



Global | **Learning
Across
Borders**

EXPERIENCE MATTERS

PARTICIPANT HANDBOOK 2008

ASIA PROGRAMS

Global Learning Across Borders, Inc
www.global-lab.org

Global LAB Participant Handbook 2007: Asia Programs

Dear Global LAB Participant,

Welcome! You are about to embark on a journey that we hope and expect will be one of the most engaging and rewarding experiences of your life. The spirit of adventure and hunger for learning about cultures and communities far from home you are demonstrating is admirable and we applaud your decision to step away from the familiar comforts of home.

Living and traveling in India with a community of peers and mentors; making new friends and meeting people engaged in a wide range of meaningful projects and vocations; assisting local communities through service projects; and discovering firsthand an extraordinarily interesting and beautiful part of the world—all this lies just around the corner. The experience you gain during this semester will give you a unique and profoundly important perspective as our world grows ever more closely interconnected.

Take advantage of every hour that you spend in Asia; the experience will fly by and you will never regret pushing yourself to get the most out of all the activities, encounters, and opportunities that are waiting for you this semester.

Thank you for choosing to explore a part of our world with Global LAB. Here's wishing you a stimulating, challenging, perspective-expanding, and deeply rewarding learning adventure!

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TABLE OF CONTENTS

Part 1: Preparing To Go

Pre-Departure Reflections Page 4

Pre-Departure Suggestions Page 5

Part 2: In Asia

The First Few Days Page 7

Vehicles for Learning Page 7

Health and Safety Page 8

Standards of Behavior Page 9

Part 3: Coming Home

Reverse Culture Shock Page 11

What Now? Page 12

Appendix

Responsible Study Abroad Page 14

Preparing To Go

Travel is fatal to prejudice, bigotry and narrow-mindedness—all foes to real understanding. Likewise, tolerance or broad, wholesome charitable views of men and things cannot be acquired by vegetating in our little corner of the earth all one's lifetime.

Years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bow lines, sail away from the safe harbor, catch the trade winds in your sails. Explore, dream, discover!
—Mark Twain

Global LAB puts great care into accepting participants who want to be more than tourists following well-beaten paths across Asia. You are reading this handbook because we believe you are interested and ready for the inherent challenges and rewards of engaging with Asia in a way that is rooted in respect and humility, genuine curiosity, and openness to the wonderful possibilities for deep learning and positive change that arise when you intentionally step away from what is familiar, comfortable, and known.

You and your fellow participants bring a wealth of unique backgrounds and experiences to the program. Your program directors have a great love of the places you will be encountering and a passion for working with young people who feel inspired to explore beyond familiar horizons. Between you, your program directors, and the wonderful people of Asia, this semester has all the ingredients for being an unforgettable journey of discovery, service, learning, and adventure.

The map is not the territory, as they say, and nothing can fully prepare you for your first encounter with Asia—we encourage you to let go of as many preconceptions and expectations as possible.

Pre-Departure Reflections

Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.

—Rainer Maria Rilke

Below are a few questions to ask yourself as you prepare for your journey. Feel free to share any responses you would like to have posted on the blog. You may prefer to candidly record your reflections in your journal as you fly to Asia. If some of the questions really resonate with you, discuss them with your peers and program directors. On your return flight, answer the questions again, and then compare your entries.

- What images come to mind when you hear these words: Asia? India? The Himalayas? Where do you think these images come from?
- How did your family and friends react when you told them you were going to Asia?

- Do you see yourself as a tourist, a traveler, a pilgrim, something else?
- Community service projects will be a part of your experience this semester. What does *service* mean to you? Who is being served?
- Do you consider the countries you will be visiting to be developing or “Third World” countries? What does “developing country” mean to you? What does the term “Third World” mean to you?
- Asia contains some of the richest biodiversity on the planet, along with some of the greatest threats to its wildlife and ecosystems. What types of environmental issues do you expect to encounter? What role might the US be playing to either help or hinder conservation efforts?
- In which ways do you think the roles and expectations placed on women, men, and families will be different – or similar - in the countries you will be visiting compared to the US?
- What comes to mind when you think of Buddhism? How about Hinduism? Sikhism?
- Wars, colonization, and economic and social injustice have had a profound impact on the areas you will be visiting; learning about the lessons and legacies of this suffering will be part of the program this semester. How do you understand conflict, suffering, reconciliation, and healing in the world? In your life?

