

# Pitzer College in Vietnam

## Orientation Handbook Summer 2023



Halong Bay



## PROGRAM OVERVIEW

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The Pitzer in Vietnam Summer program is done in collaboration with Hue University in Central Vietnam. The Summer 2023 program will take place from **Saturday, May 20 (arrival) to Friday, June 30 (departure), 2023**. During the six-week summer program, students study Vietnamese, history, culture, political structures, and environmental issues. While in Hue students take their core course Modern Vietnam, which includes lectures by Hue University faculty, site visits, and assignments that allow students to explore a variety of topics such as the legacy of colonialism, war, and conflict in Vietnam, health care, women's issues, and minority community issues. As part of the class, students work in local non-profit organizations and complete a capstone research project on a topic of their choice supervised by local experts. To deepen students' understanding of topics, they participate in several study trips. Explorations vary each summer; past trips included visits to the Imperial Tombs, Danang, the trading town of Hoi An, the ancient Champa ruins of My Son, the World Heritage Site of Hạ Long Bay, and the booming city of Hanoi. The second component of the program involves intensive language study. An extended family stay for the duration of the program in Vietnam is an important part of the program, providing a human face to the ideas presented in readings and lectures. The family stay also provides students with many opportunities to practice their language learning.

### LOCATION

Hue (Huế), a UNESCO World Heritage site, is a city in central Vietnam that was the seat of the Nguyen Dynasty emperors and the national capital from 1802-1945. Located just south of the North Vietnamese border (DMZ) during the US-Vietnam War, the Hue region was a key area in the conflict and underwent significant damage. In recent years, many of its extraordinary historical monuments, including its Imperial ("Forbidden") City have been extensively restored. Situated on the Perfume River and a few miles from the East Sea, its surrounding mountainous hinterlands are home to many minority communities close to the Laotian border.



### ACADEMICS

#### Host Institution

The Pitzer in Vietnam summer program is affiliated with Hue University.

#### Courses and Credits

	Course Credits	Semester Units
<b>Core Course: Modern Vietnam</b>	<b>1.0</b>	<b>4</b>
<b>Intensive Vietnamese Language</b>	<b>1.0</b>	<b>4</b>
<b>Summer Total</b>	<b>2.0</b>	<b>8</b>

Grades for this program will be recorded on a Pitzer College transcript and included in the Pitzer GPA. Students are required to participate fully in all program components and are not allowed to withdraw from individual courses. Students must take all courses for a letter grade.

Students who wish to receive credit towards their major for a particular course should consult their academic adviser for guidelines. At Pitzer College, the field group decides which courses may be counted towards a major or minor graduation requirement. The Registrar in conjunction with various field groups decides which courses may be counted towards general graduation requirements. Some schools, field groups, or departments may wish to see a syllabus, samples of coursework, texts, or other program materials to decide. Check before you go.

## A Typical Week's Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast with host family				Hue City Tour:  Thien Mu Pagoda - Hue Ancient Citadel - Royal Court Music show at Duyet Thi Duong Opera house- Tu Duc Tomb - Khai Dinh Tomb
08.30 - 11.30	language class	language class	language class	language class	
11.45 - 13.30	lunch and language activity with peer language buddies	lunch	lunch and activity with students	lunch and language activity with peer language buddies	
14.30 - 16.30	internship	Seminar: Religion and belief	internship	Seminar: Hue's significance in Vietnamese history and culture	
Evenings	Dinner with host family	Dinner with host family	Dinner and core-course seminar	Dinner with host family	

### Core Course: Modern Vietnam

The course provides an overview of culture and society in Vietnam. The course includes lectures by Hue University faculty and other specialists, site visits, and reading and writing assignments that allow students to explore a variety of topics in Vietnam, including but not limited to the legacy of colonialism, war and conflict in Vietnam, health care, minority communities, political structures, women's issues, and environmental issues.

As part of their core course, all students will participate in an internship of six to eight hours per week for four weeks with a local non-profit organization. For students with lower levels of Vietnamese, there will be a multitude of possibilities to provide ESL tutoring with local public schools and other organizations. A final reflective paper on the internship experience is required as part of the course.

To deepen students' understanding of topics covered in the core course, they participate in several site visits in or near Hue and one major study trip. Study trips may vary each summer but could include visits to the Imperial City of Hue, The Imperial Tombs, minority communities in the mountains west of Hue, the vibrant commercial center of Danang, the beautiful early modern trading town of Hoi An, and the ancient Champa ruins of My Son, one of the foremost Hindu temple complexes in Southeast Asia. Halfway through the program (at end of week 3) students travel north to the booming city of Hanoi, the capital of Vietnam. In addition, the program visits the UNESCO World Heritage Site of Halong Bay, a region of extraordinary beauty. Language classes will continue on the boat!

### Intensive Vietnamese Language

Intensive Vietnamese is offered at the beginner level through Hue University. With a maximum of six students per teacher, the course employs a highly communicative, interactive curriculum that emphasizes both spoken and written Vietnamese and is closely connected to the family stay experience, the core course, and other field activities. Students attend language classes for 12 hours a week for a total of roughly 60 hours of in-class instruction. In addition, students will also met with Hue University peers for lunch and to employ their newly-learned language in the city. Students already fluent in Vietnamese may take courses at Hue University or pursue an independent study in Vietnamese on a topic of interest (culture, history, literature, etc.)

## **FAMILY STAYS**

The heart of the Pitzer in Vietnam summer program is being a full member of a Vietnamese family with all its privileges and responsibilities. Through your host family, you have the best opportunity to be incorporated into the social fabric of the local community. The family stay is an important part of the program and supports the learning done in both the core course and language course. Our criteria of selection are primarily based on the family's willingness to open their homes to our students, making them feel like members of the family. Students will have their own bedroom and only one student is placed in each home to maximize the use of Vietnamese.

### **Tips for Living with a Vietnamese Family**

The following tips may help you to decipher Vietnamese culture as you settle into the Vietnamese way of life. To ensure that your acclimation in your new 'home' goes smoothly, you must cultivate awareness and sensitivity towards your host family members. Remember that you are not living in a dorm room nor staying at a hotel, but that you are living in someone else's home, where there are traditional ways of running the house, simple but often unspoken rules of conduct, and systems of etiquette. Often these things are only discernible upon settling into the home and getting to know your host family. Feel free to ask your Vietnamese family any questions, even at the risk of sounding naive.

#### **TIPS ON LIVING WITH A Vietnamese Family (Provided by Hue University)**

Students are never isolated from other classmates since host families are located in clusters, in urban neighborhoods in Hue, within a 20-minute bicycle ride of each other and the college campus.

Most host families have 5-6 members and are multi-generational (three generations with 70-year-old grandparents, 45-year-old parents, and teen children, who are "wealthy" enough to own a multi-bedroom house. Grandparents cannot speak English at all. Parents can speak limited English. Children often speak some English. Most of the housework will be done by women. Men have the deciding voice in the family.

Vietnamese people are very hospitable. Chosen host families are very open and welcome. They are aware of cultural and lifestyle differences. If students have any questions regarding Vietnamese etiquette, please do not hesitate to ask host families, Vietnamese students, or HU staff!

Furthermore, Hue University host families have been screened and are constantly being evaluated. Your family takes very seriously the responsibility of keeping you safe, and they are required to be in touch with Hue University about any potentially dangerous situation.

All of Hue University's families are very sweet and in their own different ways, they are very welcoming, and they do their best to make you feel at ease and to help you learn more Vietnamese. They expect you to ask questions and to let them know what you like and dislike in a courteous and respectful manner. We want you to enjoy the hospitality of your Vietnamese family. Observing the following general rules and customs will facilitate the process. Remember that each family is unique, but all have been selected with great care. They will love you as you love them. Please keep in mind that each family has its own rules, and you will be expected to follow them. Your initial attitude can really set the tone for family relationships. It may be natural for you to feel unsure or overwhelmed at first but try not to let these feelings determine how you act. Courtesy, respect, honesty, and responsibility are values that families expect from their students.

#### **Utilities & Services**

All houses have electricity, with access to basic appliances such as stoves, washing machines, ovens, TV sets, CD/DVD players, and, in many cases, computers and the Internet. Services such as electricity and phones are very expensive. You're expected to make very rational use of them. While all students will have an AC in their bedrooms, as a rule, the main part of the house, the kitchen, and the dining area will be cooled by fans only.

- The price of heating water is costly and if you sing or dream too long in the shower, it is very expensive for the family.
- Internet access might be available in your house; however, its use may be restricted. The family will establish the rules. Students are expected to interact with the family as much as possible and not isolate themselves in front of a computer. Please note that free Wi-Fi is ubiquitous in Vietnam in virtually every café, bar, etc.

- If your bedroom has an air-conditioner, be sure to turn it off when you are out.
- Dress – Vietnamese, especially Hue old people are conservative regarding dress. Clothes should not be so revealing, unless in students' own bedroom. When we have classes at the university, students should not wear overly revealing clothes. Students will notice that Vietnamese students and teachers follow a strict dress code. Miniskirts or mini shorts are not appropriate on the university campus. Given the heat and humidity, shorts and t-shirts are perfectly appropriate in the classroom; just be careful that they are not too revealing.

### Hygiene & Manners

Vietnamese tend to be very clean, therefore the houses can be small but tidy! Some places are more humid or dusty than others therefore sweeping, mopping, and dusting can be frequent activities in your house. Nonetheless, because of the tropical conditions of the country, there are bugs of different sorts. Ants, flies, small spiders, mosquitos, moths, and roaches, even if unwelcome, may exist in your home! Most Vietnamese will sleep under a mosquito net. Given you have an air-conditioned bedroom, a net may not be necessary.

