All of the information in this packet is accurate at the time of publication. As we have referenced in several other documents, forms and websites, the nature of the COVID-19 pandemic is such that all elements of our programs are subject to change. We will do our best to update this packet and notify you as changes occur.
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Important Contacts

INTERNATIONAL PROGRAMS OFFICE
A5500 University Center
282 Champions Way
P.O. Box 3062420
Florida State University
Tallahassee, Florida 32306-2420

PHONE 850.644.3272
1.800.374.8581
FAX 850.644.8817
850.645.4659
EMAIL IP-Info@fsu.edu
WEBSITE international.fsu.edu
HOURS 8:00a.m. - 5:00p.m. EST
Monday - Friday

U.S. EMBASSY
Calle Serrano, 75, 28006 Madrid, Spain

PHONE 011-34-91-587-2200
WEBSITE https://es.usembassy.gov/embassy-consulates/madrid/

THE VALENCIA STUDY CENTER
FSU Valencia Study Center
Calle Blanquerias, 2
46003 Valencia, Spain

PHONE (011) 34-96-355-9360
EMAIL ip-valencia-info@fsu.edu
WEBSITE https://valencia.fsu.edu/

Dr. Ignacio Messana, Director
Email imessana@fsu.edu
Cell Phone (011) 34-649-365-403
(Cell Phone is to be used in emergencies only)

Maria Sierra, Interim Associate Director
Email maria.sierra@fsu.edu

Paula Acosta, Student Services
Email pacosta@fsu.edu

Marieta Sanchez, Student Services
Email msanchez5@fsu.edu

INTERNATIONAL CALLS
Making international calls from the U.S. to Spain: First dial “011” (for international call), followed by “34” (the country code), then the specific area code (dropping the first zero) and location number.

Time Differences: CET - Central European Time ahead by Eastern Standard Time by six hours, Central Standard Time by seven hours, Mountain Standard Time by eight hours, and Pacific Standard Time by nine hours. Daylight Savings Time changes often occur on different dates in Europe than in the U.S.
VALENCIA STUDY CENTER MINOR
The Valencia Study Center Minor enhances and focuses a student’s program in Spain. It requires 15 credits, 9 of which must be earned in Valencia and include a cultural component. Students can choose from various disciplinary perspectives on Iberian Studies. A maximum of 9 hours may be counted in a single academic discipline. A minimum grade of “C-” must be earned and a minimum grade point average of 2.0 must be maintained for all courses taken for the minor. Courses used toward the Valencia Study Center minor cannot be used to meet any other University requirements (general education, major, graduation, etc.) Contact Sarah Lovins Bacani (slovin@fsu.edu) for more information.

TUTORING RESOURCES
There are a number of tutoring resources available at Florida State University to assist you academically, both in Tallahassee and abroad. Online tutors are available through the following programs:

- Reading & Writing Center (RWC) [http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online]
- Academic Center for Excellence (ACE) [http://ace.fsu.edu/] ACE provides free tutoring in many subject areas, including accounting, biology, chemistry, economics, math, statistics, and physics.
- University Libraries: Office of Distance Library Services [https://www.lib.fsu.edu/department/distance-learning]

OFFICE OF ACCESSIBILITY SERVICES (OAS)
OAS provides reasonable and appropriate accommodations for students with documented disabilities. Documented disabilities and accommodations vary in nature, and though the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 do not apply extraterritorially, we do our best to accommodate our students. If you anticipate needing to request accommodations for a documented disability, please schedule an appointment with OAS by calling 850-644-9566 (Voice) or 850-644-8504 (TDD). For more information, visit [https://dsst.fsu.edu/oas].

The Garnet and Gold Scholar Society
[garlandandgoldscholar@fsu.edu]
[garlandandgoldprogram@fsu.edu]

The Garnet and Gold Scholar Society program facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of:

- Leadership
- Internship
- Service
- International
- Research

A student who has met the criteria in three of the five areas is eligible for consideration.

All study abroad programs organized through the International Programs Office qualify for the International experience portion of the International Area.

The Global Citizenship Certificate
[fsu.egu/globalcitizen]
[globalcitizen@fsu.edu]

The Global Citizenship Certificate program helps undergraduate students develop invaluable cross-cultural skills and global competencies needed to be a global-ready graduate.

