



UC Davis Study Abroad Student Handbook



2019 - 2020

Table of Contents

1. Choosing a Program – What to Consider	4
2. Awards and Scholarships	4
3. Travel Policies – Preparing to Travel	5
<i>Passport and Visas</i>	5
<i>Travel Arrangements</i>	5
<i>International Air Travel</i>	6
<i>Regional International Air Travel</i>	6
<i>Program Specific Guide</i>	7
4. Communication	8
<i>Communication with Study Abroad, Program Instructor and Classmates</i>	8
<i>Email Communication While Abroad</i>	9
<i>Keeping in Touch with Families and Friends While Abroad</i>	9
5. Health & Insurance	9
<i>Online Resources for Healthy Travel</i>	9
<i>Determining Recommended/Required Vaccinations</i>	10
<i>Health Clearance Requirement</i>	10
<i>Prescriptions: From Medications to Contact Lenses</i>	10
<i>Mental Health</i>	11
<i>Tips for Staying Healthy Abroad</i>	12
<i>Illness While Abroad</i>	14
<i>Travel Accident Insurance (UnitedHealthcare Global Assistance - Chubb)</i>	14
<i>Travel Health Insurance (GeoBlue)</i>	14
6. Safety	16
<i>Safety Guidelines for Traveling Abroad</i>	16
<i>Additional Safety Tips</i>	18
<i>U.S. Department of State Information on International Travel</i>	19
<i>Emergency Procedures</i>	20
7. Academics	21
<i>Grades</i>	21
<i>Course Prerequisites</i>	21
<i>Transferring Grades and Transcripts</i>	21

<i>Ordering Transcripts</i>	21
8. UC Davis Expectations & Campus Policies	21
<i>Academic</i>	21
<i>Conduct Abroad</i>	22
<i>UC Davis Code of Academic Conduct</i>	22
<i>Cross-Cultural Etiquette</i>	22
<i>Sexual Harassment</i>	22
<i>UC Davis Principles of Community</i>	23
<i>Study Abroad Participant Contract</i>	23
<i>University of California Standards of Conduct</i>	23

1. Choosing a Program – What to Consider

UC Davis Study Abroad offers a wide variety of focused learning opportunities, typically during summer, fall and spring quarters, and winter break. From academic considerations, such as how your course will fulfill university requirements, to more personal ones such as the food and climate in your location, you need to research your options and choose the program that's right for you.

The [UC Davis Global Learning Hub website](#) provides a listing of the various types of study, internship, and service-learning abroad programs that are offered through UC Davis on the [Study Abroad webpage](#). When you are choosing the program that is best for you, there are a variety of things you should consider:

- Why do you want to study abroad?
- What kind of experience are you looking for?
- What type of credit will you earn abroad?
- What other things should you consider when selecting your program?
 - Climate
 - [Health & Safety](#)
 - [Scholarships & Funding](#)
 - Lodging
 - [Access & Diversity](#) (Information and resources for students of color, LGBTQIA+-identified students, undocumented students and students with DACA status, students with disabilities, and more!)

In addition to reviewing the programs and resources above, the following resources are also available to help research your options:

- [Program specific webpages](#)
Visit the “**On Site**” section for a description of the housing, meal options, and links to travel resources. Some programs also include a recap of a past information session hosted by the instructor—look for it under “Announcements.”
- [Interest Profile](#)
Create a Study Abroad online account, and choose programs that interest you to receive email updates about information sessions, fees, program status and more.
- [UC Davis Global Learning Hub](#)
Stop by the UC Davis Global Learning Hub where you can talk with students who have participated in the past programs or with a Program Coordinator.
- **Program Instructor**
Send an email to the program instructor. They are the experts on the program! You can also find a biography of your instructor on each program’s “**Overview**” page. Many Study Abroad instructors are award-winning educators who have a lot of experience at the program location. They would love to hear from you!
- **Program Coordinator & Advisor**
Find links to their contact information on each program’s “**Overview**” page.

2. Awards and Scholarships

UC Davis Study Abroad Awards

All **UC Davis students** enrolled in a UC Davis Study Abroad program will have the opportunity to apply for an award ranging from \$500 - \$2000. For more information and application deadlines, visit the [Scholarships & Funding webpage](#).

Benjamin A. Gilman International Scholarship Program

Students participating in study or intern abroad programs can apply for the prestigious Benjamin A. Gilman International Scholarship if they meet all [eligibility requirements](#). This scholarship provides awards of up to \$5,000 to U.S. undergraduate students who are receiving Federal Pell Grants at a two-year or four-year college or university to participate in study abroad programs worldwide. For more information including deadlines, visit the [Benjamin A. Gilman website](#).

Due to the competitive nature of the Gilman scholarship, UC Davis Study Abroad regularly holds information sessions and workshops to help students submit strong applications. Please check our [calendar of events](#) to see when the next Gilman Workshop is scheduled.

Scholarships

There are dozens of other scholarships meant to help students participate in study abroad. For updated information visit the [Scholarships & Funding webpage](#) on the Global Learning Hub website. UC Davis students and non-UC Davis students should check this page for external scholarship opportunities. Non-UC Davis students should also check with their home campus to see what scholarships may be available.

3. Travel Policies – Preparing to Travel

You are responsible for obtaining all necessary entry documents before traveling abroad. If you fail to obtain the proper visa documentation prior to departure, you may be denied admittance to the host country, and will be still liable for Study Abroad fees. Such a situation would prevent your participation in Study Abroad. For U.S. citizen entry requirements for your host country, visit the [U. S. Department of State travel site](#). Additional information for your specific destination will be available in your Program Specific Guide.

Passport and Visas

Passports

A valid passport is required for travel to all program sites (except for USA Study Programs, which accepts other acceptable forms of ID such as a driver's license, state issued ID, or permanent resident card). Passport applications are available online on the [U.S. Department of State website](#). Apply early! UC Davis students can apply for their passport at the [Business Center](#) in the Activities and Recreation Center (ARC). If you submit proof of passport application with your enrollment, you **must** have your passport copy submitted to UC Davis Study Abroad by the deadline stated in your enrollment. You may not be allowed to go on the program and will remain liable for fees if you do not meet this deadline.

Existing passport holders: Note that your passport must be valid at least 6 months **after** your planned return to the U.S. Check the expiration date and apply early for a renewal if necessary.

Tourist Visas

For information on entry requirements/visas, check the “**Travel**” section of your program webpage and/or your Program Specific Guide. If you are a **U.S. citizen**, you can find information on how to obtain a **tourist** visa on the [U. S. Department of State travel site](#) or by visiting the embassy website for your host country.

Note: If you are planning on traveling to other countries before/after your program, you also need to check visa requirements for those countries.

Non-U.S. Citizens (Including Permanent Residents)

Please check specific entry requirements *for your citizenship status* by contacting the nearest Embassy or Consulate for your destination country(ies). Non-U.S. citizens will often need a visa, even if U.S. citizens do not. **Note:** If you are planning on traveling to other countries before/after your program, you also need to check visa requirements for those countries.