- Never keep food in your room! Try to be tidy! Your host family will have to clean/sweep/dust your room often and change the sheets at least once a week.
- Personal hygiene is a big issue here. Everyone, local or not, is expected to take at least one daily shower. Body odors can be interpreted as disrespectful or offensive.
- Because of septic tank systems, bathrooms may have a basket next to the toilet where you should be throwing toilet paper, sanitary napkins, tampons, etc. You're expected not to flush any of these items ever.
- Always remove your shoes before entering your home. Many families will provide plastic slippers to use in the home; walking in the home in bare feet is acceptable.
- Don't put your feet up or sprawl all over the furniture.

### Food, Meals & Other Considerations

Your family will provide you with two daily meals: breakfast and dinner. Students are expected to try typical Vietnamese food, which always should be plenty and varied. If your family sits you down alone to eat, don't worry. It is because they do not want to bother you. If this happens, tell them that you would like to eat with them. Vegetarian and vegan students in the Vietnam program have had no problems eating at home. Please inform us in advance so we can notify Hue University of any dietary restrictions. Excellent and very inexpensive vegetarian food is widely available in Hue restaurants. The influence of Buddhism is still quite strong in Hue.

- For Vietnamese, feeding people well is a demonstration of affection. If they try to overfeed you, tell them that you usually do not eat that much. If you feel that you need help to deal with issues related to your eating habits, ask us for help.
- If you must skip a meal, please let them know ahead of time. If you are not going to be home in time to have dinner with your family, please call them. Also, let them know if you plan to be away for the weekend. Call them if you will not be returning on schedule.
- The use of alcohol is a factor in many incidents compromising students' safety. Drinking can put you and others in danger and will definitively create problems or tensions with the host family. Families expect students to be respectful of their homes avoiding the use of alcohol.
- Smoking – Some males smoke at home. Please ask them not to smoke if they do not feel well. Similarly, please do not smoke if they don't. In most cases, urban Vietnamese families do not smoke inside their homes. Recent anti-smoking legislation has been very effective in Vietnam. All indoor restaurants and cafes are now smoke-free.
- You may, if you wish, offer to do some work around the house as a way of integrating yourself into the household more quickly (help wash dishes, etc.); however, you should never feel obligated to babysit.

- Laundry - Most homes have a washing machine. Students should ask their host families whether they can use the washing machine. The host family will tell you how to use the machine or give you their clothes to them. In most cases, students are expected to learn to use the machine and do the laundry by themselves. If there is no washing machine in the house or students want their clothes to be in a professional hand, bring the clothes to your class, and they will be picked up by a professional laundry. Laundry - costs \$1 per pound.
- Vietnamese are often very conservative. They do not like conflict and are sometimes uncomfortable with intense discussions. It is best to discuss political and other issues gently with your family.
- Light sleepers should consider earplugs. Host family houses are in urban neighborhoods, where street noises might be quite annoying.

### Visitors

- It is not permitted to invite guests' homes who are not part of the program. For safety reasons, families in Vietnam worry about having total strangers in their homes.
- If you wish/need to study with a classmate, always ask for permission. Stay outside of your bedroom or keep the door open. However, plan to eat your meals with your own host family. Never invite anyone to dinner unless your host family has asked you to.
- Overnight guests are definitively not allowed: never bring friends or dates home to spend the night. It makes the family extremely uncomfortable.
- Foreigners spending a night at a Vietnamese family's house is subject to permission. Host families will get into trouble without one.
- Research on ethnic minorities is especially sensitive and needs permission too. Host families can get into trouble if you don't. Advice on these matters will be provided in seminars. Please ask the HU program staff and your seminar speakers if you are unsure about anything related to this.

We hope that you have a wonderful homestay experience in Vietnam and that you continue in close contact with your Vietnamese family once the program is over.

## HEALTH AND SAFETY CONSIDERATIONS

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### GUIDELINES FOR STUDY ABROAD PROGRAMS

You can have a major impact on your own health and safety through the decisions you make before and during your external study experience. The most important assurance of your safety is the consistent application of informed judgment in your day-to-day choices and behaviors. Program staff will provide excellent guidance and accurate information.

You should:

1. Consider your health and other personal experiences when accepting a place in the program.
2. Make available to Pitzer College accurate and complete physical and mental health information and any other personal data that is necessary for planning a safe and healthy study abroad experience.
3. Assume responsibility for all the elements necessary for your personal preparation for the program and participate fully in all orientation.
4. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
5. Inform parents, guardians, families, and others who may need to know about your participation in the program. Provide them with emergency contact information and keep them informed.
6. Comply with the Conditions of Participation, codes of conduct, and emergency procedures of the program



7. Obey host-country laws.
8. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions.
9. Express any health or safety concerns to the program staff.
10. Behave in a manner that is respectful of the rights and wellbeing of others. Encourage others to behave in a similar manner.
11. Accept responsibility for your own decisions and actions.
12. Become familiar with the procedures for obtaining emergency health and law enforcement services in the host country.
13. Keep program staff informed of your whereabouts and wellbeing.
14. You should always keep in mind that no matter how immersed you are in a local community you are still a foreigner. Your chances of being a victim of criminal activity may be greater than those for the average local person. Remember not to carry around a lot of cash, airplane tickets, or your passport, unless local laws require it. Do not carry anything else that you cannot afford to lose. Refrain from visiting establishments where Americans are widely known to hang out, abstain from protest groups, and avoid drawing unnecessary attention by dressing outrageously or conspicuously.

## WHAT YOU CAN DO TO KEEP SAFE AND HEALTHY

The **Center for Disease Control and Prevention (CDC)** and the **World Health Organization (WHO)** provide up-to-date health information on their websites at <http://wwwnc.cdc.gov/travel/destinations/list.htm> and <http://www.who.int/ith>

The following information is from the **CDC Health Information for Travelers to Vietnam** web page at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/vietnam>:

**Note:** Zika is [endemic](#) in Vietnam, and the risk to travelers is unknown but likely lower than in areas where Zika is newly introduced and spreading widely. Because of the risk of birth defects in babies born to women who were infected with Zika while pregnant, women who are pregnant or planning to become pregnant should discuss their travel plans with their doctor and consider postponing nonessential travel to Vietnam. Zika virus testing should be offered to people with symptoms of Zika virus disease, including pregnant women and others who develop symptoms during or following travel to Vietnam. Travelers to Vietnam should strictly follow steps to [prevent mosquito bites](#) and [sexual exposure](#) to Zika virus.

### Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

#### All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

#### [Routine vaccines](#)

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.



#### Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.



### [Hepatitis A](#)

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Vietnam, regardless of where you are eating or staying.



### [Typhoid](#)

You can get typhoid through contaminated food or water in Vietnam. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.



## Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

### [Japanese Encephalitis](#)

You may need this vaccine if your trip will last more than a month, depending on where you are going in Vietnam and what time of year you are traveling. You should also consider this vaccine if you plan to visit rural areas in Vietnam or will be spending a lot of time outdoors, even for trips shorter than a month. Your doctor can help you decide if this vaccine is right for you based on your travel plans. See more in-depth information on [Japanese encephalitis in Vietnam](#).



### [Hepatitis B](#)

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.



### [Malaria](#)

When traveling in Vietnam, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Vietnam, see [malaria in Vietnam](#).



Rabies can be found in dogs, bats, and other mammals in Vietnam, so CDC recommends this vaccine for the following groups:

### [Rabies](#)

- Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites.
- People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
- People who are taking long trips or moving to Vietnam
- Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.



### [Yellow Fever](#)

There is no risk of yellow fever in Vietnam. The government of Vietnam *requires* proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. This does **not** include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: [Countries with risk of yellow fever virus \(YFV\) transmission](#).

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Vietnam](#). Your doctor can help you decide if this vaccine is right for you based on your travel plans.

## Preventing Mosquito Bites

The best way to reduce mosquitoes which can carry diseases such as malaria and Zika, is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home. Outdoors, clean water containers like pet and animal watering containers, flower planter dishes or cover water storage barrels. Look for standing water indoors such as in vases with fresh flowers and clean at least once a week. The mosquitos that carry malaria bite at dawn and dusk and during the night. The mosquitos that carry Zika bite inside as well as around homes, during the day and at night when the lights are on. To protect yourself, use repellent on your skin while indoors or out. When possible, wear long sleeves and pants for additional protection. Also, make sure window and door screens are secure and without holes. If available, use air-conditioning.

If someone in your house is ill with a mosquito borne disease such as Zika, take extra precautions to prevent mosquitoes from biting the patient and going on to bite others in the household. Sleep under a mosquito bed net, eliminate mosquitoes you find indoors and wear repellent!

Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent as directed.
- Higher percentages of active ingredient provide longer protection. Use products with the following active ingredients:
  - **DEET** (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
  - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
  - **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals)
  - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Always follow product directions and reapply as directed:
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do **not** use permethrin directly on skin.
- Use [permethrin-treated](#) clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself:
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors

List of repellent products approved by the EPA: <http://cfpub.epa.gov/oppref/insect/>

## Preventing Gastrointestinal Illness

In general, the following guidelines should be followed faithfully in areas of Vietnam and Southeast Asia where the risk for water and food-borne disease is significant. Your program staff will provide guidance during the program on where and which of the following precautions you will need to follow, according to your particular location and situation. But if you are on your own, and not sure about local hygiene and the quality of water, following these guidelines will significantly reduce the chances of getting gastrointestinal illness.