Students who enroll in the certificate take 1 required course, Global Perspectives, and 3 electives. The required course counts toward FSU Liberal Studies X, E-series, and writing requirements. Students can choose from 500+ courses to fulfill the elective course requirement.

In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to do!

Enroll in the Global Citizenship Certificate before you leave to ensure your study abroad experience counts toward the certificate.
You may be required to undergo testing for COVID-19 before departing for the program. Updates about testing prior to departure will be provided through the IP student portal.

Once you book your travel arrangements, you must submit your flight itinerary through the IP student portal. Your flight arrangements will be provided to the Valencia staff and it is important that they receive this information in order to monitor student arrivals.

We strongly advise you to purchase airfare and travel insurance directly with the airline when booking your flight; travel insurance typically covers flight cancellation fees, lost luggage, or other losses incurred while traveling, etc. Speak with your airline for details. Click here for more information about travel insurance and trip cancellation policies. Note: Airfare costs are not included in your program fee, and FSU will not reimburse any costs or fees associated with flight changes or cancellations due to COVID-19 should they occur.

- Keep your boarding pass until you have landed, cleared immigration and customs, and have collected your luggage.

- Have your passport accessible in your carry-on luggage.

- During your flight make sure to drink lots of water to stay hydrated. Get up and walk around once an hour to help your circulation. Do simple stretches while in your seat. Try to sleep; it will help you combat jet lag. Wear layers, as the temperature on the plane and in airports can vary.

- You should expect to be required to wear a mask throughout your flight, including in connecting airports. You are required to wear a mask upon exiting the plane in Spain until you check into your apartment.
ARRIVING IN SPAIN
Upon arrival in Spain or Schengen territory, you will go through passport control and then you will re-check (if necessary) your luggage for the flight to Valencia. You may have to get your boarding card for the final leg of your flight.

If you are flying from Madrid to Valencia, you most likely will need to change terminal buildings. Ask at an information booth to confirm if this is the case. The departures boards (TV screens) only show the flight departures for that respective terminal. If you have to change terminals, you will take one of the blue and green trams between terminals. When you arrive in Valencia, you will claim your luggage and proceed to the arrival zone where you will locate the International Programs representative. In case of lost luggage, please do not leave the airport without completing a baggage claim form.

If your flight is canceled, delayed, or you miss a connection on your way to Valencia, contact the International Programs staff via email or phone.

Group pick-ups for your program are provided from 9:30am-5:30pm (Valencia time) at the Valencia airport on the start date of your program. You will be met in front of the arrival gates in the arrival zone of the airport by FSU representatives.

If you miss the group pick-up, you can take a taxi from the Valencia airport to the FSU Valencia Study Center located by the monument Torres de Serranos at Calle Blanquerias, 2. The taxi ride is about 15-20min and it has an approximate cost of €20-25. Please note: Taxi drivers are not tipped.

Please note that you will be responsible for getting yourself to the airport in time for your departure. You must check out of program housing by 11:00 a.m. on the morning of the last day of your program.
The Study Center & Housing

VALENCIA STUDY CENTER
Florida State University is especially proud to be housed in our FSU Study Center, located in a restored building in the historical downtown quarter, adjacent to the Serranos Towers. The center has been built with care and concern for the architectural treasures uncovered during the renovations. The remains from the 10\textsuperscript{th} century Arabic wall and 14\textsuperscript{th} century tanning tanks can be viewed through the reinforced glass floor, and museum displays have been placed throughout the ground floor, highlighting various Roman and Spanish artifacts that were discovered during renovations. The state-of-the-art center includes classroom space, administrative offices, an academic resources center and study area, and fully furnished student apartments.

HOUSING
Students are housed in one of the FSU Valencia Study Centers or at a comparable off-site location nearby. Some of the housing locations may not be exclusive to program participants. You will be notified about your housing location approximately one to two weeks prior to departure.

Be aware that housing check-in will begin at \textbf{9:30 a.m.} on the first day of your program. If you are unable to check-in to your room when you arrive, there will be space available for you to store your belongings. Rooming assignments and locations will be made based on a combination of factors such as type of program, housing preference, availability and special needs as indicated in the information you provide on the Medical, Special Needs, Housing questionnaire in the \textbf{IP student portal}. You will be notified about your housing location approximately one to two weeks prior to departure. \textbf{You will receive your roommate assignments upon arrival.}

During your on-site orientation, you will be advised of the Valencia Study Center Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. It is your responsibility to familiarize yourself with the housing rules and regulations for your specific program. Refer to the FSU International Programs Contractual Agreement and the \textbf{Housing Terms and Conditions} for details. You are required to sign the FSU International Programs Contractual Agreement as it outlines your contractual obligations as a participant on our program.