Pre-Departure Suggestions

Consider your goals for the semester

We recognize that regardless of whether you are a novice or an experienced international traveler, you are probably feeling some apprehensions prior to undertaking your journey to Asia. This is understandable and completely normal — you are being invited to participate in an experience thousands of miles from home with a group of people you may not know. If you didn't feel a few butterflies in your stomach before this kind of adventure, we'd be a little concerned! Rest assured, any nervousness will disappear shortly after the group meets at orientation and then hits the ground running in Asia. Also, your program directors will always be present as resources for you to draw on as you grow outside of your comfort zone. Global LAB directors work hard to help you create an environment where your individual strengths can be drawn out. But remember that learning is always a two-way street, especially when it is experientially based in cross-cultural situations and interactions.

In addition to the obvious potential of learning a great deal about an incredibly interesting and important part of the world, Global LAB programs also provide a unique opportunity for self discovery. We believe strongly that all worthwhile travel is both an external journey and an internal one. Prior to meeting your group, take some time to think about exactly who you aspire

to be on the program. Very often, participants can use their time living and studying in a foreign environment to reinvent themselves in positive ways, or at least explore new approaches to situations that family or friends back home would not necessarily expect. Are there ways in which your fellow travelers can support you in these changes and create conditions to help you explore your talents and passions? If so, don't be shy about asking your co-participants to help support you in this way.

Also take the time to identify what you are most apprehensive about and what you feel your limits are. You may choose to make it a personal goal to push past these limits. You may also recognize that being tolerant of yourself and accepting of these limits is a personal goal in and of itself. Be honest with your fellow students and program directors about your limits — no one is expecting you to be wildly enthusiastic about every aspect of the program. But we are asking you to stay engaged, try new things, participate as fully as you can, and communicate what is working for you and what is challenging you. The benefits of doing so will stay with you for many years to come.

Study the Itinerary

Each Global LAB program is modified between the time we publish the itinerary and the time the program is in the field. These changes are largely a reflection of on-going scouting and director input as well as any necessary safety related adjustments. Program directors have worked for months with Global LAB administration to make an itinerary truly exceptional. Please also bear in mind that with little advance warning we may be told by local officials and government authorities that we cannot engage in parts of the itinerary. Flexibility, patience, humility, and a sense of humor will carry you far in your engagement with Asia.

Be mindful about spending

While you are on the program, Global LAB will cover the cost of all your meals, transportation, accommodations, lectures, entrance fees and numerous other program-related expenses. Please note that we do not cover the cost of personal expenses for things that you might want or need in life anyway, such as e-mail, laundry services, or replacing a lost passport. If you have a question about whether something is covered by Global LAB, please ask your program directors. You may want to consider bringing \$20-\$30 per week as personal spending money, factoring in your interest in buying gifts or souvenirs. Travelers checks are a good idea if you plan to bring more than a couple hundred dollars of personal spending money. ATM's are available in India's larger cities.

Please note that your program directors will be working within a fixed budget that needs to cover all your program-related expenses. Global-LAB will always pay extra for safety related expenses, but we also adhere to a commitment to live and travel modestly. It is important to be aware that you will be visiting countries where the average annual salary for a family is often less than \$600, sometimes far less. Whenever possible, we will try to support smaller, family-owned businesses, not only to save money, but to provide additional opportunities to have meaningful cultural interactions and put money back into the local economy. If there is money left over at the end of your program, your program directors will ask for your input regarding local projects that you may support with a percentage of these extra funds.

IN ASIA

Take careful, detailed notes; record everything. It is so easy to forget and you will be encountering so much. The act of writing it down not only records it for later study but it gives you a position of detachment and observation in case the lessons have been tough. And think of your grandchildren; they'll want to know where you've been and what you learned. To some degree your pilgrimage serves the entire world by adding to its share of knowledge and insight. Remember your mistakes so you need not make them again. Think of your whole life as a pilgrimage. Ever since you first asked the question - What is my life all about, anyway? - you have been making the pilgrimage to an answer. When did you first ask the question? Childhood, adolescence, yesterday? --Richard Leviton

The First Few Days

Despite all the experience our program directors have and all the preparations they have made in the months preceding your trip, once your group meets and begins its time in Asia, the first few days are likely to be among the most hectic of the program. Between the initial culture shock, inevitable logistical bumps, hot and humid weather, adrenaline and jet lag, there is no way to completely prepare for what awaits you in the first 48 hours of your program! Try to keep an open mind, be slow to make judgments, and most of all, maintain a sense of humor to help get through challenging situations. It is critical for you to remember that jet lag alone will be affecting your sleep pattern, appetite, moods, and energy level—be especially patient with yourself and others in the group the first couple days. And as difficult as it may be, don't forget to write in your journal during this time—the first few days in Asia will provide some of the most intense and vivid impressions of your journey.