### Water

Tap water is not safe to drink.

- Drink only boiled or bottled water.
  - If boiled, make sure the water is poured into a clean container after boiling (not poured into a pitcher or glass that has been rinsed with tap water).
  - If bottled, make sure it is from a reputable company and comes in a properly sealed bottle. Nowadays, bottled water is considered very safe and you can drink without concern
- Besides your drinking water, avoid other sources of contaminated water including: ice cubes, fruit drinks mixed with water, any other food products or drinks that are mixed with water. Nowadays, even ice is commonly from bottled or boiled water.
- Avoid wet plates, cups, glasses and utensils. Make sure your food and drink is served in clean and dry plates, cups, etc.
- Use boiled or bottled water for brushing teeth and try not to swallow water when you shower.
- When ordering a drink at a restaurant or bar, ask that the original bottle be brought to your table and opened in front of you. Then, you can pour it into a clean, dry glass, or (in the case of soft drinks or beers) drink straight from the bottle if necessary. This minimizes the chance that your drink might be poured into a glass that has just been rinsed in tap water. This also minimizes the chance that your drink can be tampered with drugs.

- Avoid mixed alcoholic drinks (often have juices, water, ice, raw herbs or other unsafe items mixed in) in favor of beer, wine and soft drinks.
- Avoid fruit drinks unless you are sure they come in a bottle or container from a reputable company, or have been made with well cleaned fruit and haven't had water or ice mixed in.

**Unless you are 100% sure, assume all tap and well water to be contaminated. (CDC Recommendations)**

### **Salads, Vegetables and Fruit**

- Avoid salads, uncooked vegetables and raw fruit, especially in restaurants.
- You can eat smooth-skinned raw vegetables and fruits if you wash them carefully with soap and water and dry them thoroughly, and peel yourself. Items that are OK when cleaned and dried properly include thin-skinned fruits like guava, mango or papaya, and smooth vegetables like tomatoes, cucumbers, etc.
- Avoid lettuce; it is difficult to clean properly.
- Thick-skinned fruits like bananas and oranges need not be cleaned, but if eaten without cleansing, care must be taken when peeling to not contaminate the inside fruit with fingers or knives that have come into contact with the outside skin. Even with thick-skinned fruits, washing with soap and water and then drying thoroughly is probably a good idea, especially with oranges.

### **Flies**

- Avoid food that has been (or may have been) exposed to flies, especially in areas where you have doubts about hygiene and sanitation, or where there are lots of farm animals.

### **Hands**

- Wash your hands thoroughly (usually for 15-20 seconds) with soap and water and dry them completely, especially before eating and after going to the bathroom. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol) for 15 seconds, but soap and water are preferred.
- Try to eat in restaurants where food preparers and servers practice good hygiene.

### **Food**

- Stick with freshly cooked food that is prepared when you order it and served hot.
- Avoid street food unless you are sure it is fresh, wholesome, and cooked properly as you wait.
- As mentioned above, avoid salads.
- Make sure milk products are pasteurized.
- Make sure meat, fish, and seafood are fresh and well-cooked.
- Peel hard-boiled eggs yourself. Don't eat raw or soft-cooked (runny) eggs.
- Don't eat wild game

### **What to do if you get sick**

If you get sick while in Vietnam please contact the program staff as soon as possible. Emergency phone numbers are provided on the last page of the student version of this handbook. Additional phone numbers will be provided once in Vietnam.

## **PRECAUTIONARY MEASURES FOR STAYING HEALTHY**

General health precautions for students in Vietnam will be covered during the on-site orientation immediately after arrival in Ho Chi Minh City and Hue. The important thing is to be in control of your own health. Here are the key points to remember for staying healthy:

1. Have a complete physical examination before you go. Be aware of and prevent possible problems. **Let the Office of Study Abroad and International Programs and your program sponsor know if you are on any medications, have any allergies or any other medical conditions that could possibly require accommodation while you are abroad.** Plan to take adequate supplies of medications and copies of medical prescriptions with you. See the section *Traveling with Medication*.

2. Make sure that your childhood immunizations are complete and up to date. Booster shots for tetanus are required every ten years; it may be time for another.
3. Visit your dentist and have a check-up to ensure that your teeth are in good shape before you leave.
4. Eat well over the break, exercise and get plenty of sleep so that you are rested and fit as you depart and your body can better fight off disease. Do not exhaust yourself with packing and preparations at the last minute. Plan ahead so that you can make your departure as stress free as possible.
5. On the long flight, bring along a bottle of water and drink plenty of fluids as you travel. Avoid alcoholic beverages. They lead to dehydration. Do isometric exercises in your seat and get up to walk up and down the aisle periodically to stretch your muscles. During flu and cold season, you may want to consider a breathing mask since the recycled air in planes can easily spread contagious diseases.
6. Follow all guidelines provided by your program about food and drink and personal hygiene. They are making these recommendations for a good reason.
7. Remember that AIDS/HIV infection rates in other regions of the world can be significantly higher than in the US. Practice safer sex or abstinence.
8. Beware that the use of recreational drugs is illegal in most places and is not permitted under Pitzer College policies. Additionally, the strength and content of drugs overseas are different than what you may find in the US and may be deadly.
9. Let the Study Abroad know about any pre-existing conditions you have (physical or mental health related) so that you can create a plan in consultation with the program directors and your health providers.



**Have complete physical and dental examinations before you go.**

## TRAVELING WITH MEDICATION

If you have a health condition that requires medication you will need to plan for travel. Usually, it is necessary to take adequate supplies of medications and copies of prescriptions with you. Shipping may be unreliable and some medications may not be available even with a local physician's prescription. **Although many over-the-counter medicines may be carried internationally, some cannot. Medications prescribed in the US may be unlicensed or controlled substances not only in your destination country but in countries along your route.** Some medications have restrictions on the amount that can be carried through customs. For details of US regulations, consult the following website: <https://www.cbp.gov/travel/us-citizens/know-before-you-go/prohibited-and-restricted-items>. You should also check with the consulate of your host country about any restrictions or special procedures required for transporting prescriptions into the country. Be sure to find out before you go. The following websites provide information to assist you in your research.

### US Department of State - Your Health Abroad

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html>

### OSAC US Department of State Bureau of Diplomatic Security - Traveling with Medication

<https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=17386>

### US Centers for Disease Control and Prevention (CDC)

<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/travel-health-kits>

### Transportation Security Administration - TSA Cares Help Line

<http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>

Travelers may call TSA Cares toll free 866.289.9673 Monday through Friday 8 a.m. to 11 p.m. and Weekends and Holidays 9 a.m. to 8 p.m. Eastern Time.

## INSURANCE

### Health Insurance

**Each student is responsible for obtaining a policy that will provide comprehensive health coverage and emergency medical and accident coverage both in the US and abroad for the duration of their program.** Students may need to return to the US unexpectedly.

Regardless of what type of insurance you have, you will usually have to pay cash upfront at clinics and hospitals abroad, collect the receipts for all expenses, along with the doctor's report, and submit them to your insurance company for reimbursement.

The insurance policy available to you through your school may provide adequate coverage abroad, but it is your responsibility to call the company to discuss the specifics of your study abroad program to ensure that you will indeed be covered. When speaking to any insurance company, ask the following questions:

- Will the plan cover hospitalization for accidents and illnesses while I am abroad for a period of three to six months or more?
- Will the plan cover physician visits and medication prescribed abroad?
- Is there a deductible? If yes, how much?
- What is the dollar limit to the amount of coverage provided?
- Does the insurance company require prior approval for any care?
- What are the procedures for filing a claim for medical expenses abroad?  
Make sure that you get full information from your policy about how to arrange for routine treatment, medical emergency procedures, and the documentation needed to file a claim. Most overseas health providers will not process American insurance claims and will expect payment at the time of treatment so students should have access to a minimum of \$400 (either by credit card or ATM card held in reserve for emergencies) in the event that medical treatment is required abroad. Be sure to obtain receipts.
- What if I do not have enough money to pay cash up front?
- When does the plan begin and end?
- What do I use as proof of international medical coverage if I need to use the insurance or if the host government requires documentation?
- If I am not a US citizen, will I be covered by your plan?

### Pitzer Students Proof of Insurance

Pitzer College requires proof of insurance to be provided to the College each year that you are an enrolled student. Pitzer students must be enrolled in the Claremont Colleges' student insurance policy, (which provides both domestic and international coverage) or supply proof of another policy that provides comparable coverage. Proof of insurance through another policy must be submitted to the Student Affairs Office at Pitzer College prior to making your tuition and fee payment. Providing insurance information to the Office of Study Abroad and International Programs does NOT meet the annual notification requirement. If proof of insurance is not provided to Student Affairs, the student's account may be charged with the current annual Student Health Insurance Premium. Visit the Pitzer College website or contact the Pitzer College Office of Student Affairs for questions about Pitzer College health insurance.

### Non-Pitzer Students

Non-Pitzer students should check the policy at their home institution regarding medical and accident insurance while abroad.

## TRAVEL INSURANCE PROVIDED BY PITZER COLLEGE

Pitzer students and visiting students on Pitzer programs are covered by supplemental travel insurance available through a plan with Zurich. This plan is offered by the Claremont Colleges and coverage is automatic. Therefore, students do not need to enroll themselves. This travel insurance is for accident and emergency care overseas and should not be confused with the Claremont Colleges' SHIP (Student Health Insurance Program). While this insurance will cover a variety of medical emergencies abroad, it does not cover routine or ongoing medical care/treatment a student may need during their program. For this reason, we strongly advise students to maintain their comprehensive medical insurance in the event they would need to return to the US (or other home country) or need ongoing

care/treatment while abroad.

