WHAT ADVENTUROUS ACTIVITIES DO YOU HAVE PLANNED?

Some students choose to study abroad because they want to take cultural, social, emotional, intellectual, and physical risks in their life. How about:

- Trying new foods or dishes. Check out the local market!
- Don’t use your cell phone or computer for a bit. Just experience what is around you.
- Scuba diving, sailing, boating, or fishing with a local/reputable guide.
- Take lessons in a traditional art or craft: calligraphy, weaving, drum-making, carving, glass blowing, mask-making, or Batik.
- Cooking dinner for your host family.
- Drawing or painting the local countryside.
- Mountain biking or cycling over a mountain pass.
- Volunteering at a local school or park.
- Attending the local service of a religion or spiritual practice with which you are not familiar.
- Check out the local music scene, take traditional music lessons, or learn traditional songs
- On your own, ask a local faculty member or acquaintance out for coffee, tea, or lunch and discuss common interests.

Taking Risks & Traveling Intentionally:
Scenarios Booklet

ADCAPS
SCEA: Social Competency in Education Abroad
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GETTING THE MOST OUT OF YOUR TRIP

Our Approach:

Participating in an education abroad program is exciting, fun, and memorable. Learning about a new culture, taking measured risks, and meeting people from around the world will enrich you in countless ways.

However, international environments are challenging and can add increased complications and risks to otherwise “normal”, everyday activities. This booklet is designed to help you think through typical situations that students tell us about, especially when things do not go as planned. Our basic goal is to help you enjoy the good times and minimize the not-so-good experiences.

“Do one thing every day that scares you.”
Eleanor Roosevelt

As you are reading through these scenarios it may be helpful to consider the following questions to assess potential harm and clarify possible ways to reduce harm.

- How likely is it that this will occur?
- What are the risks? What are the benefits?
- How would you resolve the situation?
- How would you prevent the situation, risks, or not-so-positive consequences?

Emergencies & the U.S. State Department

It’s bad enough to have an emergency when you’re at home. Remember how much you dread calling your parents to help with a flat tire or because you were in an accident? But, imagine how awful it would be in a foreign country with no idea of how to get help. Planning for the unexpected is as important as booking the flight. “Be Prepared” isn’t just a Boy Scout motto.

U.S. consular officers are located at over 260 Foreign Service posts abroad. There are also consular officers in 46 foreign cities without U.S. embassies or consulates. They’re ready to provide assistance if you need it.

Earthquakes, hurricanes, political upheavals, & acts of terrorism are only some of the events threatening the safety of Americans abroad. Each event is unique & poses its own special difficulties. When a crisis occurs, the State Department sets up a task force with the necessary personnel to work on the situation. Usually this Washington task force is in touch 24-hours a day with our Ambassador & Foreign Service Officers at the embassy in the country affected.

The State Department works hard to provide information in times of crisis & to protect lives of Americans abroad. You can make it easier for the State Department to locate you by registering your trip.

Be informed and stay safe. Ambulance and Fire Truck contact numbers can be accessed at:
http://studentsabroad.state.gov/content/pdfs/911_ABROAD.pdf
Miscellaneous Information
Conversion Chart

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<tr>
<th></th>
<th>Fluid Ounces (Oz.)</th>
<th>Milliliters (mL.)</th>
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<tr>
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<td>36.96</td>
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Where do I go for information about carrying a concealed weapon (gun, knife, pepper spray) into a foreign country?

This is strictly prohibited. The U.S. is one of few countries that allows for concealed weapons to be brought in from other places; however, special regulations apply.

Can I bring back alcohol for my personal use or as a gift?

It is not legal for travelers under the age of 21 to import alcohol, even as a gift.

Can I brink back alcohol if I am 21 or older?

Generally, one liter of alcohol per person may be entered into the U.S. duty-free by travelers who are 21 or older, although travelers coming from the U.S. Virgin Islands or other Caribbean countries are entitled to more. Additional quantities may be entered, although they will be subject to duty and Federal taxes, which will be assessed and collected at the port of entry.

A Note on Book Organization:

You will notice that scenarios are organized by situation type throughout this booklet. Most of the scenarios can be applied to most destination countries, but a few are country specific. Try to imagine yourself in the scenario. What would you do?

What if I don’t drink?

If you are reading a scenario that involves alcohol consumption, sexual decisions, or other behavior that doesn’t apply to you, the scenarios are still beneficial to read and discuss to potentially help a friend. And, they are just kind of fun....

