

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**SEMESTER AT SEA  
2020**

***Program Guide***

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**Congratulations** on being accepted to the University of Wisconsin-Eau Claire study abroad program with Semester at Sea. Living and studying in a new culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

*Gaining new perspectives on a chosen academic field*

*Increasing understanding of different cultures*

*Enhancing personal development*

*Developing different perspectives on U.S. culture*

*Gaining self-confidence and independence*

*Learning skills for the future international job market*

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

Use this program-specific guide with the more general resources in your BlugoldsAbroad account. While this guide contains the information available at the time of publication, it is impossible for any single resource to answer all of your questions. Your peer advisor will email information throughout the semester, and we encourage you to do your own research, also, using the web resources listed towards the end of this guide, as well as others that you find. Contact the Center for International Education (CIE) staff or your peer advisor with your specific questions.

Questions only you can answer include:

- 1) What are YOUR goals for this experience? Advancement in a future profession, desire to expand personal and academic horizons, need for a change, and wish to challenge yourself in a new environment?
- 2) How can you best prepare to meet your goals within the context of this program? For example, if one of your goals is truly being immersed in the cultures you visit, yet you are going with a group of American students, how can you insure that you do not spend too much time with other Americans?

The information in this guide was current at the time of publication, though changes may occur at any time.

## ACADEMICS

*Additional information on topics such as maintaining program eligibility, registration at UW-Eau Claire, class attendance, course equivalencies, grades, transcripts and service learning is in the [Academics section of your Study Abroad Handbook](#).*

### **Pre-departure Planning**

Please see the [Semester at Sea academic page](#) for details on how to plan your courses while on the ship.

### **Credits and Course Load**

You will enroll in 12 credits. You have the option to take 15 credits, but you cannot drop below 12. If you want to take more than 12 credits, you need to get approval from the CIE.

#### **Keep in mind:**

- The credits you earn abroad are considered UW-Eau Claire resident credits.
- The classes you take abroad will count towards the total credits needed for graduation.
- Dropping below full-time status may result in loss of financial aid and/or insurance coverage and **must be approved in advance by the CIE and Semester at Sea.**

### **Registration at Semester at Sea**

Courses for your voyage will continually be added to the SAS website, so please check there frequently for updates. You will register for your courses on your SAS MyPassport account. Once registration is open, SAS will send detailed instructions will be sent from SAS. Each student will register for the required Global Studies course, plus three standard courses, for a total of four courses (12 credits).

### **Field Class**

Each course (except the Global Studies course) will have an 8-hour, in-country field class. These are designed and led by a faculty member who has expertise in a particular culture, location, or subject matter. Field classes enhance and explore course content. When planning your schedule, you will have to consider when each of your courses has their field classes as field classes cannot overlap. You will register for these field class at the same time as you register for courses. The cost of your required field classes and one Global Studied Credit Eligible Program IS included in the voyage tuition.

Your additional travel will have to be planed around your required field classes.

### **Dropping/Adding Courses**

You will have the chance to add/drop courses on the ship during the first few days of the semester. Students can add courses between when course registration starts (about 3 months before voyage) through the onboard add/drop process. Beyond that, there won't be any additions or deletions allowed.

### **Reporting Your Registration**

As soon as you confirm your final registration with SAS, [log in to your BlugoldsAbroad account](#) and complete the **Course Descriptions questionnaire**.

**If a course you are taking is not already in the UW-Eau Claire Transfer Wizard, you will need to provide the following information:**

- course title
- course number
- course description
- number of credits
- name of the department you would like credit in

Once equivalencies have been established by all department chairs involved, the courses will be posted to the [Transfer Credit Wizard](#), and you will be able to see them there.

**Equivalency timeline:** The process of determining an equivalency can take four to six weeks. In other words, you will most likely not be able to ask to have equivalencies established for 6-8 courses so that you can choose which one you wish to take.

### ***Syllabi and Academic Work***

Faculty will provide a syllabus for each course you enroll in and will also provide you with ways to contact them. Since they are also on the voyage with you, they may set boundaries.