HOUSING AMENITIES

Housing will be fully equipped with everything you will need, including:

- mostly double & triple rooms
- linens
- towels
- fully-equipped kitchen
- living room area
- shower
- microwave
- dishes
- pots and pans
- laundry facilities
- clothes hangers
- wardrobe
- television
- desk
- Wi-Fi
- individual safe or access to a safe
- and more!

THINGS TO NOTE

- Cleaning products and toilet paper are your responsibility.
- The electrical current in Europe has two times stronger voltage (220 volts) than in the U.S. (110 volts). Do not bring anything electrical, such as hair straighteners, blow dryers, or curling irons. These items can be purchased at a local shop.
- Linens and towels are provided. A cleaning service comes once-a-week to change bed linens and towels and do a general cleaning of the common areas.
- All accommodations provide comparable facilities, however, we cannot guarantee that each residence will have the exact same amenities. Each student housing facility has safety and security measures. They may vary by location.
- You will be able to access your housing facility with either a swipe card or a set of keys given to you upon arrival.
- Accommodations will be inspected regularly throughout the program to ensure they are kept in good condition and that resident needs are being met.
- At the end of the program, the housing facilities will be inspected. They should be neat, clean and in the condition in which they were found. If your housing is left in an un-fit state or if any damages are found upon your departure, additional charges may be assessed to your FSU account.

HOUSING AMENITIES

- mostly double & triple rooms
- linens
- towels
- fully-equipped kitchen
- living room area
- shower
- microwave
- dishes
- pots and pans
- laundry facilities
- clothes hangers
- wardrobe
- television
- desk
- Wi-Fi
- individual safe or access to a safe
- and more!
PERSONAL TRAVEL
Aside from program-provided excursions within Spain, you must remain in Valencia for the duration of your program.

FSU’s President and Provost approved the reopening of the Valencia Study Center based on the specific condition that students must not travel independently outside their host city to help mitigate the spread of COVID-19. Failure to do so could have significant consequences, including potential removal from the program.

CLIMATE
The weather is going to play a large role in how you pack for your time abroad. Monitor the weather before departure and research climate trends for your location to pack accordingly.

Valencia is warm in the summer and early fall. Average temperatures range from mid 70s to 90s (Fahrenheit). Temperatures in late fall and winter (November - February) in Valencia usually drop into the 40s at night, rising to the high 60s to low 70s during the day. The winter nights can get cold due to the wind and humidity. We advise you to bring at least a windbreaker or jacket, regardless of the time of year. Recent students have suggested comfortable walking shoes or hiking boots are a must. Also, the Spanish dress more conservatively so students are advised against wearing short shorts and spaghetti straps in many places. Although rain is not frequent, when it does rain, it pours. If you make excursions to other cities, you will encounter temperatures even colder than those in Valencia. It consistently rains or snows in northern Spain during the winter. Europeans in general do not heat their buildings as warmly as in the U.S., therefore, you must take warm clothing with you, or be prepared to buy it there. We recommend dressing in layers whether you are inside or outside.

PACKING
All airlines have different policies regarding the number, size, and weight of bags allowed on domestic and international flights. Fees for having too many bags or exceeding size and weight limits are steep, and also vary by airline. It is important that you determine the restriction on your particular airline before you pack. Please be aware that you will be responsible for carrying your own bags, packs, etc. Restrictions regarding carry-on baggage are different for each airline and sometimes vary depending on your originating, transferring and/or terminating airport. Also, requirements change based on current events. It is imperative that you check your specific requirements prior to your departure and plan accordingly.

Ensure your bag has a luggage tag with your name, address, and final destination. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

We recommend researching ways to access a textbook as an eBook (electronic book) through the FSU Bookstore, FSU Libraries, Amazon, or other online sites. Keep in mind that not all textbooks are available as ebooks. You will not be able to ship textbooks or other course materials to Valencia. Reference the Mail section of this document for details and contact the Valencia staff with questions. Plan to bring textbooks and other required course materials with you. You will receive information from the International Programs office when it is time to register for classes with details about textbooks. As a reminder, textbooks are not included in the program fee and will most likely need to be purchased prior to departure.