Making Headlines:

Below are some of the headlines that have made the news recently. Most likely none of these U.S. students (two from the Seattle area) planned for these outcomes, yet they happened. How can you reduce your level of risk?
**Getting your Groove On**

It’s been a week since you’ve arrived. Everything is going great and you are finding your host culture to be everything you expected and more. The people are nice, the drinks are cheap, and it seems like there is always something fun to do. Those people in your cohort that were once distant acquaintances are quickly becoming friends that you enjoy hanging out with. In Pullman, you may not have drank much, but you’ve noticed yourself effortlessly drinking more than usual—most nights—with your new friends. What’s more, you are not getting much sleep and are starting to miss classes. The hot, balmy weather makes the beaches and pools seem refreshing during the day, and at the same time makes the evening and night much more active as people seem to come out when it cools.

**HOW DO YOU RECHARGE?**

- Are you able to recharge more when alone, doing quiet tasks, or when you are around people?

- Do you tend to be energized more by goals and achievements, or by experiencing new things?

- How much sleep do you need to feel your best?

- What are some of the unique things about your destination country(-ies) that will make your wellness routine different?

- How do you handle conflict? How might this change when you become irritable from overstimulation?

**Alpine Raucous**

You are at a ski-lodge “pub” in the Alps that is filled with local Swiss patrons enjoying an evening out. You are with a group of WSU/American students. The group is on its 4 – 5th round of drinks and starts to get loud. Some of the Swiss patrons begin to glance your way.

**Smooth Operator**

You have been invited home with another international student (not from your cohort). This is something you really look forward to. The family is very hospitable and plans to show you around their hometown. You know that alcohol will be served at meals and in honor of your visit. You drink very minimally but don’t wish to offend your host. Also, you eat minimal amounts of meat. How do you work with this situation?

**Live and Let Live**

You and a group of friends want to try out some new stuff while abroad. For fun, you start talking about it on the flight over to your EA destination. You just want to go to the bars to drink because you are not of legal age here in the U.S. One friend wants to buy a bottle of absinthe to try. The other friend is planning on checking out the “coffee shops” during your side trip to Amsterdam. He/she really wants a pot brownie.

**What Should I Wear, Where?**

At Journeywoman they believe that the way a woman dresses—as she moves around the world—is very important. Visit the website and read the “what to wear” tips!
GROUP CONTRACT/ CARE BEHAVIOR

Dating One of the Locals
You have been in ____ for a few weeks and are enjoying going out to some of the local bars with your friends after class. After only a short period of time, a member of your cohort (your roommate) starts up a (romantic) relationship with one of the locals and they go out together on their own multiple nights a week. This local person is texting the cohort member/roommate throughout the day and he/she is having a hard time focusing in class. The cohort member isn’t really hanging out with the group much anymore. Some people in your cohort start to talk about this situation and express discomfort. As a cohort one of the things you decided before leaving WSU/Pullman was that no one would go out alone, for safety reasons and to stay bonded as a group.

Ups and Downs
You have been in ______ for a week or two and things are going really well; however, you notice that one of the group is starting to have a lot of emotional ups and downs. Some days she/he can hardly make it out of bed and some days he/she is really hyper. He/she is a nice person but these behaviors are getting a little more exaggerated as time goes on.

Heading Back Out
It is getting close to the end of your trip and it has been a really great time. The whole group has gone out for dinner and then to some clubs to party and dance. At about 1 – 2:00 everyone walks back to (your residence) and calls it a night. It has been a really fun evening and your roommate is still pumped up. He/she is bouncing off the walls! Right before you get to your room he/she decides to head back out as most of the bars/clubs don’t close until 4:00.

Loving it, Liking it... Now—Not so Much
Time has flown. You’ve already been in your host country for 4 weeks of an 8 week trip. Everything has been so exciting and exotic feeling, but recently you have started to notice that you are more irritable than usual. Many of the things about your host culture are starting to irritate you. You notice yourself getting easily frustrated when trying to communicate in your host country’s language and other people’s difficulty speaking English is starting to make you wonder why you try to communicate at all. Functioning on a daily basis has become more burdensome and you feel like withdrawing and spending more time in your room. You are spending a lot of time online watching American YouTube videos and talking with friends on Facebook. You can’t wait to go home.
LOST

Pub Crawl
You and a couple of friends from your cohort are on a long weekend trip and have checked into a hostel. At the desk the clerk points out some brochures describing fun things to do like a bike or walking tour, etc. and you decide to go on a “Pub Crawl” that evening. At 10:00 that evening you meet the guide along with other travelers in the lobby of the hostel & you proceed to a series of bars and dance clubs. On this particular tour, the guide leaves the group at midnight at the final tour location. You are having a great time & decide to stay at the club for more dancing & partying. At 3 am you are tired, out of money, & fairly buzzed. It is time to head back to the hostel! Unfortunately, at the subway station, you discover that you are 2-3 miles from the hostel and the metro is shut down for the evening.