A copy of the plan brochure, ID document and medical claim reimbursement form is available in your study abroad application portal. Please familiarize yourself with the benefits outlined in the brochure.

## EXTREME SPORTS AND OTHER PROHIBITED ACTIVITIES

During the program (which includes all days between the program arrival date and the departure date, including weekends and breaks) students are NOT allowed to drive automobiles, ride motorcycles, fly aircraft or participate in extreme sports. Extreme sports include, but are not limited to, white water rafting, jet skiing, scuba diving, parachuting, hang gliding, parasailing, bungee jumping, outdoor rock climbing, and technical mountaineering. No hitch hiking, night buses. Additional details will be provided during your on-site orientation. Students who choose to participate in such activities during the program are subject to dismissal (see conditions of participation). Students who choose to participate in such activities before or after the program should be aware that the supplemental travel insurance provided by Pitzer and some private insurers do not cover injuries sustained in a number of the activities listed above.

## MENTAL HEALTH

It is important for students who are managing mental health issues to recognize that studying abroad may generate new pressures, anxieties, and insecurities – all of which can be unsettling. It is also important for students to complete the Request for Accommodation and Study Abroad Student Health Report and disclose any ongoing psychological and/or academic support they receive. The information provided by the student will help Pitzer and the program staff prepare and provide reasonable support to the student abroad. We also encourage students to consider the recommendations included in the **Wellness Needs & Studying Abroad Guide** provided by the Office of Student Affairs. The guide is available at [Mental Health and Well-Being Support](#).

## SEXUAL HARASSMENT, ASSAULT AND RAPE

Note: The information below is directed towards all students.

You should be aware of your increased vulnerability as a foreigner in an unfamiliar location and culture. Gender relations and expectations will be covered in your on-site orientation. You may also want to discuss this with your roommate, host mom or siblings, language teacher, other students, your professors, etc. Some key questions you should answer within your first few days are:

- **What are gender relations like? How are women and men expected to interact in the family? As friends? When they go out together at night (if culturally appropriate)? In a bar? On public transportation? In the classroom? In the workplace?**
- **What can students do to prevent the risk of sexual harassment or assault?**  
This would include knowing about dangerous locations, traveling in groups after dark if advisable, and culturally appropriate ways of dressing and behaving that may minimize risk.
- **If I am feeling unsafe, what should I do? Who can I ask for help?**  
If a female student feels threatened and there are other, host culture women present, she should seek their assistance.
- **If I am sexually harassed, assaulted, or raped, what are my resources? What is the name and address of an OB-GYN? What are community organizations in this city that address issues of sexual violence? How can they help me?**
- **What are the laws surrounding these issues?**
- **How and to whom would I report such events?**  
We urge you to confide in the program director and avail yourself of the support and resources she/he can provide, including medical, legal, or counseling services you may need. If you are uncomfortable reporting such an event to the program director, you should be aware of other resources that you can turn to, such as, fellow students, local sexual assault hotlines, counseling centers, physicians, etc.

If a sexual assault occurs Pitzer would like to be able to support, you and may have important resources to offer. Please consider contacting us.



## SEXUAL VIOLENCE ABROAD

The risk of sexual violence<sup>1</sup> is present both on and off-campus, and anyone can be a victim/survivor of sexual violence regardless of gender identity. Students studying abroad should maintain vigilance in their awareness and safety, as well as be aware of their role as an active bystander and ability to help look out for one another.

The following guidelines have been adapted from the Claremont Colleges 7C Violence Prevention and Advocacy Sexual Misconduct Harm Reduction Strategies (<https://www.7csupportandprevention.com/harm-reduction-strategies>).

**Please Note: These guidelines are provided with no intention to victim-blame. Only those who commit sexual violence are responsible for such conduct. It is never the fault of the victim/survivor.**

1. While we emphasize cultural respect and sensitivity on all Pitzer study abroad programs, this should never require that you submit to behaviors that invade your personal boundaries and that make you feel unsafe or uncomfortable. Trust your instincts. If you feel uncomfortable or unsafe about a person or situation, remove yourself from the situation as soon as possible. Never let anyone try to make you feel guilty for leaving a situation you feel uncomfortable in.
2. Be aware of your alcohol intake and/or other drug use. Be aware that alcohol and/or drug use can make you vulnerable to someone who views a drunk or high person as a sexual opportunity or target.
3. Do not leave your drink unattended and do not accept drinks from someone you do not know or trust. If you have left your drink alone, just get a new one.
4. If you do not want to engage in a particular activity, you can tell the other person “NO” clearly and firmly. You do not have to explain or justify your decision(s) about your personal boundaries.
5. Watch out for your friends and ask that they do so for you. A real friend will step in and challenge you if they see you are in a potentially dangerous situation. Respect them when they do. If a friend seems out of it, is too intoxicated, or is acting out of character, get your friend to a safe place immediately.
6. Do not go somewhere with someone you do not know well. If you do go to a club, bar or party, do so with a group of fellow students, your host brother or sister, or close friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.

In addition to the above, work with your study abroad program staff to develop country specific strategies to minimize the risk of sexual harassment or assault including learning about:

- host culture norms that may pose challenges when it comes to sexual harassment (
- gender dynamics in various settings
- the social norms and implicit meanings associated with personal space, touching, smiling, dress, etc.
- dangerous locations in your host community (e.g., certain bars, clubs, neighborhoods, parks, etc.)
- linguistic and culturally appropriate ways to say “no,” or extract yourself from a potentially dangerous or uncomfortable situation.
- strategies (and language skills) for getting help when you feel threatened or unsafe.

### Reporting and Support Options

If you experience sexual violence while abroad, get yourself to a safe place and consider talking to someone you trust: a friend, host parent, on-site staff or faculty. Please know that Pitzer respects when and if you wish to share what happened. It is your story and your timeline. However, we do encourage you to contact your in-country program director if you feel comfortable doing so. While they are mandated reporters (see below) they are the best first resource to give you support and advise you about next steps including seeking medical care, professional counseling, and legal recourse. There are also other options if you prefer to speak with someone else.

### Private and Confidential Resources

If you want to talk to someone about what happened or seek help, there are two main types of resources: **Private** and **Confidential**. A private resource includes Pitzer study abroad program staff, and those listed below. If you tell Pitzer program staff or faculty about an instance of sexual violence, they are required by law to tell Pitzer’s Title IX<sup>2</sup>

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<sup>1</sup> The Centers for Disease Control and Prevention defines **sexual violence** as a sexual act committed or attempted by another person without freely given consent of the victim or against someone who is unable to consent or refuse. Not all types of sexual violence include physical contact. Threats, sexual harassment, intimidation, and spying and peeping may be considered sexually violent.

<sup>2</sup> Title IX of the Education Amendments of 1972 (Title IX) prohibits sex (gender-based) discrimination and harassment in educational programs and activities at institutions that receive federal financial funding.



Coordinator what you have disclosed. Pitzer's Title IX Coordinator would then reach out to you to ensure you have information about your rights and options, including counseling, academic support, and other measures for your safety and wellbeing. Please note that the highest possible level of privacy and sensitivity to your needs and preferences will be maintained, and whether to speak with the Title IX Coordinator is up to you. You are also free to contact Pitzer's Title IX Coordinator directly to make a report, or to find out more about your options and resources. Reporting to the Title IX Coordinator does not automatically trigger a formal complaint and investigation. The Title IX Coordinator can provide information and support, regardless of whether you wish to make a formal complaint.

### **PRIVATE Resources at Pitzer**

#### **Alyssa-Rae McGinn (she/her/hers)**

Interim Title IX Coordinator, Pitzer College

Open Office Hours: Tuesdays 1-2 p.m.

[alyssarae@danschorrlc.com](mailto:alyssarae@danschorrlc.com)

516.382.3043

**Study Abroad staff at Pitzer** can also help you navigate in-country reporting options and support resources if you do not want to contact your in-country program director. They will also consult with the Title IX Coordinator to ensure you have information about all your options and resources. During the day, they may be reached at our **office number 909.621.8104**. Emails and an emergency mobile number for each staff member are listed under Emergency Information on the last page of the student version of this handbook.

#### **Jamie Francis**

**Interim Director of Pitzer Programs and Study Abroad Services**

#### **Kebokile Dengu-Zvobgo**

**Interim Assistant Vice President for International Programs**

#### **24/7 CONFIDENTIAL/Anonymous Resources**

You can access help 24 hours a day, 7 days a week without providing your name or any identifying information through these national organizations.

#### **RAINN National Sexual Assault Crisis Hotline**

Phone: 800.656.HOPE (800.656.4673)

Online resources and chat support: [www.rainn.org](http://www.rainn.org)

#### **Love Is Respect (Relationship Abuse)**

Phone: 866.331.9474

Online resources and chat support: [www.loveisrespect.org](http://www.loveisrespect.org)

### **7C CONFIDENTIAL RESOURCES**

These resources, available to Pitzer College students or other students enrolled at The Claremont Colleges, will keep your information confidential and will not discuss what you tell them with anyone else.