Make several photocopies of the pages in your passport that contain the issue date, your signature, and your photograph. Leave one copy at home with your family and take another copy with you in case your passport is lost or stolen. Carry a copy separate from your passport when you are traveling.

You should not bring any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing.


### Communication & Cell Phones

Staying connected to your family and friends while you are abroad is extremely important. Establish a communications plan prior to departure. Whether it's setting up a Skype meeting every Sunday night, sending them messages over WhatsApp, or checking-in with them on social media, make sure you keep in touch!

Though it is not mandatory to use your cell phone abroad, consider one of the following options. Do your research to see which option is the best fit for you:

- **Add an international plan through your current service provider**
  - This tends to be the most expensive option. Talk to your service provider for details. Each provider offers varying international plans.

- **Purchase a sim card in-country for your current phone**
  - You will need to unlock your phone and make sure your phone is GSM-capable before departure. You can buy a prepaid SIM plan, either for phone calls only or for calls and data.

- **Use the Wi-Fi available in the Study Center and around the city while the phone is in airplane mode.**
  - Make sure to turn off roaming before you leave, just in case. Otherwise you might end up with a very large phone bill when you return to the U.S. Apps you can easily use while connected to Wi-Fi include Skype, FaceTime, Viber, GroupMe, and WhatsApp. If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account.

- **Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed.**
  - A pay-as-you-go phones are fairly inexpensive, and can be used for local and national calls in your study abroad country, calls to and from the U.S., and calls within continental Europe.

  We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take to Spain. Students who have done this in the past have frequently found the phones do not work. It is far cheaper and more efficient to buy the pay-as-you-go phone in Spain.

You will receive additional information about phones and fare options during orientation in Valencia.

### Computers

There is a computer lab and library at the Study Center in Valencia, however, students should plan to bring a laptop or tablet with them. Students will need their laptop/tablet during any required quarantine periods that may occur. It also reduces the frequency of touching communal keyboards. We recommend doing the following prior to departure:

- Check if your computer has a built-in transformer that is capable of handling the different voltages. You will need an adapter for the plug (i.e. from flat to round prongs).
- Just as on main campus, bringing you need to check your homeowner’s insurance to make sure that it is covered when you are away from your primary residence. If not covered by your homeowner’s insurance, you should check into laptop insurance through [http://www.safeware.com/](http://www.safeware.com/), a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.
- Do NOT pack your laptop or laptop charger in your checked luggage.

### Mail

Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad.

The Spanish mail system is sometimes unpredictable. The Spanish mail system works well if you are sending letters, using international airmail stamps, taking from 10-14 days usually. **However, when sending packages overseas, ALL international packages will be stopped at Customs.** If the recipient of the package is not a Spanish resident themselves, there will be no way for the package to be released to them. Packages can only be released if the recipient has a Spanish TAX ID NUMBER. In this case the package can be released by paying the custom duty fee which will be 30% on the amount shown as the insured or stated price.

If the package is going to be sent, the commercial value on the package should be between zero and a maximum of $40 dollars and it should be an item for personal use. Once it is in Spain, the customs process will delay the delivery of the package from 10 to 30 additional days or completely stop the package from being delivered. Several items can't be sent from the U.S. due to customs regulations: medicines, cosmetics, food. If these items are stated on the package content, the package will be stopped at Customs and returned to sender. **THIS IMPACTS U.S. POSTAL, FED-EX, UPS, ETC!**

In short, please do not attempt to send packages to Spain.

You should have letters sent to the Valencia Study Center address provided in the Contact Information section of this packet. The letters should be addressed as follows:

"Student first name and last name"

Calle Blanquerías 2

46003 Valencia
EXPENSES WHILE IN VALENCIA
In estimating your financial needs while abroad, calculate the amount of money you will need for meals for the entire period of your stay; costs for your personal entertainment and social activities.

A good way to estimate what you might need in Valencia is to assume that whatever you spend here in the U.S. (in dollars), you will spend the same (numerical) amount in euros. Take that dollar amount and convert to euros. In general, you can buy lunch or dinner for about $12 in an inexpensive restaurant in Valencia.

MEAL VOUCHERS
While school is in session, all participants will receive a €8 meal voucher per day (4 per week). Breakfast on class days will only be offered during the fall and spring semesters.