Travel Arrangements

Do NOT purchase your flight(s) until Study Abroad sends instructions for making travel arrangements and confirms that the program has met all requirements to run. Monitor your program’s status online via your [Study Abroad account](#).

You are responsible for making your own travel arrangements to arrive and depart from the program location. Instructions regarding how to get from the airport to the check-in location will be emailed to students and are in the [Program Specific Guide](#).

Preparing to travel abroad can be a daunting task. This section aims to help you get started with information and resources related to transit. The information below focuses on student travel and resources that our study abroad participants have considered useful. However, this is not a comprehensive list, so we encourage students to give due consideration and *thoroughly research all options*, beyond what is listed below.

Please note that the information regarding vendors and services listed below are provided to inform your own research. UC Davis Study Abroad does not endorse any particular vendor nor can we assure the accuracy of the information or the fulfillment of services provided.

International Air Travel

Tips for booking a flight—Timing

- When selecting a flight, pay attention to the *landing day and time* of your booking. Flights that cross the International Date Line mean you can be landing a full day later than you might anticipate.
- If you are selecting a flight with layovers, make sure to leave one hour *minimum* between legs, and ideally 2-3 hours. Some international airports will require you to go through security again, so be sure to factor in additional time for you and any checked bag(s) to make the switch!

Booking and Prices—Finances

- When purchasing airfare, make sure to compare prices between airlines and providers. Online resources such as [Priceline](#), [Expedia](#), [Kayak](#), [Google Flights](#), and [SkyScanner](#) are popular resources for comparing flights. Some sites will also allow you to register for flight ‘tracking’ and will email you when airline prices are particularly low.
- Student travel companies like [Student Universe](#) and [STA Travel](#) are great resources for students in particular. These services offer great deals for traveling students, and not just for airfare, but train travel, lodging, and more. **Note: Study Abroad does not endorse any particular vendor.**
- Some websites ([Kayak](#) and [SkyScanner](#)) offer “Hacker fares”: two one-way flights by two different airlines (rather than a round-trip through one company) to result in the cheapest option. Taking advantage of these bookings is not a bad idea, but be aware they are *usually non-changeable and non-refundable*. Any change made will need to be made to the other leg separately, and baggage size and check-in time may vary between legs.
- There are also many phone apps, such as Hopper, that can alert you when prices drop.

Airfare Deposit Program

[STA Travel](#) offers an Airfare Deposit Program that allows students to book their airline ticket early on with a nonrefundable deposit, and pay for the balance closer to their departure date. Tickets must be paid off before departure. To learn more, please call 1-800-229-6197. This opportunity can only be arranged by phone, not via their website.

Regional International Air Travel

European Air Travel

Traveling by plane between countries in Europe can be remarkably affordable if you book through some of the so-called “budget” airlines, such as the ones listed below. Tickets can cost as low as \$40! However, these airlines usually have very strict luggage restrictions and will tack on additional fees for checking bags, not checking in online, oversize carry-on bag, etc. The airports these airlines use are not always close to city centers or to your final travel destination, so you should consider the additional time and the extra cost to get to your final leg.

- [Ryan Air](#)
- [Easy Jet](#)
- [Aer Lingus](#)

Asian Air Travel

Please see the text above regarding European Air Travel—similar circumstances may apply here.

- [Spice Jet](#) (India)
- [Tigerair](#) (Oceania)
- [Nok Air](#) (Thailand)
- [AirAsia](#) (Asia & the Pacific)

Rail & Coach Travel

In many countries, particularly in Europe, train travel is comprehensive and can take you almost anywhere. Trains leave often and you don't always have to book tickets in advance, though doing so can save you quite a bit of money. The resources below can connect you with train schedules and prices. Please note that in many places in the UK and Europe, if you book online with a credit card, you will need to have that credit card in-hand when you pick up your ticket at the station.

- [Britrail](#) (British Student Rail passes available)
- [Eurail Pass](#) (Europe)
- [Eurostar](#) (London, Brussels, Paris)
- [Rail Europe](#)
- [Railpass Information](#)
- [Trenitalia](#) (Italy)
- [Japan Rail Pass](#) (must book in advance)

In addition to train travel, long distance coach travel is also available in many places. Be warned that in many countries, particularly developing ones, travel on roads is dangerous, and students in general should be advised to avoid coach and automobile travel whenever possible. Learn more about road safety and road conditions abroad at <http://www.asirt.org/>.

- [Megabus](#) (Europe)
- [Long and Medium Distance Bus in Japan](#)

Airport Transfer

Once you arrive at the airport of your destination, you will have transportation options ranging from taxis, airport shuttles, trains, buses to public transit, etc. to get to your accommodations. Taxis are usually the most convenient and most expensive option. However, if you have a travel companion to share the ride and cost with, this may be the most cost and time effective way to travel. Please note that in some locations, you are advised to use the official airport taxi with fixed rates to avoid being charged exorbitant fees by taxi drivers. Negotiate your fare before you board these taxis.

Airport shuttles usually take multiple passengers to/from airports to their doors or specific pick-up/drop-off locations. This service usually takes more time depending on when/where you will be dropped off. Some companies require reservations in advance, but most can accommodate on the spot reservations. There may be extra fees for additional bags.

Many major international airports have express train services that go directly into the city centers. You may want to consider this option if your airport is far from the city where you reside. You can take a taxi or other transit from the train station to your final destination. There may be regional or local trains that service the airport as well, but you may have to change trains and hustle with local commuters. Spaces for luggage storage on these regional or local trains are very limited and tight, so this is not recommended if you travel with heavy or multiple bags.

Program Specific Guide

Each enrolled student will receive a Program Specific Guide for their program in the form of a PDF. All participants are asked to forward the Program Specific Guide to emergency contacts and loved ones.

Sample Contents of Program Specific Guide

- Preparing to Travel

- Flight Arrangements
- Early Arrivals and Late Departures
- Required Texts and Ordering Information
- Before You Go Checklist
- Advice from Instructor and Past Participants
- Practical Notes (Packing, Weather, Electricity, Local Transportation, etc.)
- Money Advice
- Health and Safety
- Communication (Internet Access, Phone, Calling to/from the U.S.)
- Cross-Cultural Etiquette/Cultural Do's and Don'ts
- Details on Accommodations, Meals, Classroom
- Upon Arrival (Getting From the Airport to Your Accommodations, Maps, Check-In Procedures)
- What To Do If...Helpful Advice for Potential Travel Setbacks
- Important Contact Information (Instructor Cell, UC Davis 24-7 Emergency Numbers, Local Emergency Numbers)

4. Communication

Communication with Study Abroad, Program Instructor and Classmates

UC Davis Study Abroad and the program instructor will regularly send you important announcements and program information to the email account you provided in your Study Abroad account. We may also request information from you via email. **It is your responsibility to check your email regularly and read these messages and respond to our requests in a timely manner.** Failure to do so may result in you missing important deadlines that will affect the program's planning and logistics.

You may contact Study Abroad via email at globallearning@ucdavis.edu and by phone at (530) 752-5763. Should you need to get in touch with your Program Coordinator or instructor, you can find their contact info on the [program's webpage](#).