#### **The EmPOWER Center**

The EmPOWER Center Director, Rima Shah, can provide helpful support and information by phone or email if you are outside the United States. If you disclose a sexual assault or certain other crimes that occurred on your study abroad program property or involved study abroad staff or faculty, Rima is required by federal law to provide crime data (without your name or identifying information) in order to comply with the Clery Act. You may choose to speak with her without disclosing any specific information if this is a concern, or you can ask her more about what information has to be disclosed and to whom.

Rima Shah

**EmPOWER Center Director**

Phone: 909.607.2689

Email: [RShah@scrippscollege.edu](mailto:RShah@scrippscollege.edu)

#### **Monsour Counseling**

Phone: 909.621.8202

**TCCS Chaplains**  
Phone: 909.621.8685

See the Sexual Harassment and Prevention Appendix in the back of this handbook for more information.

## **IN CASE OF PROBLEMS IN THE HOST FAMILY ON PITZER DIRECT-RUN PROGRAMS**

Although extremely rare on Pitzer direct-run programs, problems of sexual harassment or abuse, racist comments or behavior, homophobia, theft and related issues in the host family or home stay community are possible. Because of the nature of the host family experience, the close relationships students develop with family members, the special efforts students make to behave in culturally appropriate ways, and the potential for cross-cultural or language misunderstandings, this is a particularly delicate yet important area of concern. We have developed the following guidelines to help minimize the chances of this type of situation occurring and to help us best support you when concerns or questions regarding your host family arise.

- Host families are carefully selected with an eye toward minimizing these types of problems and providing students with a safe and nurturing environment. Families are provided with training and orientation around these issues and the type of relationship Pitzer expects between host family members and students. Host families will be given specific guidelines on the types of behavior (especially touching and cross-gender interactions, and homophobic or racist behavior or comments) that will be considered inappropriate.
- Students should express any concerns or preferences they may have regarding host families to the study abroad office before departure for their program so that the in-country director can select host families with individual student needs and concerns in mind. Examples of things you might want to share: allergies, desire for a LGBTQ-friendly family, health concerns with smoking or certain foods, desire for a family that welcomes students of color, etc.
- During your on-site orientation, you will be given explicit guidelines on what types of host family behavior are appropriate and what behavior is cause for concern and should be reported to your director. You will also be briefed on common behaviors you may see in your family situation which, while not inappropriate in the host culture, may lead to potential misunderstandings.
- As you know, Pitzer programs expect a strong commitment to cultural immersion and cultural appropriateness, but this does not require you to endure behavior or comments that make you feel unsafe or that you believe puts your safety, health, or emotional well-being in jeopardy.
- Romantic or sexual behavior between a student and a host family member is never appropriate; you have the right to politely ask a host family member to stop any physical contact or behavior that is questionable or makes you feel uncomfortable. Similarly, racist or homophobic actions or comments that make you feel uncomfortable or unsafe are never appropriate. You have the right to notify family members that this type of behavior or language is painful or uncomfortable to you and that you would like them to stop. In these types of situations, we strongly encourage you to immediately seek support, clarification, and guidance from your program director. In some cases, there may be a cultural or linguistic misunderstanding that can be easily worked out, or adjusted to, but in other cases, the behavior may in fact be clearly inappropriate and something your program director needs to address immediately. Early on in your program, you will not necessarily know the difference, thus importance of communicating immediately with your program director when anything of this nature comes up, especially when you are confused or unsure about something.
- Coming forward with questions or concerns about your host family's behavior will never affect your grades.
- All Pitzer Study Abroad program directors are required to consult with Claremont if a student expresses concern that there may be inappropriate behavior going on in their host family, or if the directors suspect this based on their own observations. This will allow us to share resources and better respond to these types of incidents. Information regarding these situations will be regarded as confidential and treated with the utmost discretion.
- While students tend to want to call parents in such a situation, your program director will be receptive to any concerns you have and is the best person to consult if you have any problems or concerns of this nature. Please know that you are welcome to call Pitzer staff in Claremont (mobile and work numbers are provided in the handbook) or your own study abroad director in situations where you might feel uncomfortable contacting the

program director directly. In addition, we have asked our directors to provide information on other local resources (counseling services, sexual assault hotlines, women's centers, etc.) that you may want to consult.

We encourage students to approach issues and concerns of this type with an open mind. While we want you to come forward immediately if you have a concern or question regarding your host family, we also ask you to reserve judgment until you have a chance to carefully consider, with the help of your program director, the many cross-cultural or language misunderstandings that might be at play. Similarly, Pitzer staff has been instructed to approach such incidents with an open mind. While a student's concern may be due to a cross-cultural or linguistic misunderstanding that can easily be explained and cleared up; it may just as easily represent a serious situation that requires immediate intervention.

Living with a host family requires perseverance and effort as in any relationship. It is not always easy. We do not want you to give up on your host family simply because adjusting to the new culture, language and living situation is challenging. On the other hand, we want you to feel safe, welcomed, and part of the family, so that warm relationships can develop and language and culture learning can be maximized. Open communication with your program director in which you share challenges and concerns early on, as well as triumphs and high points, will assure that this happens for you.

## IN CASE OF EMERGENCY AT YOUR PROGRAM SITE

**Contact the program staff as soon as possible.** You will be given a list of emergency contact numbers during your on-site orientation. If you do not receive this information, ask for it. There is also emergency contact information the last page of the student version of this handbook. While you are certainly free to contact your parents and families in any emergency, and indeed you should, please inform the program staff **first** since they can address your concerns immediately. Calling home only delays the process of intervention and may put undue stress on families who feel as though they are unable to help their children abroad.

Pitzer provides travel insurance that includes insurance to cover emergency evacuations. In the event of a political crisis or a natural disaster that would necessitate evacuation, the program staff will work closely with the US Embassy and other embassies (if you are not a US citizen) to facilitate your return home.

Provide your contact information abroad to your family and friends. Your family should also be advised to contact the Pitzer College staff members listed in the *Contact Information* section of this handbook.

True emergencies are actually quite rare. While losing luggage, tickets or even a passport is inconvenient and upsetting, it is not an emergency. Emergencies are situations in which there is an immediate threat to a student's health or safety.

## IN CASE OF AN EMERGENCY AT HOME

**Contact the Claremont office first.** A list of emergency contact numbers has been provided in the section on *Communications* in this booklet. The Claremont office can usually contact students and staff quickly, even when they are away from the program base on field trips. In the case of a death in the family or of a close friend, we can often arrange for a private, supportive environment in which students can speak directly with loved ones. Program staff can offer considerable and sometimes vital support if they are involved early on in the process of sharing difficult news.

## US DEPARTMENT OF STATE TRAVEL SAFETY INFORMATION

### Students Abroad

<http://travel.state.gov/content/studentsabroad/en.html> contains information on travel documents, health, emergencies, embassies, voting, and security conditions all in one place. Students and parents may find this website very useful when preparing for a study abroad program.

### SMART TRAVELER ENROLLMENT PROGRAM (STEP)

<https://step.state.gov/step/> STEP is a free service provided by the US Government to US citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate.

The physical address to use to register with STEP is listed on the last page of the student version of this handbook.



Students who are US citizens are required to register with the US State Department before leaving the US. Students who are citizens of other countries should check with their consulates for recommendations.

## PREPARE TO GO

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Any outstanding study abroad, financial, and academic issues must be resolved before the due dates listed in the study abroad application portal to maintain your eligibility to study abroad.

It is your responsibility to contact your office of study abroad, student affairs, financial aid, housing, registrar's office and other departments to complete any pre-departure tasks and to find out what preparations you will need to make for a smooth return to campus after your time away. It is also your responsibility to stay in contact with your home institution while you are away so you receive important information and updates. Students are expected to check their email on a regular basis. Pitzer students will be contacted via their official Pitzer College email accounts.

The end of the semester is always a busy time with papers, exams and special events. You should plan ahead to get your passport, have a physical, have photos taken, get signatures and submit your documents now while you still have time to respond to any surprises that may arise. The following list is a guide only.

### PRE-DEPARTURE CHECKLIST

- Complete and return all items listed in your study abroad application portal <https://pitzer-sa.terradotta.com/>.
- Email a scanned image or send a photocopy of your **passport** to the Office of Study Abroad and International Programs. Make copies to take with you.
- Arrange your **flight** through the designated travel agent.
- Consult with your current **medical insurance** provider to ensure that your coverage is valid abroad and in the US for the duration of your program. If not, purchase additional coverage.
- Compile a list of names, phone numbers, postal and email addresses of faculty and staff on campus who you may need to **contact** while abroad.
- Update and clean out your **email account**. Change your password, unsubscribe to student lists, and set up folders for non-urgent email that will clutter your inbox and obscure important messages.
- Complete any **outstanding items on your study abroad portal**. Pitzer students must plan for **DUO log in authentication**.
- Meet with your **financial aid** officer, if applicable, to make sure you have signed loan forms and promissory notes, to discuss how your aid will transfer to your study abroad program, and to learn about procedures for renewing your aid for the semester you return to campus.
- Meet with your **academic adviser** if you have questions about your academic plan and study abroad.
- Visit your doctor or public health clinic for your **physical** and **immunizations**. Visit your **dentist** before you study abroad.
- Register** with the **US Department of State** Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/> before you depart the US. Review **travel warnings**, if applicable.
- Complete your **pre-departure reading** and coursework, if applicable.
- Discuss **emergency contact procedures** with your family and friends.
- Authorize trustworthy individual(s) in the US to access and make changes to your **bank accounts and credit cards** in the event your cards are lost or stolen. Notify your bank and credit card companies of your travel plans. Depending upon your circumstances you may wish to set up a **power of attorney**.
- Shop and **pack** lightly. Leave room for items you will acquire when abroad.