Vehicles for Learning

Your experience this semester will include a variety of different vehicles for learning and discovery, all of which will be rooted in direct experience and active engagement. All of which will also be participatory in nature and do not involve typical classroom methods or styles of education.

Introductory language lessons will be geared toward equipping you to navigate more independently in a foreign environment while demonstrating respect for local cultures. Practice will take place with real people in the context of everyday encounters.

Homestays will offer you a unique opportunity to experience daily life as a member of an Asian family.

Independent Study Projects give you the opportunity to work closely with a local mentor, teacher, or artist to gain an in-depth understanding of a topic, tradition, or art form that excites you. Your ISP will be one of the most meaningful avenues for you to gain a deep appreciation for Indian culture and the more you give yourself to the study of your topic the richer the experience will be.

Community service projects will teach you about some of the critical issues affecting local communities and give you a chance to work side by side with new friends in India.

Guest speakers and discussions with community leaders and local organizations will help shed light on a wide range of significant issues affecting developing countries, from environmental concerns to HIV/AIDS to special needs education.

Your program directors will give talks and lead discussions on a range of topics, sharing their expertise and experience from having traveled, lived, studied, and worked in the places you will be visiting.

Peer teaching—your program directors will have an extensive set of resource articles about Asia to share and you will have the opportunity to research issues of particular interest and teach the rest of your group what you discover.

Digital Storytelling—your posts to your program’s blog give you the chance to communicate your experiences to an even wider audience of friends and family who are eagerly, if virtually, following your journey. Whether you choose to share descriptions of the people and places you encounter, prefer to focus on your internal experience of being in a radically different environment, or opt for creative expression through poetry, fiction, or photography, the blog is yours to make come alive as a window on your encounter with Asia.

All of these different ways of engaging with and learning from your experiences this summer will depend on your active participation and willingness to communicate openly and honestly, both with your peers and your program directors. If you are struggling with any parts of the program, it is up to you to communicate what’s going on so that we can take steps to improve the situation.

While your program directors will have a great deal of experience and a love of teaching about Asia, they will not be able to read your minds or always know what you and the others on the program need. Use your group meetings or find one-on-one time with your program directors to let them know how things are going for you. Remember that communication is a two-way street and the more you are able to take responsibility for expressing your needs clearly and constructively while on the program, the better your needs will be met.

Health and Safety

Your health and safety take priority over all other aspects of this semester’s journey to India. Global LAB recognizes that the locations of our experiential education programs and the nature of our activities present greater risks than those found on most US school campuses. We are committed to identifying and minimizing or eliminating risks whenever and wherever possible. Part of our commitment to safety includes educating participants about relevant risk factors, including your behaviors and personal decisions that will affect your safety while abroad. Please pay extra careful attention to this section and do not hesitate to contact Global LAB at any time if you have questions or concerns about any health or safety related issues.

The most common health problem experienced by visitors to South Asia is minor travelers’ diarrhea, followed by sunburn, and blisters from new shoes or sandals. Please minimize these

risks by washing your hands frequently with soap and water or with Purell, drinking only boiled, filtered, or bottled water, and avoiding undercooked foods and raw fruits and vegetables that have been peeled. Also, please be sure to bring adequate sun protection (hat, sunglasses, sun screen), and break in any new footwear well before departure.

In addition to new sights, sounds, cultures and people, traveling to South Asia will mean encountering a diversity of unfamiliar microorganisms. Your body will naturally and rapidly adjust to these encounters in almost all cases.

Certain risks do exist for exposure to illnesses that we don't normally find in the United States, and careful preparation, in consultation with your doctor, is a critical factor in staying healthy throughout the program. If you have any particular health concerns related to the program, we encourage you to speak directly with a physician who specializes in international travel medicine. For lists of relevant clinics, please visit www.astmah.org and www.istm.org.

The Centers for Disease Control maintains a comprehensive overview of health considerations for traveling in India at <http://wwwn.cdc.gov/travel/destinationIndia.aspx> along with a set of recommended vaccines. We encourage you to familiarize yourself with this information so that you and your doctor can make an informed decision about what vaccines or boosters you may or may not need or desire, taking into consideration your medical history, international travel history, and your sensitivity to possible side effects of medications.