Note: It is important that you proactively communicate any changes in your contact information, health history or academic status. Your contact information, allergies, and dietary restrictions are to be updated online via your [Study Abroad account](#). Please also notify Study Abroad of important changes.

Online Study Abroad Account

UC Davis Study Abroad will post important information and upload program materials to your Study Abroad account. Log into your [Study Abroad account](#) regularly to find items such as your program's status, the Online Informational Tutorial, the Pre-Departure Orientation schedule, and supplemental information (roommate request, dietary information, request for disability accommodations, travel itinerary information, and more, as it becomes available). Non-UC Davis students can find their UC Davis Student ID number in their Study Abroad account.

Emails Sent via Program Listserv

All participants will be added to a listserv specific to their program. Through the listserv, you may communicate with fellow students to get to know one another, plan get-togethers, ask questions, coordinate travel plans, and exchange photos. Be aware that all information posted on the listservs can be read by Study Abroad staff and your instructor.

Your instructor and your Program Coordinator will send important updates and information to the program listserv. In addition, they may use the listserv to request information from you, such as missing travel information or accommodation requests. Keep an eye out for three emails that are standard for every program:

- 1) Program Confirmation Email: Notifies students that their program meets all requirements to run and students may purchase their airfare. This email will include information for making flight arrangements, as well as a "What's next?" section.
- 2) PSG Available Email: Notifies students that their Program Specific Guide is available for download, as well as any other reminders.

- 3) Before You Go Email: Includes a checklist to help prepare you for going abroad.

MyUCDavis

UC Davis students can access their campus email through the [MyUCDavis website](#). Please note that in some countries, access to UC email may be blocked. You can forward your UC Davis campus email to another email address. Visit the [UC Davis IET website](#), choose "Computing Account Services," and then follow the directions to "Email Forwarding." **Non-UC Davis students** should check with their home campus IET services for information about forwarding their campus account.

Email Communication While Abroad

Your instructor and Program Coordinator will continue to send information via email while you are abroad. Be sure to provide Study Abroad, family and friends with the email address you use most frequently. Students in all Study Abroad programs will find that it is vital to have a web-based email account (such as Gmail, Hotmail, or Yahoo) that will allow them to access both their personal and campus email while overseas. Please notify Study Abroad if you intend to use a different email account once you are abroad so it can be added to the listserv (allowing you to send and receive emails from the listserv address).

Keeping in Touch with Families and Friends While Abroad

In the digital age, there are as many ways to keep in touch with your people back home as there are apps in the app store. From WhatsApp, Facebook, and Skype to conventional phone calls, postcards and blogs, there are many ways to keep your people up to date on your travels. The important thing is knowing what method(s) of communication will be most reliable and affordable in your destination, and planning ahead with your friends and family. Because communication options can vary drastically from country to country, Study Abroad advises checking with the instructor for advice regarding what might be the best option for your particular program.

IMPORTANT

Updating your email address in your Study Abroad account will not automatically update it in your program's listserv. This must be done manually by Study Abroad. If you change your email address, notify the Study Abroad office immediately so that you will not miss important email updates. (530) 752-5763, globallearning@ucdavis.edu.

5. Health & Insurance

When choosing your program and planning your study abroad experience, your health should be a central consideration. Educating yourself about the appropriate health precautions for your destination is an important part of your preparation for your study abroad experience. It is essential that you also explore the specific recommendations for your destinations by exploring the resources outlined below. The resources in this section will connect you with the information you need to proactively prepare for staying healthy abroad. The last section includes comprehensive information about Study Abroad travel insurance and how to take advantage of the medical services provided in order to protect your health while abroad.

Online Resources for Healthy Travel

Recommendations for safe travel abroad may change frequently. It is the student's responsibility to be aware of new health information regarding the locations to which they plan to travel. The online resources below provide a wealth of information for travelers. Please review the pertinent travel health sections on these websites prior to your departure.

- **Centers for Disease Control and Prevention (CDC)**
To keep current on possible health concerns in each country you plan to visit, begin with the [Traveler's Health webpage](#) on the Centers for Disease Control and Prevention's (CDC) website, which includes destination-specific advice on topics ranging from insect bites to food and water safety. Be sure to read the "recommended/required vaccinations" section after you have entered your travel destination under the "Destinations" tab.
- **Students Abroad – U.S. Department of State**
A new website from the U.S. Department of State includes comprehensive information on health, safety, preparing for travel, and cultural adjustment. Do not miss this easy-to-navigate and student-friendly resource!

Other resources include:

- [World Health Organization \(WHO\)](#)

- [Travel.State.Gov](#)
- CDC's "[The Three P's of Safe Travel!](#)"
- [Program Specific Guide](#)
- Center for Global Education's "[Study Abroad Safety Handbook](#)"

The Center for Global Education publishes an online Study Abroad Safety Handbook that "provides resources and preparation tips for students considering studying abroad" and parents trying to help them. The handbook "should help you ask the right questions and find helpful resources for international study and travel" and is available online.

Determining Recommended/Required Vaccinations

UC Davis Study Abroad cannot provide medical advice regarding the prescription of vaccinations and cannot be held responsible for unannounced health requirement changes. To determine the current recommended and required vaccinations for your destinations, refer to the [Traveler's Health webpage](#) on the U.S. Centers for Disease Control and Prevention (CDC) website.

NOTE: Hepatitis is increasing worldwide. Make sure you speak with your doctor regarding Hepatitis A and B vaccinations before leaving, as the vaccinations must be started six months prior to departure to complete the series. Also, please speak with your doctor regarding the flu vaccination.

All vaccinations should be recorded on the yellow International Certificate of Vaccination card that is approved by the World Health Organization (WHO). The vaccination card is often available from your student health center or County Health Department. Students should take the vaccination card abroad with them if they already have one. Even though the host government may not require inoculation records for entry purposes, the card may be useful while traveling outside the host country, particularly in Latin America, Asia, and Africa.

Health Clearance Requirement

All participants must complete the Health Clearance Form signed by a physician or health care provider in order to participate in a UC Davis Study Abroad program. It is extremely important that you *disclose all of your medical history* to the medical professional who will be performing your clearance, even if you do not believe that your condition might create a problem for you while you are abroad. This allows medical professionals to provide accurate medical advice as you make arrangements for staying healthy during your study abroad experience.

Participants with known and ongoing medical problems (i.e. allergies, diabetes, mental health conditions) must take special precautions in preparing for and managing their health overseas. You must anticipate how your new environment and the stresses of study abroad can impact your health.

UC Davis students may use either the UC Davis Student Health and Counseling Services Health-e-Messaging Clearance or a private physician with the Private Physician form. Non-UC Davis students using their student health center or a private physician must use the Private Physician form. Instructions for completing your health clearance are available in the online enrollment.

Prescriptions: From Medications to Contact Lenses

Please check with your physician for advice or recommendations concerning your health while abroad. It is generally advisable to bring enough of your medications with you for the duration of your study abroad experience. If your prescribing doctor advises against taking along a large supply of medication, they should provide a diagnosis/prescription describing the medication so that an overseas physician may fill the prescription properly. In some cases, a physician abroad may not fill a prescription provided by a U.S. doctor without doing an examination and confirming the diagnosis.

