and how well you understand them. Obviously a stronger grasp of the local language will help you with these things, but even knowing a few essential phrases can be immensely beneficial.

How to Dress: It is often best to dress conservatively – by local standards, so you can’t be identified on sight as a tourist or a U.S. citizen.

Jewelry and Other Valuables: Any time or place you travel, be careful with your valuables. Leave your good jewelry at home, and keep money in a safe place like a money belt or hidden pouch under your clothes. Keep a low profile with regard to your camera and electronic equipment, and keep your bags with you at all times.

Becoming Aware of Your Surroundings: You should be aware of your surroundings, remembering to:

- Pay attention to what people around you are saying
- Find out which areas of the city are less safe than others
- Know which hours of night are considered more dangerous
- Stay and walk only in well-lit areas
- Avoid being alone in unfamiliar neighborhoods
- Know where to get help (police station, fire station, phones, stores, etc.)
- Do not touch suspicious items like letters or packages mailed to you from someone you don’t know
- Know what is "normal" and "not normal" to see on a daily basis in the areas you frequent
- Do not respond to explosions or gunfire by going to a window; seek cover away from windows and exterior walls

Effects of U.S. Foreign Policy: The foreign policy of the U.S. does not always sit well with citizens of foreign countries. In some cases, Americans living abroad can be targets of the frustrations of these individuals. Consider the nature of the political climate and relations between the U.S. and the countries you plan to visit.

Crimes against U.S. Citizens: There are some steps you can take to avoid being targeted for politically-motivated crime or anti-U.S. crime in general. Try to assimilate your style of dress and mannerisms as much as possible into the local norms. "Dressing like a U.S. citizen" (or any way conspicuously different from local people) can make you a target.

Political Rallies: Avoid political rallies, which can increase tensions and emotions or breed angry mobs for which a U.S. citizen may serve as a scapegoat.

Health: Every region has its own unique health challenges. We strongly recommended that you consult with a travel medicine clinic or physician who can look at your travel itinerary and your personal health profile and work with you to devise a health strategy for your travel, including all appropriate vaccinations, medications and treatment options.

To locate a travel medicine clinic as well as for information on destinations, outbreaks, diseases, vaccinations, insect protection, safe food and water, and medical emergency preparation: The Center for Disease Control: <http://www.cdc.gov/travel/>

Disease maps; health risks and precautions; travel by air; environmental health risks; accidents, injuries and violence; infectious diseases; vaccine-preventable diseases; malaria; blood transfusions, etc.: <http://www.who.int/en/>

SOME HEALTH CONSIDERATIONS

MEDICATIONS

You should bring enough over-the-counter and/or prescription medication to last throughout the program and your travel before or afterwards, if applicable. Keep it in its original container (this will be helpful when passing through customs). Please make sure that all medication is noted on the SFS Medical Form. Program staff will check in with you on your medication requirements (storage, schedule, etc.) during the orientation at the Center. Per local laws, staff may be limited in their ability to dispense over-the-counter and prescription medications.

SPECIAL MEDICAL CONDITIONS/NEEDS

If you have any allergies or special conditions which might lead to sudden illness (such as asthma, diabetes, bee sting or penicillin allergies, etc.) you must inform the staff of possible reactions. You should also consider discussing these with the rest of the student group during the orientation at the Center so that other people will know how to react in case you suddenly need assistance or medication. If you have any critical medications, you must carry them with you at all times and should report these medications on their SFS Medical Form. SFS also

recommends that students consider wearing a medical alert bracelet describing any special medical conditions.

If you have asthma, even if you have not had any problems for years, you should bring an inhaler and all the necessary medications because past students have found that asthma acts up in some of the environments where our Centers are located.

FOOD (FROM THE CDC)

To avoid illness, travelers should be advised to select food with care. All raw food is subject to contamination. Particularly in areas where hygiene and sanitation are inadequate, the traveler should be advised to avoid salads, uncooked vegetables, and unpasteurized milk and milk products such as cheese, and to eat only food that has been cooked and is still hot or fruit that has been peeled by the traveler personally.

Undercooked and raw meat, fish, and shellfish can carry various intestinal pathogens. Cooked food that has been allowed to stand for several hours at ambient temperature can provide a fertile medium for bacterial growth and should be thoroughly reheated before serving. Consumption of food and beverages obtained from street food vendors has been associated with an increased risk of illness.