Some of the exposure risks you should be sure to discuss with your physician or alternative care provider include Tetanus, Hepatitis A, and Malaria.

Any special health conditions

If you have any allergies or other medical conditions that could trigger sudden illness (including asthma, diabetes, bee sting or penicillin allergies, etc.), you must discuss these with Global LAB's program directors at the start of the program. Also, if you have had any health issues develop or new medications prescribed since submitting your Medical History form to Global LAB, you must let us know the details prior to program departure.

We encourage you to share critical health issues with the rest of the group during orientation so that other people will be able to respond appropriately in case you suddenly need assistance or medication. If you have any critical medications, you must carry them with you at all times. 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 new environments can trigger attacks.

Standards of behavior

Global LAB does not impose an extensive set of regulations or rules for you to follow, but we do take very seriously those behavior standards that apply to every program. As per the terms of enrollment, all Global LAB participants agree in advance that they can be sent home for any actions that are injurious to themselves, other participants, or members of the host culture or that may put their personal safety at risk. Prior to being accepted on the program, you (and your parents) have signed the following statement:

“In order to maximize physical, mental, and emotional health and safety during international study and travel, Global LAB expects all participating students to refrain from any behaviors that unnecessarily increase risks to themselves, the group, or the people of the countries we visit. This includes refraining from use of alcohol and drugs (other than medications prescribed by a physician) for the duration of all Global LAB programs. If you do not feel comfortable with this policy for any reason, we strongly encourage you not to participate; Global LAB reserves the right to send home early and without refund students who violate this policy. All expenses incurred by Global LAB to arrange an early departure, including additional roundtrip air ticket for an adult chaperone, are the responsibility of the student and his/her family.”

There are specific rules for every program and your program directors will communicate and clarify these during your orientation. *These will include, but are not limited to, the following:*

- No use of illegal or non-prescribed drugs* or alcohol
- No tobacco or limits on appropriate use
- No new body piercings, acupuncture, or tattoos
- No violation of curfews, nightly check-ins, or rules about buddy systems
- No bullying—for example, participating in any behavior that is disrespectful or threatening to the group, yourself, or other people with whom we interact over the course of the program
- No ‘coupling’ or forming of exclusive/cliq-ue-ish relationships
- No risky modes of transportation such as motorcycles or hitchhiking
- No bicycling without a helmet
- No swimming alone or in dangerous conditions
- No behavior that jeopardizes the well being of yourself, the group, or anyone else
- No behavior that damages community relations with host countries
- Additional program-specific rules will apply to your particular itinerary and location
- Global LAB complies with all local laws in host countries. Any violation of a local law will result in disciplinary procedures and may also subject you to fines, arrest, or deportation

*You are not protected as a US citizen from Asia’s severe drug laws; to learn the grim reality of the consequences of violating drug laws while abroad visit the State Department’s advisory: http://travel.state.gov/travel/living/drugs/drugs_1237.html

Depending on the circumstances and severity of a behavior violation, consequences may include a verbal warning; a written warning; a written and signed behavior contract specifically outlining consequences if there is a second violation; early program departure. Any student expelled from the program will be required to sign an Early Departure Waiver of Responsibility. If you are unsure about whether or not a potential action violates Global LAB behavior standards for your program, ask your program director first.

Coming Home

***Zanmen:** People who are willing to transcend their own country, their own religion, and their own way of life and to have good will toward people who are different are contributing to world peace and sharing zanmen. Zanmen comes from the Chinese. The word for “us” in Chinese is “woman” and the word for “them” is “tamen.” But the word for “us and them” is “zanmen.” Zanmen overcomes xenophobia, the fear and hatred of strangers. Zanmen dispels the illusions of ethnocentrism that we are better than we are and other people are worse than they are. It turns a parochial view of the world into a global view. Zanmen exists wherever people who are different from each other come together in harmony—from a microcosm of two people to a macrocosm of the nations of the world. Zanmen does not blind us to the realities that some people are not open to us. It inspires us not to give up.*

Reverse Culture Shock

“Culture shock” refers to the not surprising set of reactions most people experience when they plunge into a new culture for the first time. “Reverse culture shock” is a more surprising, and sometimes more difficult, set of responses many of us have when we return home to our familiar environments in the US after having being immersed in the very different cultures of Asia. Suddenly things don’t seem quite so familiar after all. While they have pretty much stayed the same, you feel different. For students who live abroad for months at a time or a whole year, the experience of returning home can be very disorienting, even surreal.