Guidelines for Traveling with Prescription Medications

- Consult the [Country Specific Information webpage](#) for your destination to determine which medications you can legally bring into the country.

- Bring an adequate supply for the duration of your trip (provided it is permitted and not perishable).
- Any medications being carried overseas should be left in their original containers, be clearly labeled, and packed in a carry-on bag.
- Bring a copy of the prescription with you in case you need a refill. Make sure you know the drug's brand name as well as the generic name. These names can vary from country to country.
- In addition, carry a letter from the attending physician, describing the medical condition and any prescription medications, including the generic and brand names of prescribed drugs.
- Know the names of your medications and conditions in your host-country language—especially if you have a pre-existing condition or are currently taking prescription medication. [GeoBlue Worldwide](#) offers an online drug and medical term translation guide.
- Be cautious if you choose to purchase prescription drugs abroad. It cannot be guaranteed that the same pharmaceutical standards have been used in preparation and/or storage of the prescription, and the medicine may not be up to the standards of the highly regulated U.S. pharmaceutical industry. Poor storage in high heat and/or humidity, for example, could alter the effectiveness of some drugs.
- Keep in mind that many prescription drugs do not work as effectively when mixed with alcohol (and that mixing these can be harmful).

Special Considerations

Glasses and Contact Lenses

If you wear glasses or contact lenses, take an extra pair and the written prescription abroad. Take sufficient quantities of contact lens solution since it is not always readily available overseas. Bring a copy of your vision prescription in case you need to obtain replacements.

Contraception

Contraception can be more difficult to obtain abroad than in the U.S. Plan accordingly.

Administering insulin or allergy shots

If you regularly take insulin, allergy or other shots, pack an appropriate supply of syringes; not all sizes are available abroad.

Identification Bracelets

If you have diabetes, are allergic to penicillin, or have a physical condition that may require emergency care, carry identification—a tag, bracelet, or card—on your person at all times indicating the specific nature of the problem and spelling out clearly what must or must not be done should you be unable to communicate this information yourself.

Mental Health

Study abroad introduces students to new experiences that can be exciting as well as challenging. In addition to navigating a new culture, students must also adjust to differences in food, language, living arrangements, customs, and even the weather. All these new encounters can sometimes lead to stress, anxiety, or disorientation. Students can prepare themselves for these challenges by familiarizing themselves with the language, culture, and history of their host country and by bringing a positive attitude, a sense of humor, and a willingness to be flexible. However, in some cases these changes can aggravate emotional distress or mental health conditions. Students who encounter significant difficulty adjusting to their new environment or experience strong emotions such as sadness, hopelessness, or worry should seek the advice of their parents, instructor, on-site staff, and/or a mental health professional.

UC Davis Student Health and Counseling Services

All Study Abroad students are eligible to receive mental health services from [Student Health and Counseling Services \(SHCS\)](#), a no-cost confidential counseling and psychiatric service center. If you are abroad and would like to speak with a professional about emotional or psychological issues, you may call SHCS directly at (530) 752-2349. Someone is available 24/7 to provide an assessment of the resources available and emergency support. SHCS will also help you contact a mental health specialist in your current location. All Study Abroad students have the option of meeting with a SHCS counselor during all UC Davis terms they are registered for—before or after traveling abroad—to discuss existing mental health

conditions or transitional anxiety as you prepare for your trip or as you return. You may also access online counseling through SHCS at <https://shcs.ucdavis.edu/online-visits>.

GeoBlue Mental Health Providers

You can search for a mental health professional in your destination country by logging into the GeoBlue website ([instructions below](#)). If there is not a specialist listed for your location, you may ask your instructor to help you locate one and can contact GeoBlue to arrange for payment, or pay upfront and submit a reimbursement form for the expense.

Tips for Staying Healthy Abroad

Your general health can be compromised by travel. For example, gastrointestinal disorders, flu symptoms, sore throats, and colds often occur more frequently when traveling abroad, particularly soon after arrival, and may result from the change in climate, environment, diet, water, and personal habits. Staying healthy while abroad requires following many of the same habits needed for staying healthy at home—with a few additional precautions.

Packing

For a list of recommended travel health items, refer to:

- CDC's "[Traveler's Health Kit](#)"
- CDC's "[Healthy Packing Travel List](#)" for your country

Vitamins and Supplements

Consider bringing a supply of vitamins and probiotics to last your entire stay abroad. Change in diet and frequent travel may mean that you will not be meeting your nutritional needs in the same way you do at home.

Food and Water

Expect that your diet will change while you are visiting your host country and prepare to be flexible in this area. Be sure to eat regular, well-balanced meals and get plenty of rest. Vegetarians and vegans should be particularly aware that obtaining meals without animal products can be difficult, depending on your location.

In some destinations it may be advisable that you drink only bottled beverages, avoid tap water and ice, and exercise caution when eating raw fruits and vegetables or food from street vendors. (See the CDC recommendations for your destination: <https://wwwnc.cdc.gov/travel/destinations/list>.)

See also the CDC's "[Food and Water Safety](#)" and "[Avoiding Travelers' Diarrhea](#)" recommendations.

Allergies

[Food Info Net](#) offers free translations for people with food allergies or intolerance.

Jetlag

Airline travel is exhausting, especially when you compound it with a multiple-hour time difference. You are going to feel less than refreshed when you arrive in your program location. Tips for beating jetlag quickly:

- Set your phone time and/or watch to the time zone of your destination as soon as you board the plane. Start thinking in terms of the new local time as soon as possible.
- When it is allowed by the cabin crew, try to stand up, stretch, and move around at regular intervals.
- Avoid caffeinated and alcoholic beverages during the flight.
- Drink plenty of water.
- Upon arrival, try to stay awake until a normal bedtime (in the local time) in order to make the quickest possible adjustment.
- Try to get out in the sun and exercise upon arrive, if you have the opportunity.

Sleep

It is important to get plenty of sleep and rest during your trip in order to maximize your experience. Staying out late to explore the local nightlife may be tempting, but it can make your daytime experiences less enjoyable. You may want to avoid stimulants like coffee and tea in the evenings and consider bringing along items to help you sleep in a new environment, such as an eye cover and/or earplugs.

Intestinal and Stomach Problems

Many travelers will get some type of stomach bug when they travel to a different country. To protect yourself, be careful about what you eat and bring appropriate medication. (Your doctor can prescribe medication recommended for travel to your destination.) If you have diarrhea accompanied by severe abdominal cramps, blood in your stool, and/or fever, contact a doctor immediately. Bring a supply of the over-the-counter remedies that normally help you in the U.S.

Alcohol

If you are of legal age in the country and plan to drink, do so moderately and responsibly. It is advisable that you avoid consuming alcohol at all for the first few days while you are getting accustomed to your new surroundings. Alcohol causes dehydration, affects quality of sleep, and leads to hangovers. Alcohol can also interfere with the effectiveness of prescribed medications—or cause dangerous side effects for those taking medication. In addition, many injuries and crimes suffered by students traveling abroad are associated with excessive alcohol consumption. Be smart and take care of yourself and your classmates.

