I. CULTURAL IMMERSION AND DIVERSITY ABROAD…………..P.3
   A. Cultural Adjustments
      This section will assist with your cultural adjustment not only while in-country but prior to your departure and upon your return.
   B. Diversity and Study Abroad
      This section will provide helpful information pertaining to diversity and study abroad.

II. FUNDING YOUR PROGRAM………………………………………P.4
   C. Financial Aid
      Learn how financial aid can help support your study abroad efforts.
   D. Scholarships
      This section will provide you with available scholarships opportunities for abroad programs.
   E. Fundraising Methods
      This section will provide your ideas for raising money for your abroad excursion.
   F. Travel Study Payment
      This section will explain how the Otis billing process works

III. PASSPORT AND VISA INFORMATION……………………………P.7
   G. Passport Information
      When traveling overseas, Otis programs require you to procure a passport. This section will assist you in that endeavor.
   H. Travel Visa Information
      You may need a visa. This section will assist you in understanding the circumstances in which a visa is needed and how to obtain one.
   I. Embassies and Consulate Resources
      Embassies are great resources for travel and visa information. This section will allow you to explore information about your upcoming trip.
IV. HEALTH

J. Health Information
This site will assist you in thinking about your health overseas. Please visit the Center for Disease Control (CDC) website. Along with a list of resource materials provided by the CDC, you will find information pertaining to the following categories: Outbreaks, Diseases, Vaccinations, Food and Water Safety, Special Needs Travelers, and Cruise Ships and Air Travel.

K. Medical Kit Packing List

L. Health Insurance

M. Additional Health Websites

V. SAFETY

N. State Department
The U.S. State Department is a wonderful resource and will work to assist U.S. citizens while traveling and living abroad.

O. Travel Advisories
The U.S. State Department closely monitors countries around the world to ensure that American citizens are aware of issues that may affect their international travel. This section will provide helpful information pertaining to your needs.

P. Stay Informed
Useful web links to keep you update on world and local issues

VI. TRAVEL PLANNING

Q. Airfare Resources
When group travel is not being arranged by Otis this section will provide helpful information pertaining to your travel needs.

R. Travel Resources
There are many travel guides willing and wanting to assist you. This section will provide helpful information pertaining to your needs.

S. Packing List & Travel Preparation

T. Additional Links
This section offers links to currency exchange, and weather.

VII. FREQUENTLY ASKED QUESTIONS
I. CULTURAL IMMERSION & DIVERSITY ABROAD

A. CULTURAL ADJUSTMENTS

"What’s Up With Culture" [http://www2.pacific.edu/sis/culture/index.htm] is a useful web resource that will assist you with the culture shock both abroad and upon your return home. Reflecting on your abroad experience is a part of the ongoing process of cultural adjustment. The program is divided into three interactive Modules as follows:

- Module 1: What to Know Before You Go
- Module 2: Welcome Back! Now What?
- Module 3: Glossary/Bibliography

Otis College of Art & Design acknowledges the creator of "What's Up With Culture", Dr. Bruce La Brack, School of International Studies, University of the Pacific.

B. DIVERSITY & STUDY ABROAD

LGBT
OUT & ABOUT
http://www.outandabout.com/

INTERNATIONAL LESBIAN AND GAY ASSOCIATION
http://www.ilga.org/

INTERNATIONAL GAY AND LESBIAN HUMAN RIGHTS COMMISSION
http://www.iglhrc.org/site/iglhrc/

Minority Students
ANTIRACISMNET
http://www.antiracismnet.org/main.html

Students with Disabilities
MOBILITY INTERNATIONAL USA
http://www.miusa.org/

DISABILITY TRAVEL AND RECREATION RESOURCES
http://www.makoa.org/travel.htm
II. FUNDING YOUR PROGRAM

C. FINANCIAL AID

Financial aid can be applied towards study abroad programs. The first step for any student interested in financial aid is to complete the Free Application for Federal Student Aid (FAFSA). Apply online at www.fafsa.gov. Visit the financial aid office at www.otis.edu/finaid or Ahmanson Building, 203 Mon - Fri 8:30am - 5pm Tel: 310 665 6880 for details.