### ***Class Schedule***

You can expect to be in class when the ship is sailing. Then when you are in port, you will only be in class if you are on a field class. If you have no field classes at a port, you won't be in class. Due to the sailing schedule, you may find that you have 15 days in a row where you are in class. Weekends are not an automatic day off, even when sailing. Be sure to follow the detailed calendar and syllabi you receive on the ship.

### ***Class Attendance***

Any absences, due to sickness, have to be approved by the on-board nurse/doctor's office. Attendance at class and any field classes is mandatory and you could have 20% of your grade reduced for failing to participate. If you are repeatedly tardy to things, you run the risk of earning dock time – meaning when the ship arrives to port and everyone else disembarks, you have to stay on longer and wait it out.

### ***Grades***

The program uses the regular UW-Eau Claire grading scale. Colorado State University (CSU)

is the transcribing university so your grades on done on their A-F scale.

**Note: UWEC students abroad are not allowed to take classes pass/fail. Grades from SAS are figured into your UWEC GPA and posted to your UWEC transcript. No exceptions will be made**

### ***SAS & UWEC Transcripts***

*Please see the Academics section of the Study Abroad Handbook for important information if you are **graduating, transferring or applying for a competitive major** such as Nursing or Education at the end of your term abroad.*

A Colorado State University transcript with Semester at Sea grades is sent to UW-Eau Claire, roughly 2-3 months after the end of the semester. Because SAS grades may arrive later than the end of the UW-Eau Claire semester, your MyBlugold CampS account will initially indicate "NR" (not reported). This will be changed once the transcript arrives.

## **MONEY MATTERS**

*UWEC information about making payments, when they are due, withdrawal and refund deadlines, financial aid, general scholarships, budgeting and ways to bring money abroad is in the [Money Matters section of your Study Abroad Handbook](#).*

### ***Cost Estimate***

You can find the most current Cost Estimate for your program, in easily printable format, on the [SAS brochure page](#). Be sure you are looking at the correct term. The cost estimate includes what you pay to UWEC, what you pay to Semester at Sea, and what you pay directly to other vendors.



## ***Fuel Surcharge***

From the [SAS website](#): "From time to time fuel costs for our ship the *World Odyssey* may spike in price for any number of reasons beyond Semester at Sea's control. We of course make every reasonable effort to control fuel pricing, including efficient itinerary management and annual port bunker planning. However, Semester at Sea may regrettably be required to assess an additional fuel surcharge levee to all revenue-paying passenger to help defray excess costs when such spikes appear imminent for an upcoming Semester Voyage. Therefore, no later than 30 days in advance of each Semester Voyage, Semester at Sea will assess the pricing outlook for the two types of maritime fuel required for our Vessel: IFO 380 (so-called "heavy fuel") and MGO ("marine gas-oil"). If the blended/weighted pricing of these two types is expected to exceed \$381 per metric ton for the upcoming Semester Voyage, then a fuel surcharge will be properly noticed and billed to all participants on a pro-rata basis to help defray these expected excess costs. We base our pricing outlooks primarily on the Rotterdam and Singapore markets for IFO380 and MGO maritime fuels, which are the markets most closely resembling the majority of our fuel acquisition needs."

## ***SAS Refunds Policies & Withdrawals***

Please see Semester at Sea's website for their refund policies and withdrawal timelines. If you decide to participate in optional activities planned by SAS, you will pay those directly to SAS.

## ***Currency Exchange***

You will be traveling to many different places and will learn about the different money in each location. To look up countries and see current exchange rates [go here](#).

## ***Cost of Living***

For an idea of what everyday costs you may encounter, check out [this website](#) where you can enter in the countries you are going to and view their cost of living. This can help plan how much money you should budget for food/excursions/etc.

## ***Money on the Ship***

The Semester at Sea ship, *World Odyssey*, is a cashless society. In preparation for the Voyage, you will create a shipboard account by providing them with a credit card to which your expenses will be charged. Anything that you purchase at the ship bookstore, café, etc. will be charged to your account and your credit card will be charged multiple times during the voyage.

## ***Credit Cards and ATMs***

Accessing money, while in country, will be best done with a credit card or ATM. See the Study Abroad Handbook for more information and tips for using cards.