Sunburn and Heat

On most programs, you will be in the sun quite a bit and need to prepare by wearing a hat, using sun block, and wearing UV-blocking sunglasses.

Dehydration

Make sure you drink plenty of fluids. If you feel dizzy and exhausted and/or have cramps and headaches, you may be dehydrated. Excessive sweating, extreme headaches, and disorientation leading to possible convulsions and delirium are the symptoms of heat stroke, which can be fatal. If you have any of these symptoms, get help immediately.

Accommodations for Travelers with Special Circumstances

Students traveling with special circumstances may find useful travel-health information and resources on the [CDC website](#) (scroll to Chapter 5).

Sexually-Transmitted Infections (STIs)

If you are sexually active while you are abroad, please be aware that laws, cultural norms and risks related to sexual activity may vary widely, and it is therefore important to consider the context of your individual situation and assume a greater degree of caution.

Please also note that safer sex products may be more difficult to obtain abroad, or the quality may vary (as in the case of condoms), so you may want to take an adequate supply with you. Access to sexual health services can vary widely as well. Check out the [UC Davis Sexcess Map](#) to find sexual health products and services on and around campus.

The most effective means of preventing STIs is by being informed. The CDC has a very informative webpage regarding precautions against contraction of STIs and HIV/AIDS at <https://wwwnc.cdc.gov/travel/yellowbook/2020/posttravel-evaluation/sexually-transmitted-infections>

For more information regarding safer sex, please visit the UC Davis Student Health and Counseling Services' [Sexually Transmitted Infections \(STI\) webpage](#).

Additional Health Recommendations and Resources

For more tips on staying healthy, visit the World Health Organization's [Country webpages](#) and the [Health and Safety webpage](#) on the Global Learning Hub website.

Illness While Abroad

DO NOT put off medical care. If you feel ill or need medical attention, inform the program instructor and on-site coordinator of your symptoms. They may be able assist you in contacting the local hospital, a doctor or pharmacist. Sometimes students put off going to the doctor because they are not sure how to do so—or are worried about the additional expense. Again, DO NOT put off medical care. Refer to information on how to use your Study Abroad [Travel Health insurance](#).

Travel Accident Insurance (UnitedHealthcare Global Assistance - Chubb)

The University of California provides catastrophic coverage including Accidental Death and Dismemberment (ADD) insurance for each student. The UC-sponsored coverage is to be used for catastrophic events such as, but not limited to, loss associated with death, dismemberment, paralysis, and total disability. This policy also includes emergency extraction insurance and benefits for lost baggage, trip cancellation, and laptop damage/replacement. Coverage information is available in the online [Benefits Summary](#). You will receive an email asking you to set up a personal profile through WorldCue, an optional service that allows you to save copies of your passport and travel details. You will be sent your Insurance Card via email. Print this card and carry it with you at all times when you travel.

Travel Health Insurance (GeoBlue)

UC Davis Study Abroad will purchase a travel health policy through GeoBlue for participants in all programs. If you have additional health insurance, it is a good idea to contact your provider to see whether you are covered overseas. Bring copies of any additional insurance cards you have with you on your trip. You will be sent your GeoBlue Insurance Card via email. Print this card and carry it with you at all times when you travel. Before you travel, login, set-up your account, and download the [GeoBlue app](#).

This page "[Health and Accident Insurance](#)" provides complete information on services available through GeoBlue and UnitedHealthcare Global Assistance (Chubb).

GeoBlue Cards and Physicians/Clinics Abroad

Students will receive a copy of their GeoBlue card electronically—which includes their individual certificate number. A list of doctors who are a) English-speaking and b) Western-educated can be found for most destinations by logging into the [GeoBlue website](#) with the GeoBlue certificate number.

For help locating a particular medical specialist (including mental health counselors) before your program begins or before you finalize your program choice, please contact your Program Coordinator.

NOTE: These doctors and clinics are not necessarily familiar with GeoBlue payment procedures—and students do not have to go to one of these doctors to use GeoBlue coverage. In an emergency, go to the nearest hospital or clinic for assistance.

Arranging GeoBlue Payment

As soon as possible—either before your appointment or after receiving emergency care—call the number on the GeoBlue card (from most locations abroad 01 + 610.254.8771) to connect the provider with GeoBlue payment procedures. (Collect calls are accepted.)

If you do not have access to a phone, please ask your instructor or on-site coordinator to permit you to call using their international cell phone. GeoBlue can also arrange an appointment and advance payment if you call them before you visit a doctor. If a direct connection between GeoBlue and the provider is not established before your visit, then you may have to pay up front and submit a claim form for reimbursement when you return.

For assistance, contact **GeoBlue Customer Service:**

Inside U.S.: 1.800.257.4823

Outside U.S.: +1.610.254.8771

Email: globalhealth@geo-blue.com

Filing a Claim

If you pay directly for medical services, be sure to get an itemized bill at the time of payment. When you return from your travels, you can file a “**Medical Reimbursement Form**” by following the instructions below. Although most claims take 4 - 6 weeks to process, claims are often delayed if you forget to send all required documents, send in the wrong form, or fill out the right form incorrectly. To speed the processing of your claim, please make sure you follow these directions.

1. Use a claim form provided by GeoBlue Worldwide Insurance Services. You can access a form by logging into the GeoBlue site (using the ID on your GeoBlue card) at <https://geo-blue.com/index.cfm> or by using the mobile app. You can also request a claim form by calling 1.844.268.2686 or +1.610.263.2847. Have your GeoBlue card available.
2. Completely fill out the form. **Every line must be filled out.**
3. Make copies of the claim form and all the bills and invoices that apply to your claim and **keep the copies for your records.**
4. Itemized bills must include the following information: Name and address of provider (doctor, hospital, laboratory, ambulance service, etc.), Name of patient, Date(s) of service, Amount charged for each service, Total Charge, Diagnosis or reason for treatment.
5. Send the original claim form, along with the original bills and invoices, to the address below. E-claims are also accepted.

GeoBlue
100 Matsonford Rd. One Radnor Corporate Center,
Suite 100,
Radnor, PA 19087 USA
Fax: 610.482.9623

If you have any questions about the status of your claim, please contact the GeoBlue Worldwide Customer Service department at 1.844.268.2686 (toll-free) or +1.610.263.2847. If you have trouble getting in touch with GeoBlue, please contact Study Abroad.

Exclusions – High Risk Activities

Please note that certain **high risk activities**—including but not limited to motorcycle driving, horseback riding, skin/scuba diving, skiing, mountain climbing, bungee jumping, sky diving, hang gliding, amateur racing, and piloting of aircraft or riding in any aircraft (except as a passenger on a regularly scheduled airline or charter flight)—**are NOT covered by this insurance.** *A complete list of benefits and exclusions can be found in the GeoBlue Member Guide.*

Dates of Coverage and Additional Coverage Options

GeoBlue coverage includes **one day before and one day after** the listed program start and end dates. If you need coverage for additional dates, you will need to purchase a separate Voyager policy through GeoBlue (<https://www.geobluetravelinsurance.com/mobile/voyager-choice-single.cfm>).