It isn’t Coffee at this Coffee Shop!
You travel to Amsterdam (or any other destination with easy access to substances) for a 4-day weekend with a small group of students. You’re excited to venture the city, visit landmark sites, and experience the culture. While you are there, you and your friends go to a coffee shop to smoke, but realize it’s only legal for locals with a citizens’ card. Angry, you decide to leave and buy some weed off the street. It just so happens that someone is selling some a few blocks from the shop. You buy the weed, and want to enjoy it with your friends, but there are local police patrolling the streets.

SUBSTANCE USE

Friendly Dealer
You and a group from your cohort are heading out for the evening and walk to the local bar/club district in town. It is a warm evening and a lot of people – mostly young men – are hanging out in the street outside of the bars/clubs. They are very friendly and directly approach the tourists and international students in English with “Hello, my friend, where are you from?” He shakes everyone’s hand and smiles. The conversation continues and it seems that the young man you are speaking with has a brother in ______ (Spokane/Seattle). It’s nice to chat with him but he really doesn’t seem to know much about ______ (Spokane/Seattle). You try to wrap up chatting with him and begin to head to the bar. He stops gently you and asks if there is anything you need while you are visiting in ______. Is there anything he can get you?

To Sell or not to Sell.
After a few weeks of living abroad you’ve been feeling really stressed and anxious. On top of this you take a fall on your way to class and have a sprained ankle. It’s painful and the clinic doctor in the town gives you a prescription for painkillers (Percocet, Vicodin, or OxyContin). The pain is gone before you run out of pills. A couple of times before going on EA, you tried mixing the painkillers with alcohol and liked it. Also, your roommate knows you have the pills and has been asking for some of them to get high.

Uncle Hans’ Moonshine
You are hanging out in the residence hall with other students. It is a mixed group of international students and you are talking about the assignments due tomorrow for your morning class. Someone pulls out a bottle they brought with them from ______ a bottle of homemade spirits from their uncle, and proposes a drinking game you are not familiar with.
Ugly American
Your cohort is at a local bar you have frequented often over the past couple of weeks. It’s a small and really comfortable place. One member of the group drinks too much and is rude to the bartender. At first he/she is ignored but she/he continues to be obnoxious and the bartender/owner quietly but firmly asks him/her to leave. Swearing and gesturing ensues. Then the WSU student points to the bartender/owner and says something along the lines of: “I own you and this hole of a bar. You are nothing...” The bartender/owner is very upset and physically removes the WSU students along with a few others from the cohort, who have tried to intervene.

Party! It’s the Weekend!
You and some friends heard about an awesome gay bar, and you have nothing to do on Saturday. You make the suggestion of going and four other members of your cohort are interested. However, the bar is in a conservative side of town where two hate crimes occurred one week before you arrived.

GONE MISSING

Ferry Boat
Your group is riding on a large public ferry and crossing the (Baltic/ Mediterranean/ Aegean/Black Sea). It is an overnight trip and is very crowded with tourists, locals, and a large group of soldiers on leave. While waiting in line to get assigned to rooms, your professor warns you to have fun but to keep a watch out for shady activity. It is after dinner and most of the group is socializing in the lounge. The faculty members are below relaxing in their rooms. You are hanging out with a small group of friends on deck when you are suddenly approached by another person from your cohort. He/she seems upset. He/she states that they had been having drinks with some of the tourists and military guys. One of the women - who was very drunk and a little depressed from breaking up with her boyfriend a few days ago – left to get another drink from a bar on another deck and has been gone for longer than expected. He/she asks if you have seen her anywhere.

From America with Love
It is the morning after you and your cohort were out late having a good time at a local bar. As you wake up and look around you realize that one of your friends is not in his/her bed. This person has developed a reputation for ‘hooking up’ with people that he/she meets while out and you vaguely remember this person dancing with another international student not in your cohort. You happened to drink more than you expected and the details from last night are fuzzy. When you check your pockets you realize that you have this person’s ID and cell phone as they handed it to you the night before to watch. You don’t know where your roommate is and you have no way of contacting them. A member of your cohort suggests that you tell your professor.
Flying in Early
You are going to __ and decide to fly over early with your friend to go to __(Oktoberfest, World Cup, Carnival, etc). You get to ____ and it is a big crowded street party. You are having a great time and drinking quite a few (large steins of beer). The locals and tourists are singing and dancing and toasting each other. Beer is sloshing around. It gets late and suddenly you notice your friend is not next to you. You search the nearby area but he/she is nowhere to be found.