## ***Traveler's Checks***

Traveler's checks are not recommended as they are extremely hard to cash.

## ***Scholarships***

Scholarships are available through SAS and can be applied for directly through the SAS website.

Need-based grants and merit scholarships through SAS are awarded with a rolling application process. This means that the sooner you apply, the better chance you have of receiving this type of aid.

SAS also allows students to work on the ship, but you must apply in advance in order to be

considered for a position. You will not receive a paycheck; instead, your overall bill will be credited.

Please visit their website for available scholarship opportunities and for the application deadlines:

<http://www.semesteratsea.org/admission-aid/financing-aid-scholarships/scholarships/>

## HEALTH & SAFETY

*General information on these issues, as well as information on CISI insurance, is included in the [Health & Insurance](#) and [Safety Abroad](#) sections of your Study Abroad Handbook.*

### **Centers for Disease Control**

The Centers for Disease Control (CDC) has vaccination suggestions, how to stay healthy when abroad, and health information specific to countries around the world. You can review the [CDC site and search for your destinations](#).

Due to an increasing measles and mumps cases in Europe, we strongly encourage all students to check their vaccine history to see if they have had the MMR vaccine.

In addition, be sure to check each country to see what (if any) vaccines they require. Countries such as Ghana (and others) require proof of a yellow fever vaccination in order to enter the country.

### **Common Health Problems? (Or just “Intestinal Upset”)**

The most common health problem for U.S. Americans while traveling is intestinal upset. The change in diet, the different meal schedule, and organisms unfamiliar to your system are possible causes.

A very common ailment is traveler’s diarrhea. Prevention includes being careful about where and what you eat and avoiding dairy products if they are not pasteurized. If you do get it, the following suggestions can help speed recovery and guide your decision to seek formal care:

1. It will usually run its course in three to five days. The worst symptoms usually occur the first day. Bed rest may help relieve cramps.
2. The main risk is dehydration. Maintain fluid intake. An excellent source of fluid replacement is ORS or Oraltie, a prepackaged liquid sold in many countries. If unavailable, the following recipe provides similar value: one liter carbonated water, 1/2 teaspoon salt, 1/2 teaspoon baking soda (not baking powder), 4 tbsps. sugar.
3. An over-the-counter medicine like Pepto Bismol may help relieve nausea and vomiting.

**If nausea and vomiting persist for more than 24 hours, if you develop a fever over 101 degrees F, or if you develop severe abdominal pain, contact a physician immediately.**

### **Water**

Water around the world, may or may not be potable (drinkable) The general recommendation from the [CDC for water](#) is to **drink bottled or boiled water any time you don’t know**. If you do your research and check each country you’re traveling to, the [CDC](#) will mention whether or not the water is potable. By making sure that you are drinking uncontaminated water, you can reduce your exposure to many diseases such as infectious hepatitis, cholera, diarrhea and dysentery. Additional considerations for when you cannot drink the water:



Brush your teeth with bottled or boiled water.
Carbonated bottled water, soft drinks, beer, wine, hot tea, and coffee are usually safe.
Wipe off the top of a bottle before drinking out of it or ask for a straw
Where water is contaminated, ice is also contaminated—you may wish to order drinks without ice.
If you are traveling avoid fruits that cannot be peeled, fruit juices diluted with water, raw vegetables, and salads that have not been washed with disinfected water. If buying food from street vendors, stick to breads or fruits that you peel yourself.
When you are not in control of your water supply or cannot purchase bottled water, consider bringing a portable water purifier, available at most outdoor stores, boil water vigorously for at least 10 minutes, or use water purification tablets (one tablet per quart of clear water, or two tablets if water is cloudy).

## ***Insect Bites***

Insect borne diseases, particularly from mosquitos, such as Zika, Malaria and Dengue Fever, may be present in countries you are traveling to. The [CDC has recommendations](#) on bug bites and things to consider if you are traveling to a country where any of these are present. **Discuss malaria prevention with your physician.**

There is no vaccine for zika virus or dengue fever, so prevention of insect bites is the best prevention. See the CDC recommendations on [avoiding bug bites](#) for detailed information.