	Limits for Eligible Participant
COVERAGE A – MEDICAL EXPENSES	
Coverage Year Maximum Benefits	\$100,000
Coverage Year Deductible	\$0 per Injury or Sickness
COVERAGE B – ACCIDENTAL DEATH AND DISMEMBERMENT	Maximum Benefit: Principal Sum up to \$10,000
COVERAGE C – REPATRIATION OF REMAINS	Maximum Benefit up to \$25,000
COVERAGE D – MEDICAL EVACUATION	Maximum Lifetime Benefit for all Evacuations up to \$250,000
COVERAGE E – Emergency Family Travel	Up to a maximum benefit of \$1,500 for the cost of one economy round-trip air fare ticket to, and the hotel accommodations in, the place of the Hospital Confinement for one (1) person. 3 day waiting period
COVERAGE A – MEDICAL EXPENSES	Indemnity Plan Limits
Physician Office Visits	100% of Reasonable Expenses
Inpatient Hospital Services	100% of Reasonable Expenses
Hospital and Physician Outpatient Services	100% of Reasonable Expenses

Emergency Hospital Services	100% of Reasonable Expenses
MEDICAL EXPENSES	COVERED PERSON
Maternity Care for a Covered Pregnancy	Reasonable Expenses
Inpatient treatment of mental and nervous disorders including drug or alcohol abuse	Reasonable Expenses up to \$2,500 Maximum per Period of Coverage for a Maximum of 30 days per Period of Coverage
Outpatient treatment of mental and nervous disorders including drug or alcohol abuse	Reasonable Expenses up to \$500 Maximum per Coverage Year
Treatment of specified therapies, including acupuncture and Physiotherapy	Reasonable Expenses up to a Maximum of 20 visits on an Outpatient basis
Repairs to sound, natural teeth required due to an Injury	100% of Reasonable Expenses up to \$500 per Coverage Year
Outpatient prescription drugs including oral contraceptives and devices	100% of Actual Charge
Annual cervical cytology screening for women 18 and older; Breast Reconstruction due to Mastectomy; Low dose mammography screening, one baseline mammogram and one mammogram per year	100% of Reasonable Expenses
Colorectal cancer screenings; Prostate screening tests	100% of Reasonable Expenses
Diabetic Supplies/Education	100% of Reasonable Expenses
Child Preventative and Primary Care Services	100% of Reasonable Expenses.

6. Safety

Each student's safety is of particular concern to UC Davis Study Abroad. After arrival, students are on unfamiliar ground both physically and culturally, and in some cases may be communicating in another language. A few former UC study abroad students have been the unfortunate victims of theft, muggings, racial or sexual insults, and in rare cases, assaults. Educating yourself about the appropriate safety precautions for your destination prepares you for and may help prevent such incidents. Please be responsible for your safety abroad by following the guidelines in this section and consulting the additional resources below.

- The [Program Specific Guide](#) (provided to enrolled students after the program is confirmed)
- Lonely Planet travel guide (location-specific, provided to students at the Pre-Departure Orientation)
- The Study Abroad Pre-Departure Orientation
- The On-Site Orientation (conducted during the first day or two of your study abroad program)
- The U.S. State Department's [Country-Specific Information Sheet](#) for your destination/s
- Program Instructor—**Follow the safety guidelines outlined by your instructor.**

Safety Guidelines for Traveling Abroad

Know your Destination

It is your responsibility to familiarize yourself with your new host country and city. Preparation should begin before departure with independent reading about the host country and attendance at the Study Abroad Pre-Departure Orientation where you can talk with your instructor. Your Program Specific Guide and the travel guide provided with your orientation materials will also feature helpful information on safety awareness for the location of your program. Once on site, you will have an additional orientation session.

Communicate your Concerns

While it is common to have to adjust to cultural differences when abroad, it is also important that you communicate concerns about situations that seem particularly awkward or inappropriate. For example, although the Study Abroad Participant Contract explicitly states that overnight guests are not allowed in student lodging, some students have violated this rule in the past. Strangers in the building, missing items (from your room or common refrigerator), or inappropriate behavior by other students, program leaders or service providers warrant your attention. Please inform your instructor, your on-site coordinator, your Program Coordinator or UC Davis Study Abroad of any situation that makes you feel ill at

ease—or concerned about the safe choices of other participants. Your feedback will be handled confidentially and with concern for your privacy.

Pedestrian Safety

Keep in mind that pedestrians in other nations do not have the same rights or respect that pedestrians in Davis or California do. In fact, **the most common cause of injuries and death for students traveling abroad is traffic.**

Road Safety Tips from [ASIRT](#)

The Association for Safe International Road Travel (ASIRT), a non-profit, humanitarian organization to promote road safety through education and advocacy, provides the following tips for safe travel:

- Choose the safest form of transportation in each country.
- Avoid night travel in countries with poor safety records and/or mountainous terrain.
- Understand local “road culture” and local ideas surrounding “right of way.”
- Be aware of traffic patterns.
- Avoid overcrowded buses and minivans, and ask about which options are safer.
- Avoid motorcycle travel. Statistically speaking, this is one of the most dangerous activities that college-aged travelers can engage in.
- Avoid hitchhiking.
- Always wear a helmet while riding a bicycle.

Alcohol

You should never feel pressured into drinking more than you wish to drink (or engaging in any other potentially dangerous, illegal, or unhealthy personal behavior against your will) because you think you may offend another culture. Instead, find ways to say “no” that are not offensive. Usually a friendly but firm “no thank you” or hand-over-the-glass gesture does the job.

Although there may be a different minimum drinking age in your country, if you decide to drink and your drinking becomes disruptive or leads to a violation of the Study Abroad Participant Contract, you can be expelled from the program. Also, keep in mind that in most countries excessive drinking is not culturally accepted. The best advice is “everything in moderation, nothing in excess.”

To learn more about alcohol and drinking responsibly—whether you are in the U.S. or another country—visit UC Davis Student Health and Counseling Services’ [Alcohol Poisoning webpage](#) and the [Safe Party Initiative website](#). Current Alcoholics Anonymous members can locate International General Service Offices to learn about meetings in their destination country on the [A.A. website](#).

High Risk Activities

Sometimes students traveling abroad feel inspired to participate in high-risk activities that they would not normally consider at home. High risk activities like skydiving, scuba diving, bungee jumping—or even body piercing and tattooing—are not covered under the travel health insurance policies put in place by Study Abroad. In addition, you should keep in mind that safety regulations overseas are not always as strict as they are in the U.S. If any of these activities are appealing, please wait and try them at home.

Dancing/Night Clubs

Americans (especially women) should be aware that host country locals could interpret some styles of American dance as sexual and crude. Some American dancing styles may bring unwanted attention and may give the person you are dancing with mixed messages about intimacy and intention.

Gender and Sexuality

Students may be viewed according to the gender expectations of the host culture. As a result, some students, particularly cisgender women and LGBTQIA+ students, may find themselves the target of unwanted attention, discrimination or harassment.

You are your own best resource in preparing to face a range of possible situations. Educate yourself about your host country's language, religion, customs, and dress.