Students studying abroad are also eligible to apply for additional loans and in some cases grants and scholarships to help pay for the trip. Students in study abroad programs have extra expenses such as transportation costs. This is taken into consideration when awarding financial aid.

No aid can be disbursed before classes begin; therefore, students will be responsible for all deposits. Planning ahead of time for funds to arrive ahead of time is critical. Any students with questions regarding V.A. benefits in relation to Study Abroad should contact the Otis V.A. Certifying Official in the Registration.

Financial Aid Websites
Department of Education - http://www2.ed.gov/finaid/landing.jhtml

D. SCHOLARSHIPS

Scholarship Search Engines
2. Broke Scholar - https://www.brokescholar.com/
4. The Center for Global Education - http://allabroad.us/funding1.php#
10. Institute of International Education Study Abroad Funding - http://www.studyabroadfunding.org/index.asp
E. FUNDRAISING

Fundraising is a wonderful way to make your abroad course affordable and as a way to educate the community. Donors come in many forms: Local, Regional, National, as well as individual. This includes heritage groups with a vested interest in specific countries, civic groups, foundations, high school alumni associations, media, religious, and campus organizations. When speaking to others about your plans for study abroad explain how their funds will assist you (airfare, program fee, tuition, personal travel, special projects, etc.) Photos of yourself and the area you plan to visit are a great way to establish a personal connection with potential donors.

In exchange for financial support, you should pledge to 'give something back.' Sharing your knowledge and experience with others upon your return or while still abroad is a wonderful to enrich your local community and promote cultural awareness. Some ideas include: write an article; show a video or slides of your experience; lead a discussion or seminar; organize a topical campus or community forum; promote educational and business exchanges; participate in podcast, radio and televised interviews and broadcasts; contribute community service and outreach; or help others to have a similar international experience.

Proven Fundraising Methods

1. Request financial gifts or loans instead of birthday or holiday gifts.
2. www.gofundme.com – One of the best ways to raise money online.
3. Write a letter to all of your relatives and family friends, asking for financial support in exchange for framed photos/paintings of your trip.
4. Contact your local newspaper and ask to be paid for a series of columns/photos to be sent from abroad.
5. Organize an Art Show/Sale
6. Hold a garage, flea, or rummage sale.
7. Ask friends to join you in raising money by painting, cleaning, or car wash services.
8. Organize an event where you and/or some friends offer workshops for a reasonable fee (wine & art party, cooking, painting, stained glass making, woodworking, etc.).
9. Sell coffee and baked goods with a sign stating your purpose.
10. Collect used books, CDs, computer software, etc. and have a sale.
11. Ask your church, synagogue, or temple to sponsor a special offering, dinner, or raffle and give the proceeds for study abroad.
12. Approach stores for donated supplies (such as clothes, camping gear, equipment, etc.).
13. Find out if your parents' employers have a scholarship program for their children.
14. Ask your employer to make a cash advance to be paid back through payroll deduction. (No harm in asking!)
15. SAVE YOUR MONEY
F. TRAVEL STUDY PAYMENT

Once you are registered, a bill for the coming semester will automatically be generated. It is your responsibility to make the necessary arrangements to pay your bill on time, just as you normally would at Otis.

Program costs will be added to your student account, in addition to your tuition.

Make your program payment at Otis Self Service:

- Electronic Check (ACH) with no service fee
- Credit Card: MasterCard, American Express, Discover are accepted with a 2.75% service fee. (Visa is not accepted)
- Increase your current TuitionPay payment plan
- Enroll in the Spring Only 5-Pay payment plan at TuitionPay.com
- In person by check at the Cashiers Window

For questions regarding program payment options, contact the Student Accounts Office in Room 209, by phone (310) 665-6838 or email studentaccounts@otis.edu.
III. PASSPORT & VISA INFORMATION

G. PASSPORT INFORMATION

Otis international programs require that all students have a valid U.S. Passport. If you do not have a passport you must obtain one no later than three weeks prior to your departure date. International students (F-1 Visa) are required to show proof of a valid U.S. Visa.