CURRENCY
Spain uses the euro as the national currency. Exchange some dollars ($75-$100) for euros before you leave the U.S. Don’t exchange more than $100, you just need enough to get you to Valencia and to a bank abroad. You can reference the current exchange rate online.

Banking
We recommend you set up online banking for your bank account(s) prior to departure from the U.S. so you can monitor your account(s) while overseas.

You should bring two types of cards with you:

Debit Card
- A debit card can be used to access funds from an ATM or bank.
- Make sure your debit/ATM card is linked to a checking account, rather than to a savings account, so you will have access to your funds.
- If you have a pin longer than 4 digits or based on letters, you may have trouble using it abroad. You will need to change your pin before departure.
- You should contact your financial institution for information regarding ATM transaction fees. You can limit the fees if your U.S. bank has a ‘sister’ bank in the host country and/or if you limit your withdrawals, though we do not advise keeping large sums of money on your person or stored in your residence, even if a safe is provided.

Credit Card
- Credit cards are useful in the event of an emergency. If you need to visit a doctor or hospital, you will likely have to pay prior to the service, and then submit an insurance claim afterward.
- Credit cards are also useful for everyday purchases and offer excellent exchange rates. Mastercard and Visa are the most widely accepted credit cards overseas. A credit card with “chip and pin” technology is recommended, as this is the standard abroad.
- Consider applying for a credit card with no foreign transaction fees/international fees.

Before using an ATM or debit card overseas, we recommend the following:
- Contact your financial institution(s) before you leave the U.S. to make sure your ATM or debit card is activated for international use during the dates and in the locations in which you will be abroad.
- Keep a record of all credit/debit/ATM card numbers and the phone numbers you would need to call, with area codes, if they are lost or stolen. Keep this record in a safe place separate from your cards, and you should provide a copy to family at home.
Health & Wellness

INOCULATIONS/MEDICAL CONCERNS

BEFORE DEPARTURE:
We encourage all students with underlying health issues that may increase the severity of infection should they contract COVID-19 to discuss their study abroad plan with their doctor/specialist.

Florida State University requires certain immunizations prior to your registration for classes. All newly admitted degree-seeking students (freshman and transfer) and non-FSU students will be asked to complete and submit the required Student Immunization Form through the IP student portal.

Familiarize yourself with the specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Click here for additional information available through the Centers for Disease Control and Prevention’s site. Some countries have specific requirements for inoculations based on past locations the traveler has visited. It is the student’s responsibility to confirm whether or not the previous travel requires additional inoculations.

WHILE ABROAD:
Your program fee includes international medical and evacuation insurance coverage through Cultural Insurance Services International (CISI); Click here to access the policy online. The coverage will be effective for participants from the day the program starts until the day the program ends. It includes coverage for treatment of ill students, including those with COVID-19, as well as COVID testing for those who are symptomatic, or those who have had a known exposure to a person who tested positive. It does not cover preventative evacuation due to pandemics. There are Teleconsultation Services available. This policy is NOT intended to replace your domestic coverage.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in Spain is 18. This means that you will likely have the opportunity to buy and drink alcohol legally. It is in your interest to recognize that this right carries a great deal of responsibility. The Valencia Study Center has a strict code of conduct relating to the use of alcohol, violations of which will likely result in a judicial hearing with the possible outcome of being dismissed from the program. For instance, no hard liquor is permitted in all FSU residences and no alcohol is permitted on program excursions (including on transportation and in accommodations). In short, know your limits and drink within moderation if you choose to do so, but not to excess.

Florida State University has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in FSU study abroad programs. Violation of this policy may result in immediate dismissal from the program and disciplinary action onsite or upon return to campus. International Programs’ policies follow either the U.S. law or local law, whichever is more stringent with regard to drug use. For complete information on student judicial processes, victim rights, and appeals see the Student Conduct Code: http://dos.fsu.edu/srr/.

MAPPING YOUR IDENTITIES
Our Mapping your Identities guide will help you explore your identities and evaluate your overall wellness to aid in your preparation for a successful and enriching study abroad experience. It will also help you understand others on your program and be better allies for them.

Be sure to bring sufficient quantities of your prescription medication with you to last for the duration of your stay. Keep these in their original containers with copies of the prescriptions and place them in your carry-on luggage. Bring a copy of a legible prescription from your doctor.

Please be aware that not all U.S. drugs are available elsewhere. In particular, Adderall and Concerta are not available in all countries. Don’t postpone discussing your prescription needs with your doctor. You will likely need to work with your insurance company to cover your vacation prescription. If you experience difficulty in obtaining a prescription for your time abroad, seek assistance from our office.