## PASSPORTS

Anyone traveling between countries needs a passport. Check the expiration date. If you do not have a passport valid for six months after your planned return from study abroad, expedite the application or renewal process. Processing a new passport application or renewal may take several weeks.



### How to Apply for or Renew a US Passport

For information on how to apply for or renew a US passport go to the US Department of State's website at <https://travel.state.gov/content/travel/en/passports.html> or call 877.487.2778.

Most countries require at least one blank page for their visa stamp. If your passport does not have blank pages remaining, please renew to get passport with plenty of blank pages.

### If Your US Passport is Lost or Stolen

If your passport is lost or stolen while you are abroad, report the loss immediately to local police authorities and the nearest US embassy or consulate. In addition, you should report your passport lost or stolen by visiting the US Department of State's website for details: <https://travel.state.gov/content/travel/en/passports.html>. A copy will expedite the replacement process. It is wise to email a copy of your passport to yourself and keep a photocopy of your passport in your luggage or with your on-site program representatives.

## VISAS

**Hue University will apply for students visas, which students will pick up themselves at the airport. Students will receive confirmation of their visa approval prior to departure. For arrival: students should have the following:**

1. Make sure you have a printed copy and ideally a copy on your phone of the confirmation (with your name) that you are approved to pick up your visa on arrival at Saigon/HCM airport.
2. Have \$50 in cash to give the visa officer at the airport; we will reimburse.
3. Have a black and white passport photo 4x6 cm size for your visa.

### On arrival:

All of you will need to follow the signs to visa upon arrival and pick up your visa there. This can take anywhere from 5 minutes to up to an hour!

### If You Are Not a US Citizen

If you are not a US citizen and you do not have a US passport, please notify the Office of Study Abroad and International Programs as soon as possible. Depending on the country in which you have citizenship, you may have different requirements.

If you do not have a passport from your home country, or if it is expired, please start the process of acquiring or renewing your documents immediately. In some countries, this process can take months, so it is imperative that you start working on it as soon as possible.

**Depending upon your immigration status, there may be special signatures or other procedures required to ensure that re-entry to the US will be permitted after your study abroad program. Speak with your international student adviser. Check before you go!**

## TRANSPORTATION

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### PROGRAM DATES AND AIRLINE RESERVATIONS

**The Pitzer in Vietnam program runs from Saturday, May 20 (arrival date) to Friday, June 30 (departure date), 2023.** Pitzer requires you to participate in the entire program. Late arrivals or early departures are unacceptable. Loss of credit or lowering of grades may result if you arrive late or depart early.

**You should arrive in Ho Chi Minh (Saigon) Ton Son Nhat International Airport no later than Saturday, May 20.** If you plan to arrive in Vietnam earlier for independent travel, we ask that you make your own arrangements to arrive at the hotel before 10 p.m. on the arrival date. Please notify us if your arrival plans well before the arrival date, so that we can make

arrangements to meet you. Late arrivals cause significant disruption of the program, so it is important that you arrive on time.

Professor Tam from Hue University will meet all students arriving in Ho Chi Minh City on Saturday, May 20 and organize transfer or accompany you to the hotel. The group will stay two nights in Ho Chi Minh City, departing on Monday, May 22, flying to Hue. **When staying in hotels, students will share a double bedroom (2 beds). Please discuss in advance with the Office of Study Abroad to ensure your gender is respected in any room pairing.** The group will tentatively stay at:

Au Lac Charner Hotel  
87-89-91 Ho Tung Mau Street  
Ben Nghe Ward, Ho Chi Minh City, 70000  
Tel: +842839156666

Once students arrive in Hue the group will stay the first two nights in a hotel to acclimatize before moving into their host families on Wednesday, May 29. While in Hue the group will tentatively stay at:

**Huong Giang Hotel Hue**  
51 Le Loi Street  
Hue, Thua Thien-Hue 530000  
Vietnam  
Tel: + 842343822122

**You are free to depart Vietnam on or after the departure date of June 30. Based upon your return schedule, we will book the flight from Hue back to Ho Chi Minh City and pay for a hotel room the night prior to departure.**

## Flight Arrangements

Allow ample time to work with our travel agent to arrange your flight by the date in your acceptance letter. When you contact the travel agent, identify yourself as a student on the Pitzer in Vietnam program.

In order to receive your ticket, you are required to submit the Pitzer acceptance paperwork and complete orientation requirements by the dates listed in your acceptance letter. If you complete these requirements less than two weeks prior to your departure, you will be responsible for any charges incurred to expedite your ticket.

Please note that all domestic travel in Vietnam will be booked by the program.

## Pitzer's Designated Travel Agent

**KIM RUDD at Corniche Travel**  
Email: [pitzer@corniche.com](mailto:pitzer@corniche.com)  
Phone: 951.698.0089 6:00 a.m. to 4:30 p.m.  
Phone: 310.854.6000 Monday through Friday, closed major holidays  
Office: 8721 Sunset Boulevard, Suite 200, West Hollywood, CA 90069  
[www.corniche.com](http://www.corniche.com)

For emergency after hours service, Please call 800.242.7274 within the US or call collect 203.787.6266 outside the US. Advise the agent of your executive code 6TAO (six tango alpha zero).

Kim Rudd has been providing flight services to Pitzer College students for several years and is very knowledgeable about airline travel. She has many clients, so it may be necessary to leave a message with a call back number.

## Airfare Policy



**Program participants are REQUIRED to work directly with the travel agent designated by Pitzer College to finalize their tickets by the date indicated in their acceptance letters.** Tickets not purchased through the Pitzer designated travel agent will NOT be reimbursed or credited to student accounts. Frequent flier miles may NOT be used to book flights.



The maximum airfare Pitzer College will pay is based upon the cost of a round trip ticket from the closest major international airport to the student's permanent address city in the US to the designated international airport near the program site for the exact dates of the program. For international students, the maximum airfare is based upon the cost of a round trip ticket from Los Angeles International Airport (LAX). The travel agent will bill Pitzer for the approved ticket. Students will pay the travel agent directly for the additional costs of an itinerary that is more expensive than the approved flight. No refund or credit is given if the ticket costs less than the maximum.

The following items may increase the cost of a ticket. Students will only be charged for actual overages.

- Finalizing travel arrangements after the due date listed in the student's acceptance letter
- Travel dates that vary from the dates of the program, including going early or staying after the program ends
- Special requests for routing or stopovers through specific cities or countries
- Open return tickets - these are discouraged and may not be possible due to visa requirements
- Extra luggage charges - airlines may change luggage restrictions without notice.
- Changing the ticket after it is issued. These costs include change fees and any increase in airfare.
- Replacing lost tickets

If for any reason, you are not able to use an airline ticket, the **airline must be notified *prior to the departure of the first flight*** that you will be changing the ticket. **Unused tickets including E-tickets become worthless once the plane departs.** You are responsible for the replacement cost of an unused ticket.

## Itinerary

Upload a copy of your itinerary to your study abroad portal when you book your flights. Remember to **upload a new itinerary each time there is a change** so the most current version is always visible.

## Visa Considerations

Visa and immigration requirements often oblige you to have a round-trip ticket for entrance into the country. You cannot buy a one-way ticket and plan to purchase the return portion later.

**If your itinerary includes layovers or stops in other countries along the way you may need a visa for those countries even if you do not need a visa for your destination country. Please check with your travel agent and the relevant embassies for information.**

## Travel Delays

Unforeseen circumstances (weather, missed flights, equipment problems, etc.) may result in unforeseen expenses due to the delay. Students should travel with emergency funds in the event of unavoidable delays in transit. Pitzer College is not responsible for these expenses. Your travel insurance has some coverage for costs incurred due to travel delays. Should you have expenses related to such delays, be sure to keep your receipts in order to make a claim.

## Arriving Early or Staying Past the End of the Program

The program makes special arrangements for your arrival. For health and safety reasons, early arrivals at the program site are not acceptable. Pitzer can take no responsibility for early arrivals. Early students must make their own arrangements for ground transportation, room and board. Students who choose to arrive in-country before the beginning date of the program must contact the program staff well in advance of the beginning of the program to arrange a time and place to meet on the arrival date.

If you think you may want to stay on past the end of the program, please advise Pitzer's travel agent before you make the final confirmation of your ticket. Otherwise, you will be booked for departure from the program site on the program departure date, and any additional costs due to changes made after your ticket is issued will be your responsibility.

If you choose to stay past the program departure date, you cannot assume you will be able to stay with your host family. You are responsible for paying for your own room and board after the program ends. Please know that Pitzer can assume no responsibility for students who stay on past the departure date.

## Flight Changes

If you choose to change the date of your return once you are in the host country, please know that this can be a frustrating, complicated, and costly procedure. You need to check with the airline and the travel agent of the regulations, required tickets, and fees associated with changing your flight. Pitzer and the travel agent will not be



responsible for expenses incurred for changing your return dates and/or itinerary after you make your initial confirmation with the travel agent, especially once you are in the host country.

## ARRIVAL

### Baggage Claim

In the unlikely event that your baggage is lost en route, you will most likely first realize this in your host country. File a claim with the airline before you depart the airport. Program staff will follow up by contacting the airline's office in the host country. Keep your baggage tags. Usually lost baggage is recovered in two to three days.

### Customs

Please remember to have your passport easily accessible. You'll need it to check in at the airlines and when you go through customs upon arrival.