*Helpful Links*
Replace a lost or stolen passport - [http://travel.state.gov/passport/lost/lost_848.html](http://travel.state.gov/passport/lost/lost_848.html)

H. VISA INFORMATION

Some participants may be required to obtain a student visa; others may be able to stay in the host country for the duration of their program as a tourist. The application process for a student visa also varies by country. Depending on the foreign consulate, Otis students will either have to apply for the visa in person, via an online application, or by mailing in all application materials. It is your responsibility to procure your visa prior to departure.


Depending on your travel destination, your length of stay, and your citizenship, you may be required to obtain a visa for your trip abroad. It usually comes in the form of a stamp, placed in your passport.

Before you go, to locate foreign embassies in the US, visit: [www.embassy.org/embassies/index.html](http://www.embassy.org/embassies/index.html)
In Canada, visit: [www.allembassies.com/embassies_in_canada.htm](http://www.allembassies.com/embassies_in_canada.htm)
[www.travel.state.gov/index.html](http://www.travel.state.gov/index.html) is a useful website for general information on consular affairs.

*Helpful Links*
For assistance procuring a visa contact: European Travel – [www.myeuropeantravel.com](http://www.myeuropeantravel.com) Tel: 818-842-7500

Should you have any questions about the health information in the region where you will be studying, please visit the Center for Disease Control (CDC) website. Along with a list of resource materials provided by the CDC, you will find information pertaining to the following categories: Outbreaks, Diseases, Vaccinations, Food and Water Safety, Traveling with Children, Special Needs Travelers, and Air Travel.


**OVERVIEW**

An important step in preparing for international travel is for travelers to assemble a travel health kit. The contents of a travel health kit should be tailored to the traveler’s needs, type of travel, length of travel, and destination. A travel health kit can help to ensure travelers have supplies they need to:

- Manage preexisting medical conditions and treat any exacerbations of these conditions
- Prevent illness related to traveling
- Take care of minor health problems as they occur

Travel health kits can be assembled at home or purchased at a local store, pharmacy, or online.

**TRAVELING WITH MEDICATIONS**

All medications should be carried in their original containers with clear labels, so the contents are easily identified. When carrying prescription medications, the patient’s name and dose regimen should be on the container. Although many travelers prefer placing medications into small containers or packing them in daily-dose containers, officials at ports of entry may require proper identification of medications.

Travelers should carry copies of all prescriptions, including their generic names. For controlled substances and injectable medications, travelers should carry a note from the prescribing physician or from the travel clinic on letterhead stationery. Certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, travelers should contact the embassy or consulate of the destination country.

A travel health kit is useful only when it is available. It should be carried with the traveler at all times (such as in a carry-on bag), although sharp objects must remain in checked luggage. Travelers should make sure that any liquid or gel-based items packed in the carry-on bags do not exceed the size limits. They can consult with the airline for all air-related travel restrictions.
SUPPLIES FOR PREEXISTING MEDICAL CONDITIONS

Travelers with preexisting medical conditions should carry enough medication for the duration of their trip and an extra supply, in case the trip is extended for any reason. If additional supplies or medications are needed to manage exacerbations of existing medical conditions, these should be carried as well.

People with preexisting conditions, such as diabetes or allergies, should consider wearing an alert bracelet (such as those available from www.medicalert.org) and making sure this information is on a card in their wallet and with their other travel documents.

GENERAL TRAVEL HEALTH KIT SUPPLIES

Although this is not a comprehensive list, basic items that should be considered for a travel health kit are listed below.

Medications

- Destination-related, if applicable:
  - Antimalarial medications
  - Medication to prevent or treat high-altitude illness

- Pain or fever (one or more of the following, or an alternative):
  - Acetaminophen
  - Aspirin
  - Ibuprofen

- Stomach upset or diarrhea:
  - Over-the-counter antidiarrheal medication (such as loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol])
  - Antibiotics for self-treatment of moderate to severe diarrhea
  - Packets of oral rehydration salts for dehydration
  - Mild laxative
  - Antacid

- Throat and respiratory discomfort:
  - Antihistamine
  - Decongestant, alone or in combination with antihistamine
  - Cough suppressant or expectorant
  - Throat lozenges
Basic First Aid