We also recommend doing the following:
• If you wear glasses or contact lenses, take an extra pair and/or the prescription.
• Complete routine medical and dental care before you leave.
• A tetanus booster shot is suggested if you have not had one within the past 10 years.
• A flu shot is also suggested prior to departure.
Policies & Safety

**RULES, POLICIES & PROCEDURES**
Florida State degree-seeking, transient, and special students are bound by the rules, policies, and procedures set forth in the FSU *General Bulletin* and *Student Handbook*. It is your responsibility to familiarize yourself with these before you leave. You may locate the FSU *General Bulletin* online at [http://registrar.fsu.edu/](http://registrar.fsu.edu/) and *The Code of Student Conduct* at [https://sccs.fsu.edu/conduct-codes/student-conduct-codes](https://sccs.fsu.edu/conduct-codes/student-conduct-codes). The Office of Student Rights and Responsibilities updates any changes to the Code of Student Conduct.

**SAFETY & SECURITY**
Our highest priority is the welfare and security of our students, faculty, staff, and facilities. We have emergency plans in place for each of our locations and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. It is our policy to follow guidance from the respective U.S. Embassies, U.S. State Department, as well as local officials and keep students apprised of any new information. For more information on IP's security policies and procedures, please contact our Director of Risk and Emergency Management, Chris Carroll at 850.644.7823 or ccarroll@fsu.edu.

- **Resources.** Even though you are not on the main campus, you have access to many resources should you encounter issues while abroad. Program staff members are available to support you in a variety of ways, including connecting you with other professionals locally and/or on the main campus.
  - **Victim Advocate Program.** The University takes very seriously all types of victimization, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call 24 hours a day to provide confidential support services, even for students who are abroad. For more information on the Victim Advocate Program, visit [http://victimadvocate.fsu.edu](http://victimadvocate.fsu.edu).
  - **University Counseling Center.** The Counseling Center is a welcoming and confidential place to discuss questions and concerns such as homesickness, struggles with relationships, sexual identity, cultural issues, and more. Visit [https://counseling.fsu.edu](https://counseling.fsu.edu/) for more information.
  - **Center for Health Advocacy & Wellness.** The Center for Health Advocacy & Wellness encourages you to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. For more information, visit [http://chaw.fsu.edu/](http://chaw.fsu.edu/).

- **The U.S. State Department** maintains a web site of information for Americans studying abroad, including current travel advisory warnings, at [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/).

- **The Smart Traveler Enrollment Program (STEP)** is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. We strongly recommend you register here: [https://step.state.gov/step/](https://step.state.gov/step/).

- **Waivers.** All IP participants must sign and submit a general Waiver of Liability and COVID-19 Waiver through the IP Student Portal.

- Be aware that you are subject to the laws of the country in which you are traveling.

- Always carry a photocopy of the picture and signature pages of your passport with you. Keep another copy in your room separate from your passport. Leave one copy at home in the U.S. with your family or a relative.

- Use the buddy system—try to travel with friends as much as possible and always tell your roommates or friends where you are going and when you expect to return. Bystander intervention is a powerful opportunity and responsibility for those within our community.

- **Valuables.** Students should not take sentimental valuables on their program. Students should not leave cash, passports, or other items of value unattended in their rooms. If a locker or safe is provided, students are strongly encouraged to use it to store anything of value at all times. Students should plan regular visits to the cash machine rather than leaving large amounts of cash in their rooms. Students are responsible for ensuring their rooms are left secure at all times – do not prop open doors, do not leave doors and windows unlocked, do not give keys to anyone. If students notice others in the building leaving the main entrance door unsecured, they should notify the IP staff immediately, even if there are others living in the building who are not FSU program participants. Students are strongly encouraged to purchase insurance that will cover their belongings while abroad, whether a standard homeowners or renters policy. The International Programs insurance policy does not cover loss or theft of participants' possessions.

- **Pickpocketing.** In most large cities throughout the world, pickpocketing is the most common crime and can happen anytime, anywhere! We caution you to always be aware of your surroundings. While traveling in some areas beware of beggars who try to distract you with papers, boxes, or excessive body movements. Coats and purses are often stolen in crowded areas. Keep them close to you and lock your pack zippers with a combo lock. Secure your valuables if you are traveling on an overnight (“ sleeper”) train.