### Where to Meet the Program Staff

**Professor Tam will meet you at the international arrivals hall at Tan Son Nhat airport after you have cleared immigration, customs, and baggage claim.**

If your plans should change in transit, please call or the travel agent and notify the Office of Study Abroad and International Programs. Contact numbers are on the last page of the student version of this Handbook.

## MONEY MATTERS

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### HOW MUCH TO BRING AND HOW TO BRING IT

How much you spend will be determined by 1) whether you bring everything from home or buy items in Vietnam 2) your plans for study trips and independent travel before and after the program and 3) any gifts or souvenirs you wish to buy. **In any event, we strongly recommend that you have at least US \$500 to cover personal and emergency expenses during the semester.** We recommend you bring \$200, with you in cash.

In general, the cost of living in Vietnam is very low compared with US prices. While you can spend \$100 on an expensive dinner if you so choose, you can eat very well for \$2 or \$3.

### ATMS and Credit Cards

ATMs with the Visa, Cirrus and Star symbols are widely accepted throughout Vietnam. Your bank will usually charge you a small fee for withdrawing funds from an international ATM, but this is a good way to transfer funds to Vietnam.

Credit cards are accepted in Vietnam in most hotels and some restaurants. For day to day purchases in coffee shops, taxis, grocery stores and average restaurants, credit cards will rarely, if ever, be accepted.

If you bring a credit card, be sure to leave your card number and the 'Lost or Stolen' phone number at home. In the unlikely event that your credit card is lost or stolen while abroad, this information will help your parents or friends cancel your card quickly. Please note: only a person previously authorized to make changes on your account will be able to cancel a lost or stolen card.

You should also notify your credit card and atm company that you will be traveling and may make expenditures on your card in your destination country and other countries along the way. Otherwise, when the first few foreign charges show up, your credit card company may put a freeze on your card.

Chip and pin cards are becoming more common; check to ensure that you know your pin for your credit card before departure.

### How to Receive Funds from Home

The best ways to transfer additional funds from home to Vietnam is to use an ATM card or draw a cash advance on your credit card. Western Union and American Express also provide wire transfer services, but these tend to be more

expensive than standard ATM and cash advance fees. If you do not have an ATM or credit card, and you need to have money wired to you, you will need to obtain the latest details from the banks in Vietnam and forward that information to your parents (or another benefactor).

## WHAT YOUR PAYMENT FOR STUDY ABROAD WILL COVER

### Housing

Housing covered by Pitzer College means accommodations that are typical for that particular program or country during the period that school or the program is in session. Please note that housing expenses before or after the program are the responsibility of the student and are not covered in the fees paid to Pitzer.

### Meals

The program fee paid to Pitzer College covers all meals for the duration of the program. This usually means some combination of meals with host families (whenever possible), meals provided directly by the program, and a meal allowance given to students (if applicable), which together provide students with a diet and eating schedule that is typical for the host culture. Students will not be reimbursed for missed meals that are provided by the program or their host families. Meals before or after the program are the responsibility of the student and are not covered by the program fee paid to Pitzer.

### Study Trips and domestic travel

All expenses – flights, hotel and food related to study trips (whether day trips or the study trips) will be covered by the program. When on study trips, students may stay in shared double rooms in hotels or lodges.

### Additional Expenses

The items below are NOT COVERED in the summer study abroad fee and should be considered in your budget planning.

- Passport
- Photos required for applications and visas
- Cost of required immunizations
- Cost of the medical exam required prior to participation
- Comprehensive medical insurance coverage is required. (Fees for additional insurance, if required by the program or the host country, may be covered by Pitzer College. Ask the Office of Study Abroad and International Programs.)
- Additional costs incurred for airfare that costs more than the standard round-trip ticket (see Airfare Policy) or if arriving before or extending after the program dates, changing a ticket, or if participating on a domestic program
- Cost of housing and meals before or after the program
- Refundable deposits
- Expenses for items or services that are not typically provided on the program but to which students may be accustomed (e.g. email or internet access, access to computer labs, athletic facilities, etc.)
- Expenses for items or services that are not provided for in fees paid to Pitzer (e.g. personal entertainment, toiletries, independent travel during school breaks, field trips that are not a required part of a course, mobile phone charges, laundry charges, etc.)
- Clothing (e.g. winter jackets, boots, rain gear, formal attire, etc.) needed for climate conditions, cultural reasons or activities at the program site
- Course fees, lab fees and supplies
- Textbooks
- Expenses resulting from a difference in the cost of living. Expenses in your study abroad location may be the same, higher or lower than in Claremont.
- The exchange rate should be considered when planning your budget for international programs.

### Exchange Rates

Exchange rates can change daily. A website for tracking these rates is <https://www1.oanda.com/currency/converter/>.

## BILLING

### Pitzer College Students

Pitzer College students will be billed by the Student Accounts office for the summer study abroad program fee \$11,500 in the same manner as students are billed for semester fees. Students will be billed on June 1 through CASHNet.

#### Student Accounts

Charges for your program abroad will be available via CASHNet. **Students who will be abroad are strongly encouraged to provide authorization to parents or other parties to view and/or make payments on their account.** For further assistance or to report problems with the CASHNet site, please contact the Office of Student Accounts at 909.621.8191.

#### Financial Aid

Most financial aid can be applied toward the fees of any approved program. Please consult the financial aid office for specific details on how your financial aid will be handled.

### Visiting Students on Pitzer Programs

The handling of financial matters will vary depending on your home college or university. Pitzer College does not offer financial aid for visiting students. Please contact our Office of Study Abroad and International Programs and/or your home institution's study abroad office for details.

### All students

#### Withdrawal Fee

If a student withdraws after accepting a place on the program, Pitzer will bill the student's account for a withdrawal fee of \$350 plus any non-recoverable expenses paid on the student's behalf. Please refer to the *Conditions of Participation* for full information on when or if a refund is due to the student. Note that there may be other withdrawal charges assessed by the program and these fees are the responsibility of the student.

**Transcripts for all students will be withheld until Pitzer College is paid in full. This includes the comprehensive program fee and any outstanding balances due to charges incurred on behalf of the program such as: library fines, charges for damages to homestay or school property, non-reimbursed medical expenses, etc.**

## COMMUNICATIONS

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### PHONE, EMAIL AND MAIL

#### Contact Information in Claremont

Pitzer College  
Office of Study Abroad  
and International Programs

Phone 909.621.8104  
Email [studyabroad@pitzer.edu](mailto:studyabroad@pitzer.edu)

**Mailing address**  
West Hall, Suite Q100  
1050 North Mills Avenue  
Claremont, CA 91711

**Office hours**  
Monday through Friday  
8 a.m. to noon and 1 p.m. to 5 p.m.  
except holidays

#### Ways to Make Contact While Abroad

Email, mail, Skype, Facetime, Whatsapp, text, and mobile phone calls are all options for contacting the US from abroad or for family and friends to reach you.

#### Emergency phone numbers for students in Vietnam - see the last page of this handbook

In an emergency, students in Vietnam should call the emergency numbers listed on the last page of the student version of this handbook. Students are advised to contact the program director as soon as possible. He or she is best able to

render prompt assistance and advice in the event of an emergency. Calling home to speak with a family member first, though it may be instinctive or comforting, is not going to get you the immediate local help you need. For privacy reasons emergency numbers will only appear in the student hardcopy of this Handbook.

### **In Case of an Emergency at Home - Family and Friends**

In case of emergency, parents or friends should contact the Office of Study Abroad and International Programs at the numbers listed above. The Study Abroad staff in Claremont can usually contact students and staff quickly, even when they are away from the program base on field trips. If you call the office number and we are closed you will be directed to Campus Safety at 909.621.8170. Campus Safety has additional contact information on file. Please have them continue down the list until they are able to speak directly with a member of our staff.

### **Mobile Phones**

You are free to bring your own mobile phone if you wish, and purchase a local SIM card once in Vietnam. If you want to do this you must have your phone unlocked in the US. In Vietnam SIM cards allow you to pay as you go. Text and phone calls are cheap but web surfing is costly. It is advisable to disable the internet roaming on our phone. Virtually every restaurant, cafe and hotel in Vietnam will have free Wi-Fi. Whether you use a local mobile phone or your own, you will be responsible for keeping a working mobile phone (charged, paid up and ready to use in an emergency) on your person throughout the program.

Pitzer expects all students to use mobile phones in ways that are appropriate and responsible. In particular, mobile phones should be turned off (including texting) during classes, program discussion sessions and study trips when interacting with program staff, faculty or guest speakers. In addition, students need to learn and practice appropriate mobile phone use in their homestays. For some families it may be considered rude, for instance, to make or receive calls or text messages during a family meal or while engaged in conversation after dinner.

### **Mailing and Shipping to Vietnam**

Family and friends may send letters to the following address:

**Student Name  
c/o Department of International Cooperation  
Hue University  
03 Le Loi Street, Hue City  
Vietnam**

In general, letters take 10 to 14 days or longer to get to Vietnam from the US. Occasionally, mail can be misplaced or lost by the postal service, just as it can be lost by the postal service in the US. **We advise against sending packages.** Mail that arrives after the end of the program cannot be forwarded.

## **STUDENT COMMUNICATION RESPONSIBILITIES**

### **Read your Email**

Before, during, and after your study abroad experience someone from the Office of Study Abroad and International Programs or another Pitzer College office may contact you with information about orientation, health, safety, academic, finances, or other matters. Faculty may need to contact you about academic issues, invitations to do a senior thesis, etc. **For Pitzer students, the official means of contacting you will be your Pitzer College email account.** For non-Pitzer students we will use the email you provided in your application in your study abroad portal.