## ***Dengue Fever***

Per the CDC, "Dengue fever is the most common cause of fever in travelers returning from the Caribbean, Central America, and South-Central Asia. This disease is spread through the bites of infected mosquitoes and cannot be spread person to person."

Severe dengue can be fatal, but with good treatment, less than 1% of patients die from dengue. **See a doctor immediately if you develop dengue symptoms during or after your time abroad:**

Symptoms of dengue include:

- Fever
- Headache
- Pain behind the eyes
- Joint and muscle pain
- Rash
- Nausea/vomiting
- Mild bleeding, such as nose or gum bleeding or easy bruising

## ***Zika Virus***

The Zika infection, in pregnant women can cause serious birth defects so the CDC does not recommend travel to countries where it is found for women who are pregnant. If you have concerns over this, please consult with your doctor. To see countries with Zika, the [CDC has this resource](#).

## ***Malaria***

Malaria is a serious but preventable disease carried by mosquitoes. Be sure to check each country to see if malaria is present. According to the CDC, it is recommended that most travelers take prescription medicine before, during, and after their trip to prevent malaria. Anti-malaria pills must be started prior to arriving in the country with malaria and must be taken through the entire duration of the visit to that country and continued after visiting. The duration of time before/after the program will vary depending on the medication your doctor prescribes.

**You should discuss your malaria prevention strategy with your doctor, since personal travel plans may affect it.** When talking with

your doctor, please discuss the program location and your personal travel plans. What you will do about malaria prevention is a decision you must make with your doctor. Neither the CIE nor SAS can make this decision for you. If you decide to take anti-malaria medication, follow the instructions from your physician carefully. **Remember that malaria is rarely acquired if you've taken the proper precautions.**

If you become ill, early treatment is essential. Consider any flu-like illness in a malarial area to be malaria until proven otherwise.

Common symptoms of malaria include fever and chills, nausea, vomiting, diarrhea, headaches, and dizziness. **See a physician promptly!** Delay in seeking medical care increases the chances of complications. Per the CDC, "Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your program. Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, **travelers may still develop malaria up to a year after returning from a malarious area.** You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.

To learn more about malaria, please visit the CDC website:  
<http://wwwnc.cdc.gov/travel/diseases/malaria>.

## **Yellow Fever**

Yellow fever is a risk in Ghana and possibly other countries that SAS travels to and so the CDC recommends this vaccine for all travelers to these countries. **The government of Ghana requires proof of yellow fever vaccination from all travelers.** You will need to show proof of vaccination to the immigration agent when you enter Ghana.

Like malaria, yellow fever is transmitted primarily through the bite of infected mosquitoes. The majority of persons with yellow fever have no illness to mild illness. However, in severe cases, those with yellow fever may die. As such, yellow fever vaccine is required for entry into Ghana. A single dose protects against the disease for 10 years or more.

**Please note:** At the time of posting (July 2019), the CDC has announced that there is a shortage of Yellow Fever Vaccines in the United States. There are only a few clinics that have the approved vaccine and can administer vaccinations. Due to this, you may need to travel to obtain the vaccine. Please see this website: <https://wwwnc.cdc.gov/travel/yellow-fever-vaccination-clinics/search> to learn more and to accurately plan where you can obtain the vaccination. **Advanced planning is a must, as the vaccine is still required by the Ghanaian government.**

To learn more about yellow fever and the vaccination, please visit the CDC website <http://www.cdc.gov/yellowfever/> and discuss with your doctor.

## ***Healthcare on the Ship***

**Medical Services:** There is a health clinic on board and the medical staff are US licensed health professionals.

**Counseling Resources:** SAS has two licensed clinical psychologists who are available for mental health care and education.

**Medical Supplies/Medications:** You can find basic medical supplies or medications in local pharmacies when you are in port. If there are certain medications you need, be sure to bring a supply that will last the entire voyage.

## ***CISI Insurance on Board***

If you have an accident or become ill while on SAS, you **may have to pay the price of the medical service up front**. You will then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

## ***Services for Students with Disabilities***

According to SAS's handbook: "Semester at Sea is committed to providing educational opportunities for all qualified students, including those with disabilities. While the nature of the program and the physical aspects of the Vessel provide unique challenges for students with disabilities, Semester at Sea does its best to provide reasonable accommodations given the unique environment of a Vessel and the challenges of varying international destinations. The Vessel is equipped with a limited number of accessible cabins designed to meet the needs of those with physical disabilities.