PROTECTION FROM INSECTS

Travelers should be advised that exposure to spider and insect bites can be minimized by modifying patterns of activity or behavior. Some vector mosquitoes are most active in twilight periods at dawn and dusk or in the evening. Avoidance of outdoor activity during these periods can reduce risk of exposure. Wearing long-sleeved shirts, long pants, and hats minimizes areas of exposed skin. Shirts should be tucked in. Repellents applied to clothing, shoes, tents, mosquito nets, and other gear will enhance protection.

When exposure to ticks or biting insects is a possibility, travelers should be advised to tuck their pants into their socks and to wear boots, not sandals. Permethrin-based repellents applied to clothing as directed will enhance protection. Travelers should be advised to inspect themselves and their clothing for ticks, both during outdoor activity and at the end of the day. Ticks are detected more easily on light-colored or white clothing. Ticks should be promptly removed from skin by using tweezers to firmly grasp the head and then slowly pull back. Bite should be cleaned well with an antimicrobial soap or alcohol etc.

HEALTH AND SAFETY IN NEW ZEALAND AND AUSTRALIA

In this section, we present some of the health and safety issues for New Zealand and Australia. Statistically, the most common injuries sustained by students on SFS programs are recreational

in nature and the most common medical problem is traveler's diarrhea. However, international traveling and living presents potentially significant health and safety challenges.

DISEASE

Queensland, Australia has its own unique health challenges. It is strongly recommended that you consult with a travel medicine clinic or physician who can match up your health profile with this region and any other areas where you may plan to travel, and work with you to create a health strategy that includes vaccinations, etc.

Please see <http://www.cdc.gov> for a list of immunizations recommended by the Centers for Disease Control and Prevention (CDC), including routine immunizations (vaccines that are given to all children in the United States and that are usually required for matriculation into elementary school and into college) and immunizations especially for the country where you will be traveling.

Immunizations Recommended by the CDC Specifically for Travelers to New Zealand and Australia

There are no special vaccine recommendations for travel to New Zealand or Australia. "International travelers to Australia and New Zealand will, in general, not be subjected to the hazards of communicable diseases to an extent greater than that found in their own countries."(CDC). There are a number of mosquito and tick-borne diseases found in the Queensland region and protective measures are recommended. If you plan to travel in the Pacific outside of Australia or in Asia, the health risks may be very different, and you should consult with a travel medicine specialist as to what additional measures may be required.

OTHER HAZARDS

Some of the hazards associated with this SFS program, field work and living in New Zealand and Australia are described below. While SFS has tried to anticipate as many risks as possible, you may nonetheless encounter risks that are not described below.

SUN EXPOSURE: The possibility of sunburn is very real, especially in New Zealand (even in their winter). You should bring one bottle of waterproof sunscreen with an SPF of at least 30 for each month of the program. Not only for short-term comfort but also for long-term health, you need to wear sunscreen at all times while outdoors. Also, bring a hat with a brim, sunglasses, and lightweight, long-sleeved, light colored clothing to wear in the sun.

VENOMOUS SNAKES: Several species of venomous snakes inhabit Queensland and some of these may be found on the Center property. In reality, the snakes on the Center property are very timid and will avoid humans whenever possible. The risk of snakebite is extremely low and expert treatment is readily available. You will be briefed on common sense precautions and the appropriate response to snakes when they are encountered. You will also be taught appropriate first aid for snake bite.

SALTWATER CROCODILES: These are common in estuarine and coastal mangrove waters along the Queensland coast and are a serious hazard to those who swim in these areas. You will not be swimming in any of these areas on program time. Swimming in the lower calm sections of many freshwater rivers before or after the program, or during free time, is not advisable.

STINGING TREES: The leaves of these trees are covered with tiny silica hairs that inflict a painful sting that lasts from several days to several months. There is no effective treatment for the sting except time. The plants are easy to recognize and the staff will teach you which to avoid.

LEECHES: You will frequently encounter leeches in the field, particularly during the wet season. Although they carry no diseases, some people experience local itching and swelling if bitten.

TICKS: Ticks are fairly common during the dry season. Most are harmless and can simply be removed with tweezers. Bites from the rare shellback tick have been known to cause paralysis or even death in a few rare instances. No serious problems with these ticks have been experienced by SFS students. Under normal circumstances and health, victims suffer only mild discomfort. SFS staff members will teach you search and prevention techniques.

MEDICAL CARE

Staff provide initial first aid in the event of an accident or illness. Student Affairs Managers have Wilderness First Responder certification (72-hour emergency medical training).

Our sites in New Zealand are often isolated from medical care, but access to major hospitals can be provided in the event of an emergency. Medical care at hospitals and clinics in both New Zealand and Australia is comparable to similar care in the United States.