- Disposable gloves (≥2 pairs)
- Adhesive bandages, multiple sizes
- Gauze
- Adhesive tape
- Elastic bandage wrap for sprains and strains
- Antiseptic
- Cotton swabs
- Tweezers*
- Scissors*
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Anti-itch gel or cream for insect bites and stings
- Aloe gel for sunburns
- Moleskin or molefoam for blisters
- Digital thermometer
- Saline eye drops
- First aid quick reference card

Other Important Items

- Insect repellent (see the Protection against Mosquitoes, Ticks, and Other Insects and Arthropods section earlier in this chapter for recommended types)
- Sunscreen (≥15 SPF)
- Antibacterial hand wipes or an alcohol-based hand cleaner, containing at least 60% alcohol
- Useful items in certain circumstances:
  - Extra pair of contact lenses, prescription glasses, or both, for people who wear corrective lenses
  - Mild sedative (such as zolpidem [Ambien]), other sleep aid, or antianxiety medication
  - Latex condoms
  - Water purification tablets
  - Commercial suture or syringe kits to be used by a local clinician. (These items will require a letter from the prescribing physician on letterhead stationery.)

L. HEALTH INSURANCE

It is very important that you maintain health insurance coverage while you are abroad. Otis students are required to carry HTH/or Program Provider Health Insurance while they are abroad. Keep in mind that should medical attention be required abroad, it may be necessary for you to have sufficient cash on hand to make payment at the time of treatment, since the foreign physician and/or hospital may not be able to process medical bills through an American insurance company. In such cases, be sure to obtain a receipt to submit with your insurance claim for reimbursement upon return to the U.S. Get a copy of your medical record from the physician or hospital before returning to the U.S.
M. ADDITIONAL HEALTH WEB SITES

HTH Health Insurance: www.hthstudents.com
Otis Student Health Center: www.umkc.edu/chtc/health/
Travel Health Online www.trippreg.com
International Association for Medical Assistance To Travelers (IAMAT) http://www.iamat.org/

COMMERCIAL MEDICAL KITS
Commercial medical kits are available for a wide range of circumstances, from basic first aid to advanced emergency life support. Many pharmacy, grocery, retail, and outdoor sporting goods stores sell their own basic first aid kits. Travelers who choose to purchase a health kit should review the contents of the kit carefully to ensure that it has everything needed. Additional items may be necessary and can be added to the purchased kit.

For more adventurous travelers, a number of companies produce advanced medical kits and will even customize kits based on specific travel needs. In addition, specialty kits are available for managing diabetes, dealing with dental emergencies, and handling aquatic environments. Below is a list of websites supplying a wide range of medical kits. There are many suppliers, and this list is not meant to be all-inclusive.
• American Red Cross: www.redcrosstore.org
• Adventure Medical Kits: www.adventuremedicalkits.com
• Chinook Medical Gear: www.chinookmed.com
• International Medical Center: www.traveldoc.com/products/kits.aspx
• Travel Medicine, Inc.: www.travmed.com
• Wilderness Medicine Outfitters: www.wildernessmedicine.com
N. STATE DEPARTMENT - http://travel.state.gov/

The U.S. State Department is an incredibly valuable source of information for anyone who is planning to travel and/or live abroad. One of the main objectives of the State Department is to protect and assist U.S. citizens living or traveling abroad. This section will provide helpful information pertaining to your needs.


The U.S. State Department closely monitors countries around the world to ensure that American citizens are aware of issues that may affect their international travel. This section will provide helpful information pertaining to your needs.

P. STAY INFORMED

Keep informed of current political situations by listening daily to the television or radio news. In the case of an emergency, advisories may be made to the general public through the media. You will still find yourself with many surprises, such as strikes, that may cause you to change your plans. Stay out of the political affairs of your host country.