Students are expected to contact the Semester at Sea home office soon after acceptance into the program regarding the nature of the

disability, functional limitations, and special accommodations being requested. Requests are considered on an individual basis.

It is also important to look at the level of accessibility in each country in general. To find more information on this topic, please see the [U.S. State Department, Local Laws & Special Circumstances section](#) of each country's page.

## ***Safety on the ship***

SAS support services while onboard the *World Odyssey* are parallel to what you would find on a university campus: counseling services, a medical clinic, and the student life office.

Prior to disembarking at every country destination, you will attend a pre-port briefing onboard the ship with all students. You will be provided with emergency phone numbers and information on risks and safety considerations in each country. These are tools for you to make safe decisions while studying with SAS. General emergency procedures are described in the Study Abroad Handbook and the SAS Voyager's Handbook. You will receive an emergency contact card at orientation with helpful phone numbers; be sure to keep it in your wallet at all times.

## ***Safety in country***

Information on crime, specific safety issues, road safety, drug penalties, and terrorist activity in the countries you are traveling to is included in the [U.S. State Department's country websites](#). Specific safety in and around each port will be discussed at each country orientation while on the ship. Things to keep in mind at each port:

**Pick-Pocketing:** Pick-pocketing is common on public transportation and at popular tourist sites

throughout the world. To reduce the risk, do not have your phone or other valuables out in public spaces. An iPhone is a target for pick-pocketers. If you carry a purse, make sure it is across the body and has zippers. Keep your wallet in a front pocket, not a back pocket. Only carry small amounts of cash on you to minimize loss. Using a money belt under your clothing is another way to prevent valuables from being stolen.

**Beach Safety:** Swimming areas can have dangerous rip currents. Most beaches lack lifeguards or warnings of unsafe conditions. U.S. citizens have died in a variety of countries due to these dangers. Check with your hostel or relevant tour operator to request current information on local swimming and surf conditions.

- Do not dive into water of unknown depths.
- Do not swim alone, especially at isolated beaches.
- Avoid the consumption of alcohol while swimming.

**Adventure Sports:** Some tour operators take risks, and government regulation and oversight of firms that organize sporting activities may not always adhere to international standards and best practices. Tourists have died abroad while participating in adventure sports.

- Use caution and common sense if engaging in ALL adventure sports, and remember that they are NOT covered by CISI insurance, such as bungee jumping, sky diving, hiking, rappelling, climbing, whitewater rafting, kayaking, etc.
- Never participate in adventure sports alone. Always carry identification and let others know where you are at all times.

- When hiking, rappelling, or climbing, carry a first aid kit and know the location of the nearest rescue center.
- Observe all local or park regulations and exercise caution in unfamiliar surroundings.

## ***Emergency Contacts***

General emergency procedures are described in the Safety Abroad section of the *Study Abroad Handbook*, and the ship has a staff of personnel who are available for consultation if difficulties arise. You will receive an emergency contact card at Orientation 2; be sure to keep it in your wallet. The information is also on the Contact Names & Addresses page of this guide.

## ***911 Equivalent While in Country***

If you are in an emergency situation while in country, and you cannot get ahold of the SAS emergency contacts, you may need to know the equivalent of 911. [This site](#) has a list of emergency numbers to help you learn.

## ***Marijuana and other Illegal Drugs***

SAS has a zero tolerance for drugs and alcohol. Students are prohibited from bringing alcohol and drugs onboard the vessel and cannot have souvenir alcohol bottles, even if empty. Students cannot return to the vessel under the influence of alcohol either. If a student is deemed severely intoxicated, they will be sent to the health clinic on the ship to wait it out.

In addition, the countries you stop in may have their own laws around alcohol and drugs. It is important to familiarize yourself with these as UWEC and SAS are not liable should you break a law.

## REQUIRED DOCUMENTS

Passport information is included in the [Travel Resources section of your Study Abroad Handbook](#).