Resources for LGBTQIA+ students studying abroad can be found on the Global Learning Hub website:
<https://globallearning.ucdavis.edu/resources/access/lgbtqia>.

Harassment

No student should have to deal with any type of abuse. If you are harassed or threatened in any way, please report the behavior to your instructor and on-site coordinator immediately. If you prefer, you can call or email your Program Coordinator at Study Abroad who will try to help and/or put you in touch with other campus resources.

Illegal Drugs

Know the laws of your host country. In many other nations, the use, possession, or transportation of illegal drugs is punishable by severe penalties—including death in some cases. Illegal drug use is a violation of your Study Abroad Participant Contract and can be the cause for your dismissal from the University of California. If you are caught with illegal drugs, you will be subject to local (not U.S.) laws.

Criminal Behavior & Arrests

UC Davis Study Abroad will not be able to get you out of jail. Know the laws of your host country and obey them. **Ignorance of local laws and foreign customs is not enough to avoid criminal charges.** In many locations, you will not have the right to bail, "innocent until proven guilty" may not be the legal custom, and you may be detained without formal charges against you. U.S. or non-U.S. citizenship will not help an individual who has been arrested.

However, you should contact your program instructor so that Study Abroad can inform your emergency contact of your situation. If needed, U.S. citizens can contact the nearest U.S. Embassy or Consulate for a list of lawyers. Non-U.S. citizens should contact their embassy or consulate for possible assistance. More information on services provided by U.S. consular officers to U.S. citizens arrested abroad is available on the [U.S. Department of State website](#).

Additional Safety Tips

Personal Safety

- Look confident, even if you do not know where you are going.
- Study a map before going out; once on the street, use a pocket-size guidebook (or a map on your phone) to avoid looking like a tourist. The staff at your accommodations and your instructor can mark any dangerous areas on your map. **Avoid going places alone and never go anywhere alone with a new acquaintance.** If you must go out alone, avoid being out after dark. Leave a note or let someone know where you are going, with whom, when you expect to return, and what you are wearing.
- Follow your instructor's recommendations for traveling in groups when traveling at night.
- Trust your instincts. If you ever feel uncomfortable, remove yourself from the situation immediately.
- Use common sense!
- Keep a low profile and try not to make yourself conspicuous by dress, speech, or behavior that might identify you as a target.
- Avoid demonstrations, protest groups or other potentially volatile situations.
- Be wary of suspicious persons loitering around your residence or persons following you.
- Be aware of local events and cultural differences. Doing so can help you avoid misunderstandings and/or confrontations.
- **Keep your room locked at all times—when you are in it, when you are just down the hall, and when you go out.**
- **Never go out at night alone.**
- **Do not allow strangers or new acquaintances in your residence.**
- **Avoid participating in demonstrations or protests. Even peaceful demonstrations can quickly become violent.**

Securing Property

- Leave expensive items at home, locked up.
- Don't wear expensive jewelry. If you must travel with expensive items (iPhone, camera, laptop) use them discreetly and secure them when you go out.
- Keep an eye on your valuables when traveling on overnight flights, buses, or trains. Put your valuables in a security waist pack (rather than leaving them in your stowed carry on) and wear it while sleeping. When you go to the restroom, take your purse/valuables with you.
- Keep your handbag and other valuables away from the street side when walking on sidewalks (and on escalators, away from the opposite ramp).
- Do not leave your bag on your chair or at your table when returning to a buffet line or when using the restroom at a restaurant.
- Carry only enough money for that day's purchases. Keep all other funds in a safe and secure location.
- Do NOT go alone to withdraw money from an ATM.
- Be alert when getting off a bus or train, or when riding escalators; that's when pickpockets tend to strike.
- Don't exit a taxi until you're sure you've arrived at your destination. Pay while still in the car so that you can be sure you've received the proper change.
- Carry just one credit card and photocopies of important documents. **Divide money for small and larger purchases so you don't have to expose a wad of bills.** Become familiar with foreign currency before you need to use it.
- Put your foot through carry-on bags, backpacks or purses you set on the floor of restaurants or other public areas; don't leave these items loose.
- For additional protection, purchase a policy as part of your travel insurance to insure your possessions before departure.

U.S. Department of State Information on International Travel

The U.S. Department of State lists a "[Worldwide Caution](#)," stating that "U.S. citizens are strongly encouraged to maintain a high level of vigilance and practice good situational awareness when traveling abroad." For additional information, please refer to "[Traveler's Checklist](#)," "[Smart Traveler Enrollment Program \(STEP\)](#)," and "[U.S. Students Abroad](#)."

You are strongly encouraged to review the safety and travel information for your program destination provided by the [U.S. Department of State's travel site](#). Learn about current security issues, travel alerts and recent embassy notices for U.S. citizens by viewing your [Country Specific Information webpage](#).

Other helpful destination-specific information on the [Country Specific Information webpage](#) includes:

- Travel Advisory
- Embassy Messages/Alerts
- Embassy and Consulate Contact Info
- Destination Description
- Entry, Exit and Visa Requirements
- Safety and Security
- Local Laws & Special Circumstances
- Health
- Travel and Transportation

You should also check the U.S. State Department advisory levels of any locations you plan to visit outside of the program:

- [Current Travel Advisory Levels](#)
- [Before You Go: Safety and Security Information](#)

Emergency Procedures

After a critical incident of any kind in your host country, please contact your instructor AND your loved ones as soon as possible. If you cannot reach your instructor, please report your status to the UC Davis Campus Dispatch 24/7 Hotline at +1 (530) 752-1230.

UC Davis Campus Dispatch 24/7 Hotline (+1 (530) 752-1230)

While on the program, should you find yourself in trouble or in need of assistance, your first point of contact is the program instructor and on-site coordinator. However, if you or a classmate requires immediate medical attention, contact the emergency paramedic services first—and then inform the program instructor and on-site coordinator of the events leading to the emergency. Local emergency numbers available for your site are listed on the emergency card included in your orientation packet and in your Program Specific Guide.

Medical Emergencies

In cases that require immediate medical attention, have someone call the paramedics right away. The local number appears on your emergency card (distributed with your orientation materials) and in the Program Specific Guide. **Carry these numbers with you at all times.** If you are not with the program instructor or on-site coordinator, contact them as soon as possible. Give the health care provider the information from your GeoBlue card provided by Study Abroad. **You may be responsible for paying for treatment at the time of service; you can submit the claim to the insurance provider upon return to start the reimbursement process. After seeking treatment, you may contact Study Abroad for assistance with using your GeoBlue insurance. For more information on travel health insurance, see [Travel Health Insurance](#) above.**

Physical Assaults

If a Study Abroad participant is assaulted:

- Have a friend call the police.
- Once the police arrive, report the incident in a calm manner. Expressing anger in front of police will not help.
- Take stock of any injuries and have your injuries treated.
- Inform the program instructor and on-site coordinator of the situation that led to the assault. If the incident occurred in an area well known for brawls, avoid the location in the future.