Due to the large number of messages on student-talk, Pitzer-talk, and other email lists, we advise students going abroad to unsubscribe to email lists while off campus. If you have a limited amount of time to check email or are paying for connection time at an internet café while abroad you do not want to miss important College information buried in your inbox. Investigate methods for labeling and filtering your messages before you go.

## Students are responsible for managing their email accounts and reading their official school email on a regular basis before, during, and after studying abroad.

For Pitzer Students: the Pitzer password automatically expires every six months - 180 days from when you last reset your current password. Change your password before you leave to assure continuous access. If your password does expire, log on to [www.pitzer.edu/pitpass](http://www.pitzer.edu/pitpass) or contact the Pitzer Helpdesk at [help@pitzer.edu](mailto:help@pitzer.edu).

### Study Abroad Portal

To access information on your study abroad portal log in at <https://pitzer-sa.terradotta.com>.

**For Pitzer College students**, access to the study abroad portal is authenticated by Duo. If you do not have cell service, you can use the passcode feature inside the Duo mobile app to continue to gain access to your Pitzer resources. Passcodes regenerate after use and work without cell or Wi-Fi signals.



You may download the Duo Mobile app the App Store or Google Play. Then, from a computer, log into Sakai or MyCampus2 to get the Duo prompt. Choose My Settings and Devices on the left of the screen. Add or reactivate your device there.

If you get an alternate phone or sim abroad, download the Duo mobile app and add a new device from the Duo interface. If you do not have access to your old phone or app for authentication, email the help desk at [help@pitzer.edu](mailto:help@pitzer.edu) for assistance in setting you up.



Alternatively, **before you leave Claremont**, you can request to be assigned a hardware token. This device is about the size of a small USB stick and can be attached to your keychain. It stores encrypted passcodes and works anywhere without wifi or cell signals. Stop by Pitzer I.T. in Scott Hall B11 to request one.

### Keep your Student Contact and Emergency Information Current

We may also try to reach you via your mobile phone, home phone, personal email, or other means. In the event of an emergency, we may need to contact you or your parents or guardians via the information in the Pitzer College database or in your Study Abroad portal. It is important that you notify the Office of Study Abroad and International Programs by updating your student portal AND the Office of the Registrar at [registrar@pitzer.edu](mailto:registrar@pitzer.edu) (to update the College database) of any changes to your personal information.

When you leave campus for a semester your Pitzer College student mail box is assigned to another student. You will have a different box number upon your return to Claremont. Before you leave campus provide forwarding information to the Pitzer College Mail Center. A forwarding address in the US is strongly recommended. Contact Kathleen Kile, Mail Center Supervisor, at [Kathleen\\_kile@pitzer.edu](mailto:Kathleen_kile@pitzer.edu) for more information.

### Keep your Student Contact and Emergency Information Current

We may also try to reach you via your mobile phone, home phone, personal email, or other means. In the event of an emergency, we may need to contact you or your parents or guardians via the information in the Pitzer College database or in your Study Abroad file. It is important that you notify the Office of Study Abroad and International Programs by updating your student portal AND the Office of the Registrar at [registrar@pitzer.edu](mailto:registrar@pitzer.edu) (to update the College database) of any changes to your personal information.

As soon as you have your in country address, mobile number etc. log in to your study abroad portal and complete your **Contact Information Abroad**. Update it as necessary.

# WHAT TO BRING

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## ESSENTIAL DOCUMENTS AND ITEMS

- Your **passport** valid for **at least six months past the end of the program** and two photocopies carried separately from your passport in other suitcases or wallets. Leave an additional copy at home with your parents or guardian.
- Your Vietnam **visa documents, photo, \$50 cash. See section on Visas.**
- Your **airline ticket.**
- Credit and ATM cards**
- An official **immunization record** from your doctor or health clinic and a photocopy.
- Your **medical insurance information.**
- Important **contact information** for your home institution.
- This **handbook** and any other pre-departure reading materials. Make sure you have a printed copy of the Emergency Contact Information, arrival information and contact information for the travel agent in your carryon bag.

## Clothing, Medicine and Miscellaneous

What you bring is an individual matter. It depends upon what you may want to buy in Vietnam, how much you want to carry (the lighter the better), and what you plan to do during the program. Everything you might need is available in Vietnam, but you may not have access to your favorite brands and some items may cost more than in the US. We suggest you come **as light as possible** and buy anything else you need in Vietnam. Traveling becomes much more enjoyable as the weight of your bags decrease. Whether you bring it with you or buy it, the following items are suggested:

### Clothing

Summer in Hue will be very hot and humid. Indeed, no matter where you go in Vietnam between May and July, you can be guaranteed hot weather. Expect occasional drenching thunderstorms. Light-weight ponchos and umbrellas are sold on every street corner so no need to bring heavy rainwear.

- Jeans**, long pants or light-weight slacks
- Shorts**
- T-shirts** Lots and lots of T-shirts (T-shirts are ubiquitous and very cheap in Vietnam, so you may wish to stock up on these when you are there.)
- Underwear**
- Socks** (2 - 3 pairs)
- 1 pair **dress shoes**
- 1 pair **walking shoes**
- 1 pair of **sandals**
- Sweater/ Light jacket** (the only time you might need this is when we are out on Halong Bay)
- Bathing suit**

### Women

- 1 or 2 **dresses** and/or 1 or 2 **skirts** and/or one pair of **nice dress pants**,

## Men

- 1 or 2 **collar dress shirts**
- At least one pair of **nice dress pants**

## Toiletries

You will need items similar to those you would use in the US (e.g. soap, razors, nail clippers, deodorant, feminine hygiene products, comb and brush, shampoo, etc.). Most items are available in Vietnam, including many brand names, but if you're attached to a particular brand you should bring it with you. You should not pack razors or any other potential weapon-like accessories in your carry-on luggage.

## Medicines

- Bring **prescription medicines** in their original containers and copies of your prescriptions. You may also wish to bring a physician's note explaining the need for the medication. We recommend bringing enough for the entire program. Shipping may be unreliable and it is difficult to mail medication to Vietnam due to custom controls. Some medications may not be available even with a local physician's prescription. Be aware that some medicines are controlled substances and may be illegal in some countries. Refer to the section on Traveling with Medication.
- Vitamins** (Vitamins also make great presents as Vietnamese are skeptical of the quality of vitamins sold in country.)

## Miscellaneous Items

- Umbrella** (can buy in country)
- English/Vietnamese dictionary** (can buy in country)
- Sun Block** (while available, tends to be expensive and limited choices)
- Sunglasses**
- TSA approved locks for your baggage**
- Camera**
- 110/220 power converter and adapter plug for circular 2-hole plug**

Voltage in Vietnam is most commonly 220 volts (US is 110). This won't be a problem for laptop chargers but other electronic equipment may blow. The common plug type in Vietnam looks like this – adapters are easy to purchase in US.



- Photos of family and friends**
- USB flash drive**

## Baggage

- 1 Suitcase** for check in (We recommend something with wheels, or a back-pack for easy transport.)
- Money belt** for around the waist or neck
- One regulation size **carry-on bag**
- Day pack** or duffle bag (may also be used as a carry on)

## Laptops

It is beneficial for students to bring their laptop. Don't forget to bring a power converter and an adapter plug.

If you have specific questions regarding what to bring, feel free to contact the program staff directly.

## GIFTS

It's always nice to bring a few small gifts from home for your host family members. Pictures of yourself, your own family and your home are very much appreciated. Picture books of your state or country would also be a good idea. Something typical to your state, calendars, hats, or t-shirts (with slogans from home) would also be nice. Bags of candy or nuts or drug store vitamins (vitamin gummy bears for kids) are always welcome.



# EMERGENCY CONTACT INFORMATION FOR STUDENTS IN VIETNAM

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In case of emergency, parents and friends should contact the Office of Study Abroad and International Programs staff in Claremont at 909.621.8104. After hours they will be directed to Campus Safety at 909.621.8170.

## Student Emergency Contact Information in Hue, Vietnam

### **Ngo Y Nhu (Ms.)**

Deputy Head of International Education Office  
Center for International Education

### **Tran Thi Thanh Tam (Ms.)**

### **Ho Cong (Mr.)**

## Student Mailing Address

Student Name  
c/o Department of International Cooperation  
Hue University  
03 Le Loi Street, Hue City  
Vietnam

Phone: (+84) 054 3.894.999

## Contact Information in Claremont

**Pitzer College  
Office of Study Abroad  
and International Programs**

Phone 909.621.8104  
Email [studyabroad@pitzer.edu](mailto:studyabroad@pitzer.edu)

**Mailing address**  
West Hall, Suite Q100  
1050 North Mills Avenue  
Claremont, CA 91711

**Office hours**  
Monday through Friday  
8 a.m. to noon and 1 p.m. to 5 p.m.  
except holidays

## Student Emergency Contact Information in Claremont

### **Jamie Francis**

Interim Director of Pitzer Programs and  
Study Abroad  
Services

[jamie\\_francis@pitzer.edu](mailto:jamie_francis@pitzer.edu)

909.607.3278 (office)

**Kebokile Dengu-Zvobgo**  
Interim Assistant Vice President  
for International Programs

[kebokile\\_dengu-zvobgo@pitzer.edu](mailto:kebokile_dengu-zvobgo@pitzer.edu)

909.607.3609 (office)