Inclusive Canadian Sign

Facebook Status Updates
You and three other members of your cohort decide to go to a bar to unwind from a long week. One of your peers gets really wasted and belligerent with some locals. Unfortunately, he ends up tripping on the leg of a chair and is injured. Under the impression that someone pushed him, another member of your cohort grows angry and begins to threaten other guests. He’s eventually arrested! You think the incident was a bit overrated and decide to update your Facebook status. You want to respect their privacy, so you don’t write their names in the post: “Only in ____ can you get wasted, injured and arrested in the same night! What a joke!”

Boulevard of Broken Dreams
You are visiting ______ for a weekend and your wallet, cell phone, and backpack are stolen while you are out at a bar. You’ve had a few drinks and are really beginning to feel buzzed.

SAVING FACE AND REPUTATION

Pre-Funk
Your trip includes a semi-formal dinner and drinks with your cohort, professors, and administration/faculty from the host university. The dinner is served in a lovely garden on the estate of a donor to the host university. This sound like fun and you have gathered with a number of the other students to “pre-funk” before you walk to the dinner. Once you sit down wine is served freely and there are bottles on the tables. The food is delicious! Toward the end of the dinner, you hear a disturbance at the tables next to yours. You notice that a member of your cohort is leaning into the bushes and throwing up. As well, other members of the table have picked up the bottles of wine off of the table to take them back to their rooms, even though the dinner is not quite finished. A couple of the waiters are heading toward the table and other guests are starting to stare.

Haraam  خَرَام
Your cohort takes a side trip to ________ for a short 4 day trip. You’re very excited about touring all the ruins, museum’s, restaurants, etc. and your professor has set up guided tours. Things are going well and one of the days during your tour happens to be a national holiday – Mawlid or the birth of Muhammad (Sunnī). This makes the trip even more interesting! During the tours two members of your cohort insist throughout the day that the tour guide find them a bar. During the holiday many restaurants and all bars are closed. Even when the tour guide assures these two that there is nothing he can do and is very sorry, they keep complaining.
**STOLEN PROPERTY / NO MONEY**

**Shiny Objects**
You and four other members of your cohort decide to head out to a local bar for a few drinks and to get to know the locals. One person reports feeling really tired and wanting to go home, so you decide to head back to your residence with them so they do not have to walk alone. As you are walking the few blocks to the metro, your friend pulls out their smartphone and begins to play games. Four locals walk up to you, and one makes a comment about the phone. Suddenly, the local takes your friend’s phone and runs away. Your friend yells and begins to run after the thief, leaving you behind to deal with three locals.

**Generous Tourist**
You are on your last day in _____ and have had a wonderful time! Most of the cohort has already flown out already and you are waiting in the airport for your flight, which leaves in an hour. It is busy and crowded! You set your suitcase down & bend down to put a souvenir in one of your bags. As you straighten up something doesn’t feel right & you check your bag. Oh no! Everything is gone! Your ticket, passport, money, wallet…. Everything.

**ATM Blues**
You’ve arrived in ______ and are looking forward to adventuring in your new surroundings. You’ve only brought minimal cash with you because you anticipated being able to deduct money from an ATM as needed. Your cohort is getting ready to go out and you need cash. It’s approximately 5pm and you stop at an ATM on the street corner to deduct cash. Upon inserting your card, the machine informs you that it is confiscating your card and to get more information you need to contact that branch during business hours. You have enough cash to make it through the evening, and return the next day to find that your bank has cancelled the card as a security measure. It will take two weeks for the new card to arrive.

**ROMANCE, SEX, & STIs**

**Cute Accent**
You travel to _____ for a 4 day weekend with a small group of students to see the sites and experience the culture. While you are there, you end up going to a club to party and dance. You meet someone you are very attracted to and end up having a number of drinks with him/her. It’s late and he/she suggests that you go back to his/her place just a few blocks down the street. He or she has that special something and you leave the club with him/her.

**Sex Education with Local Flair**

**Persistence isn’t Flattering**
You get to know another international student in your classes and you strike up a friendship. This friend begins to spend a lot of time in your room and wants to become “more than friends”. You enjoy his/her company but are not interested. He/she becomes more and more persistent and the situation becomes very awkward. He/she expresses that this persistent behavior is “part of my culture…. it’s because I care for you.”