RUSSIAN LANGUAGE & CULTURE
MAY 6 - JUNE 15, 2019
MOSCOW, RUSSIA
MW01
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U.S. EMBASSY
Bolshoy Devyatinsky Pereulok 8.
Moscow 121099, Russian Federation
PHONE: 011-7-495-728-5000
FAX 011-7-495-728-5090
WEBSITE: http://moscow.usembassy.gov/

INTERNATIONAL CALLS
Making international calls from the U.S. to Russia: First
dial “011” (for international call), followed by “7095” (the
country code), then the specific area code (dropping the first
zero) and location number.

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. to 5:00p.m. EST, Monday - Friday

HOUSING
FSU Summer School
International Russian Language, Room 817-a
Moscow State University
Vorobyovy Hills
119899 Moscow
Russia

PHONE
FAX

Program Leader/Faculty Member Information
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PHONE (011) 7-095-939-3017
FAX (011) 7-095-939-1984
EMAIL msu.Russian@cs.msu.su
ACADEMIC MATTERS
This program is first and foremost an academic one, so you should be prepared to invest as much time, effort and thought into your coursework as you do on your home campus. Since classes are small, you will have more interaction with your fellow students and with faculty than you have on main campus. There will be a greater emphasis on participation in class discussions. This means you must be prepared to maintain a high level of performance by being an active and committed participant in your class.

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD
FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Citizenship Certificate program. These two resources provide special recognition as global-ready graduates.

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, and 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. Visit [http://garnetandgoldscholar.fsu.edu/](http://garnetandgoldscholar.fsu.edu/) or email GarnetandGoldProgram@fsu.edu to learn more.

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 2 required courses, Global Perspectives and Global Citizenship, and 2 electives. Both required courses count toward FSU Liberal Studies X, E-series, and writing requirements. In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to complete! Enroll in the Global Citizenship Certificate before you study abroad to ensure your experience counts toward the certificate. Visit cge.fsu.edu/globalcitizen or contact an advisor at globalcitizen@fsu.edu to learn more.

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](http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online)
- Academic Center for Excellence (ACE) [http://ace.fsu.edu/](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](https://www.lib.fsu.edu/department/distance-learning)

STUDENT DISABILITY RESOURCE CENTER (SDRC)
SDRC 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 the SDRC by calling 850-644-9566 (Voice) or 850-644-8504 (TDD) and provide appropriate information on your Special Needs form. For more information, visit http://dos.fsu.edu/sdrc.


VISA REQUIREMENTS FOR U.S. CITIZENS

- **Passport**: Participants must hold a U.S. passport that is valid for EIGHTEEN months past the end date of the program.

- If you do not currently have a passport or have enough validity or visa pages, you should apply for a passport IMMEDIATELY!

- **Copy of Passport Pages**: After you receive your passport, make several photocopies of the pages that contain the issue date, your signature, and your photograph. Leave one copy at home with your family, send one copy to our Tallahassee office, 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.

- **Visa Instructions**: You will not under any circumstances be allowed into Russia if you do not have a valid passport and visa. The dates on the visa may cover only those dates indicated for the program or on your Russian government issued invitation letter.

- **Travel outside the Program**: Due to visa processing times, international travel during the months prior to the start of the program will be limited. Please contact an Immigration Specialist at IP-Visas@fsu.edu if you have international travel plans.

VISA REQUIREMENTS FOR NON U.S. CITIZENS AND U.S. CITIZENS LIVING ABROAD:

If you are a non-U.S. citizen or U.S. citizen living abroad, contact an International Programs' Immigration Specialist at IP-Visas@fsu.edu. You may be required to apply for a visa on your own or you may have additional visa requirements and expenses.

All visa information is correct at the time of publication, but terms, fees, and guidelines are subject to change without notice.
FLIGHT INFORMATION
There is no group flight for this program and your Program Fee does not include airfare. **Traveling on a one-way ticket may not be allowed due to airline restrictions. Please check with your airlines before purchasing a one-way ticket. You must leave Russia from Moscow airport only, Students are not allowed to return by Trans-Siberian train and plane from Vladivostok.**

You should make arrangements to arrive in Moscow on the start date of your program **May 6, 2019** and depart Moscow no earlier than the end date of your program, **June 15, 2019**. You will most likely need to depart the United States one day before the program’s start date in order to arrive on time. All orientation/welcome activities that take place upon arrival are mandatory.