After getting used to Asian markets, you may find it jarring to walk through a typical US grocery store with neat piles of shrink-wrapped meats and fruits and vegetables imported from around the world. A visit to the mall might leave you feeling troubled by the implications of rampant consumerism. Perhaps you live in a typical American neighborhood where there is little in the way of a vibrant street culture, most people travel by private car, and it is unheard of to find two, much less three, generations of a family living together under the same roof.

Some degree of challenge in readjusting is perfectly normal, and in the first week of your return, most of you will have similar stories to tell about this process. We hope that the fresh re-examination of your culture and home that you experience never goes away completely. We also hope that your time on the program in Asia will give you a wider perspective with which to see the world, new ways to think, and most importantly, new friends and experiences to draw on that will continue to inform and enrich your life for many years to come. However, if you find that the initial cultural re-adjustment to life at home is harder than you anticipated, it is very important that you reach out to others who have been through this experience—you are far from alone in struggling to make sense of cultural transitions. Global LAB is a great resource for these issues, as we’ve all been through what you may be feeling and are happy to share advice and support.

There are a number of ways you can help yourself to make the return home a smooth transition:

- **Share your journey.** It is typically difficult to convey to your friends and family how meaningful your experience in Asia has been. Consider organizing a gathering where you can prepare (or buy) Asian food, show pictures, and display things that you may have brought back. This will not only give you an opportunity to tell the story of your experience, it will also help others to become more informed and appreciate a different part of the world.
- **Keep a journal.** Just as during the program itself, we highly recommend you keep a journal after you return home. This will not only help you to express some of your feelings about the transition home, it will also allow you to look back on your return home in a year or two and remember how our culture looks with fresh eyes. Your program's blog site will stay active well after you are back in the US and you are very welcome to send posts as you navigate your re-entry into American life.
- **Keep in touch with the people who have shared your experience.** We encourage all program participants to stay in touch with other students in your group, the directors, and all of us at Global LAB. If there is anything that we can do to help with the transition home or in taking the next step in your academic or personal explorations, let us know.
- **Become a peer advisor/mentor.** Apply your international experience by advising other teenagers considering study abroad. We are always receiving inquiries from young people who would like to speak directly with others their own age who have studied abroad in non-western cultures—let us know if you would like to help advise them about the rewards and challenges of journeying to Asia. And let us know if you'd be willing to mentor future Global LAB semester students.
- **Volunteer or intern.** Explore opportunities in your community to get involved with non-profits, schools, or businesses that have an international focus. Consider spending an hour or two a week helping recent immigrants practice their English skills.

What Now?

The conclusion of your Global LAB program in Asia will ideally mark a kind of new beginning for you as an increasingly informed and active global citizen. We urge you to carry the emotional and intellectual momentum you bring back from Asia into exploring new ways of participating in and shaping the endless connections that link local and global issues in the era of globalization. There are countless ways to get involved in issues that come to matter to you and countless organizations to help you do so.

Global LAB maintains a network of relationships with organizations and individuals both in the US and Asia that are always interested in finding ways to work with young people committed to global awareness, education, and activism. As a Global LAB alumnus, you are part of a growing network of globally minded people who want to stay informed and involved in the issues that are shaping our world. We invite you to stay connected with Global LAB in whatever ways you can and use our network of partner organizations to help you continue exploring the world for years to come.

Responsible Study Abroad: Good Practices for Health and Safety

Global Learning Across Borders (Global LAB) strives to meet or exceed the below recommendations as developed by NAFSA: The Association of International Educators' Task Force on Promoting Safe Study Abroad. The NAFSA guidelines below have been modified to account for the specific nature of Global LAB's study abroad programs' primary population (recent high school students and young people taking time away from college/university).