Political Unrest, Riots, Civil Unrest, Acts of Terrorism and Natural Disasters

UC Davis Study Abroad tracks U.S. State Department Public Announcements and Travel Warnings and uses this information when making programming decisions. Should the political situation in your host country become volatile, we may cancel the program and ask everyone to return to the U.S. as quickly as possible. All Study Abroad students are covered by evacuation insurance ([Chubb](#)).

If you are suddenly in or near a volatile situation (i.e. riot)—or caught in severe environmental conditions (hurricane, earthquake, flood, etc.):

- Get to a safe location as quickly as possible.
- If possible, treat any injuries—or seek treatment for any injuries.
- Follow instructions given by emergency personnel.
- Count your party and take note of any missing members.
- When possible, contact the program instructor and on-site coordinator and report your location, all parties accounted and unaccounted for, and the health conditions of everyone in the party.
- If you cannot contact the program instructor and on-site coordinator, please contact Study Abroad or the UC Davis Campus Dispatch 24/7 Hotline [+1 (530) 752-1230]. We will inform your emergency contact person(s) of your condition and any other available information.
- Cooperate with the security detail if one is sent to assist you in leaving the country.

7. Academics

Grades

The grading criteria for each specific class can be found in the course syllabus. In most cases, the syllabus will be emailed and/or uploaded to Canvas. Please keep in mind that some courses offer P/NP grading only.

Viewing Your Grades

Students can view their grades through [MyUCDavis](#) but they may not be available until mid-September or October. If you need to know your grade before then, contact your instructor via email. Study Abroad cannot tell you your grades. **Non-UC Davis Students:** You will need your UC Davis Student ID number (available via your Study Abroad account) to log into MyUCDavis and view your grades.

Course Prerequisites

Students are responsible for checking course prerequisites. Enforced course prerequisites can be found on your [program's webpage](#) under "Courses". The instructor may waive these requirements for you if you can demonstrate that your preparation is equivalent to that specified by the prerequisites.

If you have questions about your preparation for the course, please email the instructor. In many cases, prerequisites can be waived by instructor consent.

Transferring Grades and Transcripts

UC Davis students do not need to request transcripts. Courses taken in UC Davis' Summer Abroad, Summer Abroad Internships, Quarter Abroad, and Seminars Abroad programs are UC Davis courses. Grades and units are applied directly to their transcript.

UC students do NOT need to request transcripts. Summer Abroad and Summer Abroad Internships courses are UC-transferable and will automatically transfer to their home UC transcript in the fall. If you have an outstanding MyBill balance, a hold will be placed on your transcript. Additional transcripts can be ordered through the [UC Davis Office of the University Registrar](#).

Non-UC students must request a transcript from the UC Davis Office of the University Registrar after they complete the program. Grades and units are NOT transferred to their home institution automatically.

Ordering Transcripts

Instructions for requesting a transcript and costs are available online at the UC Davis Office of the University Registrar's [Order an Official Transcript webpage](#).

8. UC Davis Expectations & Campus Policies

All participants in UC Davis Study Abroad programs must adhere to the policies of the University of California and UC Davis. The policies included below apply to all participants regardless of their home campus. All students who sign the Study Abroad Participant Contract are accountable for having reviewed these policies.

Academic

UC Davis Study Abroad participants commit to attending all class meetings and scheduled activities, and commit to doing their homework and studying. Thus, students should review the grading standards and be aware that a failing grade is non-reversible. Additionally, the course may not be taken again nor can the work be made up.

Conduct Abroad

While abroad, you are a representative of your country and of UC Davis. What you would define as tolerable behavior in your home environment can often be understood as inappropriate in a different social environment. It is better to err on the side of caution than to find yourself in situations that will be difficult to disentangle.

Misconduct abroad can be defined as any action in which students jeopardize the welfare of fellow students or of the program. Misconduct can also be considered as the failure to comply with the mores of the host community, the violation of the laws of the host country or regulations governing the host university. As guests in another country, it is inappropriate for any UC Davis Study Abroad student to interfere with the domestic affairs of that country. Involvement in demonstrations or meetings which host country university or governmental authorities declare illegal may result in interruption of academic schedules and loss of time, personal injury, and open manifestations of hostility and violence to students (either as random targets or as representatives of the U.S.), and could jeopardize the present or future existence of the UC Davis Study Abroad program in the host country.

It is imperative that you understand the laws of your host country and how they differ from U.S. laws. For example, prescription drugs that may be legal in the U.S. may not be legal in other countries.

If you abuse alcohol or drugs you may be dismissed from the program and sent back to the U.S. at your own expense. You will also be subject to local (not U.S.) laws. In many other nations, the use of illegal drugs is punishable by severe penalties, including death.

If a student is arrested for involvement in an illegal activity, the U.S. government can seek to ensure only that the student is not discriminated against; that is, that the student receives the same treatment as would a national of the country who is arrested and charged with the same offense.

Any inappropriate conduct abroad is a violation of participation in the program and can result in dismissal from your program and from UC Davis. The program instructor has primary responsibility for discipline in connection with violations of the rules and regulations of the Integrity Code. Ultimately, the host country's government and police have control over matters of misconduct, although the University of California may consult with them.

The UC Davis Office of Student Support and Judicial Affairs website defines student misconduct and provides specific examples of behaviors that constitute student misconduct. It also clarifies the responsibilities of UC Davis students: <https://ossja.ucdavis.edu/students-guide-student-judicial-affairs>. Please also refer to the Study Abroad Participant Contract (in your Study Abroad account) for additional information about Study Aboard program conduct rules.

UC Davis Code of Academic Conduct

The Code of Academic Conduct outlines the responsibilities students and faculty share in upholding university standards for academic integrity. Review the UC Davis publication on integrity and standards of conduct: [UC Davis Standards of Conduct for Students](#).

Cross-Cultural Etiquette

Guest lecturers and special guides from the host country frequently speak to Study Abroad students. These professionals are our guests and should be treated with respect. Students should be attentive and should treat the learning environment as if it were a business meeting. Please refrain from eating, using headphones, speaking with other students or using your phone when speakers are present. The instructor will provide guidelines for dressing appropriately for special occasions. In addition, use the resources in your Program Specific Guide to learn about cultural norms and etiquette in your host country.

Sexual Harassment

UC Davis is committed to providing an environment that is free of sexual harassment for everyone who participates in University programs and activities. This commitment extends to the learning and living environment abroad. If you feel that you may be experiencing sexual harassment, please report your experience to your instructor, a Study Abroad Program

UC Davis Study Abroad Student Handbook

Coordinator, or the UC Davis Sexual Harassment Anonymous hotline: (530)-752-2255. For more information on UC Davis' sexual harassment policies, visit <https://hdapp.ucdavis.edu/>.

UC Davis Principles of Community

The UC Davis Principles of Community affirm the respect our community shares for the diversity of its members: <https://diversity.ucdavis.edu/principles-community>.

Study Abroad Participant Contract

All enrolled students have signed a participant contract that reviews Study Abroad policies and expectations for student behavior. A copy of the contract is available online in your [Study Abroad account](#).

University of California Standards of Conduct

These policies include standards that apply to University of California activities, organizations and students: <https://policy.ucop.edu/doc/2710530/PACAOS-100>.