**If you are not a U.S. citizen, please contact the CIE for more information about the following topics.**

### ***Immigration Documents***

A visa is official permission to temporarily reside in another country and is granted by the government of that country. SAS will provide you with information on how to go about arranging for your immigration documents. Eventually on [this page](#), SAS will add information under “Year of Voyage, Voyage Prep.”

It is your responsibility to stay on top of the requirements and complete them prior to departing.

## PACKING TIPS

*There is general packing information in the [Travel Resources section of your Study Abroad Handbook](#), and you will get a suggested packing list for SAS at Orientation 2. In addition, you should know the following:*

### ***Weather***

As a moving program, the weather will be ever changing. Again, do your research on the locations and time of year you will be there. Other parts of the world have opposite seasons than us so don't assume you will experience summer during Wisconsin's summer.

### ***Clothing & What to Pack/Not Pack***

Semester at Sea has a [great website](#) that talks about what to pack! On that site you can find

- A packing list
- What type of voltage the ship has and if you'll need a converter/adaptor
- Tips on how you can decorate your cabin
- Prohibited items
- And a lot more!

## GETTING TO THE VESSEL

*There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the [Travel Resources section of your Study Abroad Handbook](#)*

### ***Travel Arrangements***

It is your responsibility to make **travel arrangements to the city where your Voyage departs. You need to arrive one day prior to the departure date and are required to stay overnight in that city. When buying your flight, please carefully review the departure and return destinations. You may not be flying in and out of the same city.** Consult your Voyager's handbook provided by SAS for more information on arrival and departure dates.

### ***Buying a Changeable Ticket***

Note that you may wish to purchase trip or travel cancellation in case your plans change unexpectedly. Trip insurance does not cover flight changes if you buy a non-changeable, non-refundable ticket.



## SETTLING IN

SAS offers students a wide variety of activities while at sea.

### ***Sea Olympics***

The Sea Olympics have been a long-standing tradition and are the highlight for many students. Students have the opportunity to be on committees and planning teams to execute the Olympics.

### ***Neptune Day***

Neptune Day takes place when the ship crosses the equator for the first time and involves a bunch of fun activities that are based on old sailor's traditions.

### ***Student Programming Board***

The board plans different events on the ship, such as, talent shows, open-mic nights, etc. This is a great opportunity for students, who have been on programming boards at their home campus, to gain even more experience.

### ***Extended Families***

Early in the voyage, you'll have the opportunity to join a family group where faculty, staff, and Lifelong learners "adopt" students to be part of an extended family. You might share meals, plan outings, play games, and build connections with your fellow voyagers.

### ***Tutoring***

There are many opportunities for students to tutor their peers in certain subject areas.

### ***Passport to Leadership***

Students who participate in the Passport to Leadership program are given a "SAS Passport" and when they attend shipboard programs, they receive passport stamps. If

students receive eight stamps or more, they will graduate from the Passport Program.

## HOUSING

### ***Living Situation***

During your Voyage, you will stay in a cabin aboard the *World Odyssey*. The cost estimate provided by the CIE reflects the rate for an inside triple cabin. If you wish to upgrade, you will be directly billed by SAS for additional charges. Generally, 2-4 students of the same gender will share one cabin. All cabins are equipped with a private bathroom with a shower cabinet, single beds, refrigerator, phone, safe, hairdryer, closed circuit TV, and wardrobe.

When in port, you will be able to stay in your cabin. You are not forced to find accommodation in the port city. This is another way to help save money.

There are laundry facilities on the ship, but you should expect to pay for them. Some students have recommended bringing detergent and hand washing clothing to save money.

You are responsible for any lodging before/after the program and when in port (if you don't stay on the ship).

### ***World Odyssey Amenities***

The ship itself has nine classrooms, each with state-of-the-art technology, a library, a fitness center, an outdoor pool, outdoor dining facilities, and many of the same services you would find on a normal campus.