- BBC www.bbc.co.uk
- Directory of Newspapers by Country http://newsdirectory.com
- MSNBC www.msnbc.com
VI. TRAVEL PLANNING

Q. AIRFARE RESOURCES

In most cases airfare will be arranged by Otis College of Art and Design. However, in instances where it is up to you to procure travel this section will assist you with your air travel needs. In searching for well-priced tickets most airlines release special airfares on Tuesdays. The Center for International Education is happy to direct students towards airlines, travel agencies, and other resources that are useful when planning a trip. Student travel agencies tend to offer discounted rates. They are especially accommodating when a change or cancellation is made to the flight, as they tend to charge nominal fees for such changes compared to the fees charged by most airlines and travel agencies. Internet search engines provide a quick and easy method for comparing multiple airlines at a glance, and at times special "web fares" may be offered.

It is always good to call the airline directly for concrete information, special deals, and to inquire whether frequent flyer miles may be applied to the ticket.

The following price suggestions reflect average round-trip airfare prices:

- South America ($1200 or more)
- Costa Rica, Dominican Republic, or Panama ($500-$800)
- Mexico ($300-$700)
- Europe ($500-$1200)
- China or South Korea ($1200 or more)
- Jordan ($1200 or more)
- Morocco ($2000 or more)

Student Travel Agencies
www.studentuniverse.com
www.myeuropeantravel.com

Internet Search Engines
www.orbitz.com
www.travelocity.com
www.expedia.com
www.kayak.com
www.sidestep.com
Airlines
Delta Airlines - http://www.delta.com/
Frontier Airlines - http://www.flyfrontier.com/

R. TRAVEL GUIDE BOOKS
Research where you are traveling to by clicking one of the following links:

- Let’s Go - http://www.letsgo.com/

S. PACKING LIST & TRAVEL PREPERATION
What to pack? What should you prepare before travel? This site will provide you with a printable packing list, travel tips, information, and things to do before your trip: http://www.travelschecklist.com/

T. ADDITIONAL LINKS

Exchange Rates
http://www.oanda.com/
http://www.xe.com/

Weather
http://www.weather.com/
http://www.usatoday.com/weather/
WHO CAN PARTICIPATE?
General Requirements: You must be an Otis Student and at least 18 years of age. Depending on the programming and the sponsoring Department additional requirements may exist. Please check with the Center for International Education or the sponsoring Department for further details.

I MISSED THE PRIORITY DEADLINE. CAN I STILL GO?
Admission is rolling until program capacity is reached. Contact the Director of International Education, Darren Grosch to find out if there’s still room in the program and to let them know you’re interested in participating.

CAN I USE MY FINANCIAL AID TO PAY FOR THE PROGRAM?
Yes! Please contact the financial aid office at 310-665-6898, for more details.

DOES OTIS MAKE MONEY OFF OF THESE TRIPS?
No, Otis receives no money from these trips apart from your class fees. Otis is committed to making these trips as affordable as possible by keeping the costs to a minimum.

IN-COUNTRY HOUSING OPTIONS
Depending on the program students may be housed in shared apartments, dorms, hotels, hostels, or with home-stay families during your in-country stay. Housing is generally provided by the Program Provider.

CAN I BUY MY OWN PLANE TICKET?
This can vary from program to program.

WHAT IF I GET SICK?
You are required to purchase international health insurance for Travel Study programs. If you need medical attention and/or immediate hospitalization in the country, the partners’ local liaison will make the necessary arrangements. If you need urgent medical attention in the United States, your international medical insurance will pay for repatriation.

HOW DO I CONTACT MY FAMILY WHILE I’M ABROAD?
Internet access, SKYPE, and/or international calling cards are common ways one can keep in contact with family and friends while abroad.

HOW CAN MY FAMILY OR FRIEND CONTACT ME SHOULD I REMAIN IN COUNTRY AFTER TRAVEL STUDY ENDS?
Should your family need to contact you while you are traveling (e.g. after the program is over), emergency assistance is available through the Citizens’ Emergency Center of the Office of Overseas Citizens Services (OCS), operated by the State Department's Bureau of Consular Affairs.

The office can be reached at 202-501-4444 (from overseas) or 1-888-407-4747 (from the US). After hours emergency assistance is available by calling this number for more information.
Website info: [http://travel.state.gov/about/info/info_308.html#citizens_17](http://travel.state.gov/about/info/info_308.html#citizens_17)