There will be two group pick-ups tentatively scheduled at 12:30pm and 6:30pm. Please check Delta and Aeroflot for possible flights arriving at the Sheremetyevo International Airport (SVO) airport on May 6. You will be notified of the confirmed time(s) of the pick-up at a later date. Please keep in mind travelers to Moscow generally have to depart the U.S. the day before the arrival date. Due to immigration regulations you will not be able to arrive in Moscow early or stay after the program. You must register with Moscow State University immediately upon arrival since they are the sponsor of your visa.

If you cannot make the group pick up, you will have to make arrangements for your own transportation ONLY through Moscow State University. Please contact Dr. Efimov (nefimov@fsu.edu) and she will send the information to MSU administration and they will arrange a ride for you from the airport to Moscow State University. The cost for this transfer will be approximately $70-$80 one way and you will have to pay Dr. Nadya Puriaeva, your Russian Coordinator at MSU, upon your arrival to Moscow.

Your housing will not be available until the official check-in day of the program, **May 6**. If you arrive earlier, you will need to look for accommodations in town for the extra nights.

You must check out of program housing on the morning of the last day of your program, **June 15**. You will be responsible for getting yourself to the airport in time for your departure. Extending stay in Russia should be approved by the MSU Coordinator Dr. Nadya Puriaeva and by FSU Program Director Dr. Nina Efimov. After your official check out date of the program, you will need to book other accommodations if you are extending your stay.

Once you have completed your travel arrangements, you must email your flight arrangements to the IP Office (IP-Info@fsu.edu). Your flight arrangements will be provided to the Moscow staff and it is very important that they receive this information in order to monitor student arrivals. All students must also email copies of their detailed itinerary to the Program Leader, Dr. Efimov at nefimov@fsu.edu.

You may want to consider purchasing travel insurance 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 more information.

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

**IN TRANSIT**

- **Domestic flights.** In general, arrive at the airport ticket counter **two hours** before your departure time. Check with your specific airline to find out the recommended pre-flight allowance.
- **International flights.** Arrive at the airport ticket counter **three hours** before your departure time.
- **Keep your boarding pass.** Some airlines require it for baggage claim. Also, it will help if your luggage gets lost.
- **Have your passport accessible.**
- **During your flight,** drink lots of water and get up and walk during your flight. Try to sleep; it will help you combat jet lag. Wear layers as the temperature on the plane and in airports may vary.

**ARRIVING IN COUNTRY**

The Customs Declaration Form is as important a document as your passport and travel visa. Your original passport, visa, and Customs Declaration Form will be collected from you by Dr. Efimov, the Program Leader. She will hold them in a safe place for the duration of the program. Lost declaration forms are extraordinarily difficult to replace. It is better if you carry around a photocopy of the relevant pages of your passport.

Dr. Efimov or a representative of Moscow University will meet you outside of Customs, in the arrival area of the airport. He/she will escort the group to a chartered bus, which will take you to the dormitory. While retrieving your luggage and loading it on the bus, never leave it unattended. When you leave Russia you are obliged to take with you every item you have listed on your customs declaration, with the obvious exception of money you have spent during your trip. You must keep receipts of purchase of all items bought with hard currency. Also keep all receipts of currency exchange transactions and the receipts you get when, or if, you use your credit card to get rubles from ATMs. The receipts from your ATM transactions will indicate you received and spent additional rubles while in the country.
**HOUSING**
International Russian Language, Room 817-a
Moscow State University
Vorobyovy Hills
119899 Moscow
Russia

The program is housed at the Moscow State University main campus student dormitory in the Main Building. The MSU Main Building is connected to four wings that contain the dormitory rooms. The campus is located in the Vorobyovy Hills (Sparrow Hills) area of Moscow, about 15 minutes away from the city’s center. Students live in suites, consisting of two separate bedrooms with a common entrance, and a shared toilet, hand basin, and shower. Please be aware the accommodations are very old and may not meet the cleanliness standards that students are accustomed to in the U.S. Additionally, students should be aware that Moscow observes a rolling temporary shut off of hot water during the summer of up to two weeks at a time.

There is a kitchen and a TV room on most floors as well as an entrance lounge with armchairs and sofas. For more descriptions and photos of the MSU dorms, visit the MSU website at [http://www.msu.ru/en/](http://www.msu.ru/en/). The dormitory area is very secure. The university administration has made it hard for any person who does not live in the dormitory to obtain access. Each student will be issued a MSU student I.D. card.

Rooming assignments and locations will be made based on a combination of factors such as type of program and special needs as indicated in the information you provide International Programs. Roommate assignments are made by the Moscow staff and cannot be changed. If you have serious reasons to request a roommate change, contact Dr. Efimov.

During your on-site orientation, you will be advised of the 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 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.

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.