The Center is located within 30 minutes of a modern hospital in Atherton and within an hour of a major metropolitan hospital. For illnesses and injuries requiring professional medical attention, we use hospitals and clinics that are normally staffed by doctors and nurses in Atherton. SFS subscribes to an ambulance service and has access to helicopter evacuation. You will bear the costs of visits to the hospital, including the costs for an SFS staff member to accompany you.

WHAT'S UP WITH CULTURAL ADJUSTMENT?

DEFINING CULTURAL ADJUSTMENT

Think about how you are feeling now as you prepare to go abroad with an SFS program. Are you feeling excited? Anxious? Overwhelmed? Content? Afraid?

Now, think about how you might feel when you first arrive at your host country. Will you feel high on life? Bombarded by the newness of it all? Jet-lagged? Irritated or humbled by the reality that you are unable to communicate as well as you are used to being able to?

How will your emotions and thoughts change with time after the initial high of arrival? Will you be amazed and/or frustrated by the differences between how things are done at home and how things are done at your temporary home abroad? Confronted with these differences, will you question values you held and always thought were in the “right”? Will you grow in depth of thought and sense of self? Will you be unbearably homesick and seek out a friend to talk with?

It may seem like a very long time from now, but imagine returning home after study abroad. How do you hope you have changed as a result of your time abroad? How will others see your new personal, cultural, social, and academic developments? Will it be easy to reconnect with family, friends, and your community? Will it take effort? How will you communicate your experiences and developments and help loved ones take part in an important period of your life?

The flow of emotions and experiences above describes the cultural adjustment process that many students move through before, during, and after their study abroad terms.

So, what *is* cultural adjustment? Most simply put, cultural adjustment is the process of adjusting to a different cultural context. It is the process of filtering through initially identifiable differences in eating style, language, customs, and more to discover the underlying values and assumptions that are the foundation of a certain way of life. Whether you are from the United States or from another country, confronting another way of life may entail questioning your own basic values and beliefs. Cultural adjustment may beg of you to ask the question, “Who am I?” By asking such a fundamental question and working through the answers, you can build a strong sense of self, gain more confidence in who you are, learn to identify at a basic level with people from any background, and become more accepting of others. At this point, you will have begun to develop a sense of global citizenship, a crucial key to developing a peaceful global society.

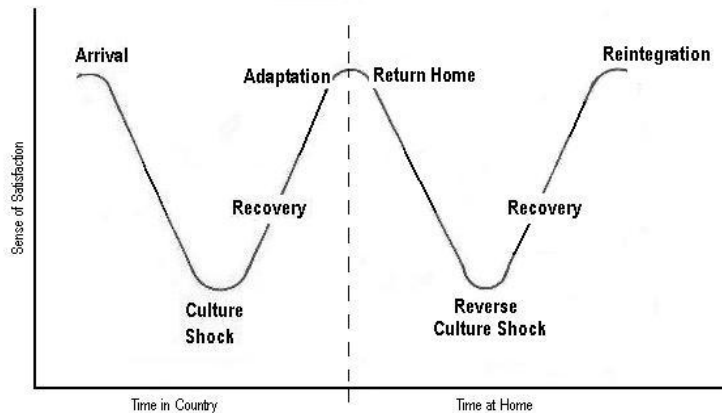
SIGNS OF CULTURE SHOCK

Experiencing some difficulty adjusting to your new environment is normal and even important for personal development. Some students experience:

- Homesickness
- Physical symptoms such as mild colds and headaches
- Anxiety, depression, disappointment, and/or frustration
- Defensiveness toward home culture(s)
- Tendency to put the host or home culture(s) and way(s) of life on a pedestal

- Criticism toward home or host countries
- Gratitude for the chance to rethink world views and customs

Cycling through Cultural Adjustment: The “W” Curve



The model above puts into visual format the process of cultural adjustment previously described.

Arrival: Upon arrival, many students are exhilarated by the hundreds of new sights, sounds, and smells of their host country. You may feel physically exhausted from the travel, and you may need to give your body time and care to help it adjust to the different weather, geographic conditions, food, and time schedule. During this initial period, you may experience a variety of heightened emotions.

Culture Shock: After the initial high period, you may begin to notice the many differences between your home and your temporary home abroad. Processing these differences may be difficult, and many students report emotions of anxiety, stress, confusion, homesickness, discouragement, hostility toward the local culture and customs, and even depression. You may experience physical symptoms such as colds, headaches, or stomach upsets. On the other hand, some students experience very little culture shock.

Recovery: Fear not! With effort and time, you will get your legs back under you again. You may wish to employ some of the coping strategies listed in the next section, or find your own way to regain and rethink equilibrium.