- **Weapons.** You are strictly prohibited from keeping or using firearms, knives, weapons (including pellet, air guns, paintball guns or other dangerous articles or substances). Furthermore, mace and/or pepper spray may be illegal in the countries that you visit. It is your responsibility to know the laws regarding weapons in the host country if you intend to bring any item for self-defense.
Tips & Resources

TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW
These comments came from students who recently attended our study abroad program in Valencia:

- Dryers take a very long time so make sure you don’t start one right before class. You are not allowed to hang clothes off the balconies.
- Valencia is still chilly in early May so cardigans/pants are necessary.
- When you take a taxi, make sure to note your surroundings since some taxi drivers try to take a longer route.
- Make sure to turn off roaming on your cell phone before you go, otherwise you’ll end up with a huge bill.
- Some cell phone companies offer a temporary international SIM card to use while abroad. Check with your phone company to see if this would be an option for you.
- Have Euros (cash) with you.

ONLINE RESOURCES
The more information you find out about the country beforehand, the better off you will be once you get there. Here is a list of a few web sites that may be helpful as you begin your information search:

http://www.visitvalencia.com/en/home (about the city of Valencia)
http://www.valencia-cityguide.com/essential-travel-information/ (City guide)
http://www.comunitatvalenciana.com (tourist sites and useful information of Valencia area)
http://www.andalucia.com (excellent web site with very thorough information)
http://www.statravel.com/ (student travel site)
http://railpass.com (Eurail pass information)
http://www.state.gov/travel/ (U.S. State Department’s information for Americans)
http://www.letsgo.com (on-line travel guide)
http://www.donquijote.org/spanishlanguage/ (brush up on your Spanish!)
https://nolesabroad.international.fsu.edu/ (FSU International Programs blog with articles from former program participants)

USEFUL APPS
Google Translate (instantly translates words, phrases, and web pages between English and over 100 other languages)
Dark Sky (With down-to-the-minute forecasts, you’ll know exactly when the rain will start or stop, right where you’re standing)
Mobile Passport (authorized by U.S. Government to get through customs upon your return to the U.S. Allows you to use the dedicated mobile passport line in 21 participating airports).

(Note: Florida State University is not responsible for the content of external internet sites.)

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FSU Valencia Instagram

Last Updated 10/24/2020
Exploring SPAIN infographic

FOODS TO TRY
- Tapa
- Paella
- Jámon Serrano
- Churros y Chocolate

BASIC SPANISH (CASTELLANO)

<table>
<thead>
<tr>
<th>Hello</th>
<th>Hola</th>
<th>OH-lah</th>
<th>OK</th>
<th>Vale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goodbye</td>
<td>Adiós</td>
<td>ah-dee-OHS</td>
<td>Good morning</td>
<td>Buenos días</td>
</tr>
<tr>
<td>Please</td>
<td>Por favor</td>
<td>POUR fah-VOEUR</td>
<td>See you later</td>
<td>Hasta luego</td>
</tr>
<tr>
<td>Thank you</td>
<td>Gracias</td>
<td>GRAH-syhs</td>
<td>How much...?</td>
<td>¿Cuanto cuesta...?</td>
</tr>
<tr>
<td>You're welcome</td>
<td>De nada</td>
<td>DAY NAH-deh</td>
<td>Where is...?</td>
<td>¿Donde esta...?</td>
</tr>
<tr>
<td>Pardon me</td>
<td>Perdon</td>
<td>PEHR-dohn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>Inglés</td>
<td>een-GLEHS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>Si</td>
<td>see</td>
<td></td>
<td></td>
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<tr>
<td>No</td>
<td>No</td>
<td>noh</td>
<td></td>
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</tr>
</tbody>
</table>

QUICK TIPS
1. Most small businesses close down for a lunch break and siesta that is normally between 2:00 PM and 5:00 PM. Dinner is eaten later, generally from 8:30 PM to 10:30 PM.
2. Spaniards greet each other with one kiss on both cheeks, starting typically from right cheek to left cheek. Men generally shake hands with one another.
3. Meeting with family and friends during the week is an essential part of the Spanish culture, whether going for coffee or reuniting for family dinners.
4. Waiters/taxi drivers do not work for or expect tips; they are paid on salary. If the service is exceptional, a 10% tip is appreciated.
5. Restaurants will typically charge you for bread and bottled water.