**TRANSPORTATION**

You will receive a Metro (subway) pass with a small amount of funds to start you off upon arrival in Moscow. These passes are inserted into the automatic turnstiles at the entrance to each Metro station. The Metro system is not always the easiest system for foreigners to use, but it will get easier with practice and once you are familiar with the Cyrillic alphabet. Take some time to familiarize yourself with the Metro system, and you will find your first few experiences on the Metro will go more smoothly. For more information about the Russian Metro System, visit the following website: [http://engl.mosmetro.ru/pages/page_0.php?id_page=8](http://engl.mosmetro.ru/pages/page_0.php?id_page=8). For additional information check out this website (it's in Russian): [www.metro.ru](http://www.metro.ru). The Metro, buses, trolley cars, and trams are generally very crowded. Be prepared for pushing and shoving as you get on and off. Sometimes a bus will turn up and take the place of a tram or trolley car. Exercise caution when using a taxi: do not get in a taxi with a passenger already in it, and come to an agreement with the driver about the price before entering the cab. Only use official taxis. Be cautious as a pedestrian. Often drivers (for reasons known only to them) reverse against the flow of traffic! It is important to remember that in Moscow PEDESTRIANS DO NOT HAVE THE RIGHT-OF-WAY.
PERSONAL TRAVEL
You are no doubt eager to explore Russia. Please wait until you have arrived in Russia and have received your class schedule before you book any independent trips.

Waiting until classes have started will allow you to make your plans around the following factors:
- Academic deadlines for exams, papers and presentations. You do not want to book a once-in-a-lifetime trip to a Russian city only to discover that you have a major research paper due around that time.
- You will receive a tentative cultural calendar of activities planned for all students after the first week of your arrival. More activities will be added during your stay in Moscow. Due to specifics of Russian program, some excursions and activities cannot be scheduled in advance. Contact Dr. Efimov and discuss with her your plans. It would be a shame to book a trip that clashes with an activity that cannot be changed.
- The travel plans of your peers. One of the joys of studying abroad is the opportunity to build friendships through travel and shared experiences.

Do not plan travel that will cause you to miss classes; strict academic standards will be maintained on the programs. Your grade may be reduced by any unauthorized absence from class.

For safety purposes, you will be instructed by the International Programs staff to fill out a mandatory online independent travel form each time you plan on traveling outside of your study abroad location. More information will be provided to you in an email from IP-info@fsu.edu prior to departure.

CLIMATE & 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 just prior to your departure and plan accordingly. Use the IP luggage tag you received to ensure your bag is marked in capital letters with your name, address, and final destination both on the inside and on the outside of the bag. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

The course materials will be provided to you by the MSU instructors. You will receive information from the International Programs office when it is time to register for classes with details about textbooks.
MAIL
Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad.

There is a post office in the Main Building of MSU. At your Moscow On Site Orientation you will be given details on how and when to use this facility. However, please be aware mail posted in the U.S. with destinations in Russia can take a very, very long time to reach that destination—up to six weeks. In some cases mail becomes lost and never reaches its destination. For this reason, do not mail any kind of package or letter containing valuables and/or money.

CELL PHONES & COMMUNICATION
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.

Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed. Local stores will sign you up with the carrier who is offering the best rates available at the time of your purchase.

We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take to Russia. 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 Russia.

Use Wi-Fi 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, and WhatsApp. If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account.

If you have access to a landline phone, you can purchase a calling card to make international calls. We advise that you wait until you have arrived in Russia to purchase a calling card because many of the ones in the States are costly. The calling cards are readily available at local corner shops.

COMPUTERS
There are several internet cafés in Moscow, one of the closest is located at the university in the building where most of your classes will be held. There is an additional one near Metro station Frunzenskaya, called Café Max. On campus, there is a restaurant/café that provides internet service at no charge.

Former program participants recommend bringing a laptop abroad. If you want to bring your laptop, we recommend doing the following:

- 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).
- Please note that if you take a laptop with you, it is at your own risk. 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 may want to check into laptop insurance through 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.
EXPENSES
In estimating your financial needs while you are in Russia, calculate the amount of money you will need for meals for the entire period of your stay; your transportation and lodging costs for any personal trips you will be taking on the weekends, and your personal entertainment and social activities costs.

We recommend you budget at least $1,000-$2,000 for your personal expenses. However, please consider your own personal spending habits and budgeting skills and plan accordingly.