Adaptation: At this stage, students have renegotiated belief systems and “the way things are done”. You may feel at home in your residence abroad.

Returning Home: Some students find that just when they have become comfortable with their surroundings abroad, it is time to return home! Because you are traveling back to a familiar place, you may not expect to experience reverse culture shock, which mirrors the culture shock process. Many students experience re-entry culture shock more severely than they do culture shock. The best way to smooth the reverse culture shock

process is to prepare for it before, during, *and* after your time abroad. Make sure to share your experiences and personal development with important family and friends so that they can take part in your growth! Continuous communication in a spirit of sharing (rather than expecting or needing others to understand) will greatly smooth the reentry process.

WHAT DOES IT MEAN TO BE AN AMERICAN?

Perhaps this is your first time visiting a foreign country for an extended period. By removing yourself from the USA or other country of origin and being confronted with difference, you may gain a greater awareness of what it means to be American, Chinese, Mexican, or whatever you identify as.

In part because of the USA's prominent media and political and economic presence, you may find that people around the world have formed viewpoints, even stereotypes about Americans.

Below are some examples of stereotypes of Americans that you might encounter in-country. Keep in mind that there are many different points of view on Americans.

- Wealthy and wasteful
- Caring about the environment
- Heavy drinkers
- Careless
- Want to help others
- Loud and dumb
- Openly friendly and kind
- The youth like to party
- Academically-oriented

As you can see, stereotypes are not always accurate, and they do not apply to every person within a culture. Making generalizations about a culture or people is normal and even useful in learning about them. However, be aware of the possible negative impact of stereotyping. Be open to and appreciative of the great differences between individuals within a population.

A NOTE TO WOMEN AND DIVERSE STUDENTS

What it means to identify as IGLBTA, a woman, a person of color, a member of a certain religious group, a participant with a disability, etc. may be very different in your host country than at home. For example, a gay student may find that the host community is much less accepting of homosexuality than his university community.

Asian or Asian-American students may find that host nationals, who perhaps have had little or no contact with Asians, view them as exotic. Students who are accustomed to being part of the majority group at home (e.g. Caucasian students) may need to readjust to living as a minority abroad. The change may be for better or for worse, but you might not be treated or viewed in the way that you are accustomed to at home.

There is more information about women and underrepresented students traveling abroad than it is possible to cover in this section. Please use the resources below to better inform yourself as you prepare for your abroad experience.

Women Travel Tips - Women

<http://www.womentraveltips.com/index.shtml>

University of Minnesota's Learning Abroad Center – GLBT Students, Students with Disabilities, Multicultural Students (Scroll down page for links)

<http://www.umabroad.umn.edu/students/index.html>

All Abroad – Ethnic Minorities

<http://allabroad.us/>

Mobility International USA – Students with Disabilities

<http://www.miusa.org/>

COPING WITH CULTURAL ADJUSTMENT

What are some tricks for coping with and growing through the cultural adjustment process?

- Keep a journal. Be your own best counselor and write about the experiences, emotions, and thoughts that you have.
- Take care of your physical body. Be sure to get sufficient exercise, and take care of your body's nutritional needs. Get enough rest and sleep.
- Communicate. If you are feeling particularly down, approach a friend, staff member, or mentor. Sometimes just talking about difficulties you are facing makes the burden seem lighter. Many of the people surrounding you at the Center have experienced or are experiencing the same cultural adjustment process as you. There is strength and comfort in sharing!
- Step out of your comfort zone. When everything around us is new, we sometimes just want to withdraw. Although some level of withdrawal can be helpful, in the end, there is more joy in living fully than hiding from fear. Do not do anything unreasonably risky or foolish, but practice your Spanish skills with community members. Try delicious foods you had never heard of before. Travel with friends

during the mid-semester break. Take advantage of your abroad experience, because you will not have the same exact opportunity again!

- Breathe! The simple act of inhaling and exhaling a few times will help clear your mind.
- Keep in touch with family and friends at home. Regularly sharing your experiences will help ease the reentry process. However, be aware of spending too much time on the phone or internet to the detriment of your abroad experience.
- Remember to be grateful for what you have. A sense of gratitude makes cultural adjustment easier because of a positive outlook. You will see things in a more positive light, and those you meet will respond to you more positively because they can sense your humility and good feelings.

The above are just examples of strategies for facing cultural adjustment. There are a multitude of ways that people cope, and you may discover other strategies that work particularly well for you.

Everyone at The School for Field Studies extends a warm welcome to you and looks forward to seeing you in the field!