I. In order to reduce risks and promote safe study abroad programs, Global LAB will:

- A. Conduct periodic assessments of health and safety conditions for all Global LAB programs, and develop and maintain emergency preparedness processes and a crisis response plan.
- B. Provide health and safety information for prospective Global LAB participants so that they and their parents/guardians/families can make informed decisions concerning preparation, participation and behavior while on the program.
- C. Provide information concerning aspects of home campus services and conditions that cannot be replicated at overseas locations.
- D. Provide orientation to participants prior to the program and as needed in-country, which includes information on safety, health, legal, environmental, political, cultural, and religious conditions in the host country. In addition to dealing with health and safety issues, the orientation should address potential health and safety risks, and appropriate emergency response measures.
- E. Consider health and safety issues in evaluating the appropriateness of an individual's participation in a Global LAB program.
- F. Determining criteria for an individual's removal from a Global LAB program, taking into account participant behavior, health, and safety factors.
- G. Require that participants be insured. Either provide health and travel accident (emergency evacuation, repatriation) insurance to participants, or provide information about how to obtain such coverage and require proof of insurance prior to program start.
- H. Conduct inquiries regarding the potential health, safety and security risks of the local environment of the program, including Global LAB-sponsored accommodations, events, excursions and other activities, prior to the program. Monitor possible changes in country conditions. Provide information about changes and advise participants and their parents/guardians/families as needed.
- I. Hire vendors and contractors (e.g. travel and tour agents) that have provided reputable services in the country in which the program takes place. Advise such vendors and contractors of Global LAB's expectations with respect to their role in the health and safety of participants.

J. Conduct appropriate inquiry regarding available medical and professional services. Provide information about these services for Global LAB participants and their parents/guardians/families, and help participants obtain the services they may need.

K. Develop and provide health and safety training for Global LAB program directors and staff, including guidelines with respect to intervention and referral that take into account the nature and location of the study abroad program.

L. Develop codes of conduct for Global LAB programs; communicate codes of conduct and the consequences of noncompliance to participants. Take appropriate action when aware that participants are in violation.

M. In cases of serious health problems, injury, or other significant health and safety circumstances, maintain reliable, coordinated communication among all program sponsors and others who need to know.

N. In the participant screening process, consider factors such as disciplinary history that may impact on the safety of the individual or the group.

O. Provide information for participants and their parents/guardians/families regarding when and where the Global LAB's responsibility ends and the range of aspects of participants' overseas experiences that are beyond Global LAB's control.

In particular, Global LAB realizes it generally:

A. Cannot guarantee or assure the safety and/or security of participants or eliminate all risks from the study abroad environments.

B. Cannot monitor or control all of the daily personal decisions, choices, and activities of participants.

C. Cannot prevent participants from engaging in illegal, dangerous or unwise activities.

D. Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.

E. Cannot assume responsibility for actions or for events that are not part of the program, nor for those that are beyond the control of Global LAB and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

F. Cannot assure that home-country cultural values and norms will apply in the host country.

II. Responsibilities of Participants

In study abroad, as in other settings, participants can have a major impact on their own health and safety through the decisions they make before and during their program and by their day-to-day choices and behaviors.

Global LAB encourages all of its participants to:

A. Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations and other pre-travel communications and assignments.

B. Read and carefully consider all materials issued by the Global LAB that relate to safety, health, legal, environmental, political, cultural, and religious conditions in the host country(ies).

C. Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.

D. Consider their physical and mental health, and other personal circumstances when applying for or accepting a place in a Global LAB program, and make available to Global LAB's staff accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.

E. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.

F. Inform parents/guardians/families and any others who may need to know about their participation in the study abroad program, provide them with emergency contact information, and keep them informed of their whereabouts and activities.

G. Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.

H. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the Global LAB program staff or other appropriate individuals before and/or during the program.

I. Accept responsibility for their own decisions and actions.

J. Obey host-country laws.

K. Behave in a manner that is respectful of the rights and well being of others, and encourage others to behave in a similar manner.

L. Avoid illegal drugs and consumption of alcohol.

M. Follow Global LAB's policies for keeping program staff informed of their whereabouts and well being.

N. Become familiar with the procedures for obtaining emergency health and legal system services in the host county.

III. Recommendations to Parents/Guardians/Families

In study abroad, as in other settings, parents, guardians, and families can play an important role in the health and safety of participants by helping them make decisions and by influencing their behavior overseas.

Parents/guardians/families should:

A. Be informed about and involved in the decision of the participant to enroll in a Global LAB program.

B. Obtain and carefully evaluate participant program materials, as well as related health, safety and security information.

C. Discuss with the participant any of his/her travel plans and activities that may be independent of the Global LAB study abroad program itinerary.

D. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.

E. Be responsive to requests from Global LAB for information regarding the participant.

I, _____, have read this Student Handbook in its entirety and understand its contents. I have been given the opportunity to have any questions about the contents of the Handbook clarified by Global LAB staff and understand that claims of ignorance about the materials within are not a meaningful defense should I breach the behavior expectations. By signing here I accept the standards of behavior described within the handbook and agree to follow the good practices described above.