If you manage to pack smartly (refer to the lists), your major expenses will be your meals. Since you will have access to the Moscow State University student cafeteria, you will be able to eat at a subsidized rate. The University Cafeteria is rated “very good” and inexpensive by its regular customers. A three-course lunch there will cost about $5-$10 (in rubles). Breakfasts and evening meals are much the same price. Past students have recommended that you also eat in the café located in the hotel wing of the university. The meals are more expensive, but the quality is very good. As a general rule of thumb, the cost for eating outside of the university will be much the same as it is here. There are inexpensive fast food options and also very expensive restaurants with everything in between.

CURRENCY
Russia uses the Russian Ruble as the national currency. Exchange some dollars ($75-$100) for Rubles before you leave the U.S. Don’t exchange more than $100, you just need enough to get you to Russia and to a bank abroad. Visit http://www.xe.com/currencyconverter/ for the current exchange rate.

- You may see a few kopecks still floating around—these were worth one one-hundredth of the old rubles (similar to our penny) but are now no longer used as currency.
- IMPORTANT! Because the ruble’s exchange rate has been known to fluctuate wildly, it is best to exchange your dollars for rubles in smaller yet comfortable amounts from week to week.
- Keep all your exchange receipts in a safe place in case the tamozhnik (customs official) requests to see them when you exit Russia.
- Never get involved in any offers to exchange money on the street or in any other unofficial location. These types of informal exchanges are illegal and have the potential to be highly dangerous. The few extra rubles you may get per dollar just aren’t worth the risk.

BANKING
We recommend you set up online banking for your bank accounts prior to departure from the U.S. so you can monitor your account while overseas. The easiest way to access money abroad is with an ATM card. You can use a Debit Card at any ATM to withdraw cash whenever you need it though there will often be a withdrawal fee.

Bring or have access to at least one credit card 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.

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. You will also need to inform them of your dates/location abroad. If you fail to contact your financial institution(s), it is not unusual for credit card companies to “freeze” an account if suspicious or fraudulent activity is suspected.
- 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 also 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. If a safe is not provided, we encourage students to lock valuables in their suitcase when leaving the housing accommodation.
- 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.

For those who receive financial aid, ensure that any student loans you have requested will be available for disbursement during the term you are abroad. Disbursement usually occurs after students have left the U.S., so make arrangements for your check to be deposited, if that is your chosen method of disbursement.
IMMUNIZATIONS/MEDICAL CONCERNS
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 must complete the required Student Immunization Form. The form must be mailed or faxed directly to Florida State University Health Services, Health Compliance Office, 960 Learning Way, Tallahassee, FL 32306-4178, fax (850) 644-8958.

It is very important that you make yourself aware of specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Additional information is available through the Centers for Disease Control and Prevention’s site: www.cdc.gov/travel/. Please note that some countries have specific requirements for inoculations based on past location(s) the traveler has visited. It is the student’s responsibility to ensure previous travel has not triggered additional requirements.

- A tetanus booster shot is suggested if you have not had one within the past 10 years.
- Specify every health concern you have on your
- We highly recommend that you 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. Be sure to bring a copy of a legible prescription from your doctor and 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. After discussing medications with your doctor, students will need to work with their insurance company to cover the vacation prescription. Students who experience difficulty in obtaining a vacation prescription should seek assistance from our office.

- If you wear glasses or contact lenses, take an extra pair and/or the prescription.
- Complete routine medical and dental care before you leave.

The CISI insurance provided is included in your program fee and the policy is available on our website: http://international.fsu.edu/Documents/HealthSafety/CISIInsurancePolicy.pdf. You will want to familiarize yourself with the coverage details.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in Russia 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 Moscow University 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 sanction of being dismissed from the program. In short, know your limits and drink within moderation if you choose to do so, but not to excess. It is strictly forbidden to use alcohol in the MSU dorms. The violation of the policy may result in students’ eviction from the dorm and as a result from the Moscow Program.

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’s rights, and appeals see the Student Conduct Code at: http://dos.fsu.edu/srr/.
Our highest priority is the welfare and security of our students, faculty, staff and facilities. We have emergency plans in place for 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 students are not on the main campus, they have access to many resources should they encounter issues while abroad. Program staff members are available to support students in a variety of ways, including connecting students 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 students 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 will be given a Waiver of Liability via email. It must be signed and submitted to IP.

- 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.** Students 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

ADDITIONAL 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.tripadvisor.com (online travel guide)
http://www.railpass.com/ (Eurail pass information)
http://www.letsgo.com/ (on-line travel guide, check out the “HotLinks” button)
http://cnn.com/WEATHER/ (daily weather forecasts)
https://www.roughguides.com/ (travel guide)
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.)

Connect with International Programs on social media
International Programs Facebook
International Programs Twitter
International Programs Instagram

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