### ***Meals & Snacks***

There are two dining halls on the *World Odyssey* where you will eat breakfast, lunch, and dinner. Meals are served buffet style much like the dining halls on the UW-Eau Claire campus. You are responsible for any between-



meal snacks. You know your eating habits so budget appropriately. When you are in port, you will be allowed on the ship to have your meals. This is important to remember in the event you are trying to save money

### **Internet Access**

The World Odyssey has a satellite dish that allows internet while at sea in most parts of the world. This access is shared with the entire ship and limited compared to what you are used to. You will need to be flexible and know you may not have access all the time. There will be efforts to keep internet free of charge but cannot be guaranteed. Most video streaming sites will be blocked due to the bandwidth requirements. Social media sites might also be spotty. VPN's are prohibited.

The ship does have intranet which holds files that are on the ship's servers. You will have access to these for course materials.

## **COMMUNICATION**

*Information on accessing/forwarding your UW-Eau Claire email address and on computer app-based phone services (SKYPE, What's App, Facetime, etc) is in the [Contacts & Communication section of your Study Abroad Handbook](#).*

### **Time Difference**

As you travel around, you will cover many time zones. To see the current time in a certain country or place:

<https://www.timeanddate.com/worldclock/>

### **Snail mail**

You should not expect to receive mail while at sea. Outgoing mail is sent out at each port. Stamps are typically available at the purser's desk while in port.

### **Telephone Information**

There are phones in each cabin. These can be used to both make and receive calls. You will need to purchase a phone card on the ship in order to make outgoing calls.

### **Cell phones**

It is recommended by Semester at Sea that you contact your cell phone carrier and switch to an international plan prior to leaving. It is also recommended you turn off your cellular data on your phone to avoid a large data bill.

### **Ship Lingo**

- Aft: back of the ship
- Bow or Fore: front of the ship
- Port: left hand side of the ship when facing the bow
- Starboard: right hand side of the ship when facing the bow
- Muster Station: lifeboat drill meeting place
- It is a ship, not a boat
- It is a voyage, not a cruise
- You will sleep in a cabin, not a room
- Shipmates are your fellow voyagers

## **TRAVEL WHILE ABROAD**

See additional information in the [Travel Resources section of your Study Abroad Handbook](#).

### **Organized Travel**

If you don't have any required Field Classes, when you are in port, you can sign up to do an optional excursion through SAS or plan your own travels. SAS usually has a sign up well in advance of when you arrive in port so you can get an idea of what is available.

If the ship is doing more than one port in the same country, SAS may allow you to meet back up with the ship at the new port. SAS will let you know when these options are.

## CONTACT INFORMATION

<p><b><i>Semester at Sea</i></b></p> <p><b>Main Office Number</b> During business hours M-F 8:30am-5:00pm MT Phone: 800-854-0195 Phone: 970-491-3500</p> <p><b>24-Hour Emergency Number</b> Phone: 412-571-5809</p>	<p><b><i>U.S. Embassies Abroad</i></b></p> <p>Searchable by country: <a href="https://www.usembassy.gov">https://www.usembassy.gov</a></p>	<p><b><i>UW-Eau Claire</i></b></p> <p><b>After Hours Emergency</b> (715)577-9045</p> <p>Remember that in most cases, local contacts are best in local emergency situations.</p> <p>If you have an after-hours emergency that can be helped on the U.S. side, please call University Police at the number above. Calls can be made to this number 24 hours a day.</p> <p>You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.</p>
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## WEB RESOURCES FOR SEMESTER AT SEA

<b>Homepage:</b> <a href="http://www.semesteratsea.org/">http://www.semesteratsea.org/</a>
<b>Guidebooks:</b> <a href="http://www.letsgo.com/">http://www.letsgo.com/</a> <a href="http://www.lonelyplanet.com/">http://www.lonelyplanet.com/</a> <a href="http://www.timeout.com/">http://www.timeout.com/</a>
<b>Journey Women:</b> <a href="http://www.journeywoman.com/">http://www.journeywoman.com/</a> Travel tips geared toward women; everything from personal travel stories to what to wear.
<b>Customs Information:</b> <a href="http://travel.state.gov/content/passports/english/country.html">http://travel.state.gov/content/passports/english/country.html</a> Official government website for U.S. Customs information, including links for air travelers.
<b>U.S. Embassies Abroad:</b> <a href="https://www.usembassy.gov/">https://www.usembassy.gov/</a>

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