

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



SEMESTER AT SEA
FALL 2019

Program Guide

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Congratulations on being accepted to Semester at Sea (SAS). Traveling and studying internationally 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 growth

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 experience!

This program guide is to be used together with the general Study Abroad (SA) Handbook and your Semester at Sea Voyager's Handbook. The SA Handbook has information that is valid for all UW-Eau Claire study abroad programs.

Please realize that although this guide was written to help you better prepare for your time abroad, it is impossible for any single resource to answer all of your questions. The information in this guide was current at the time of publishing, though changes may occur at any time. The study abroad staff and your peer advisor will provide additional information throughout the semester. We strongly encourage you to contact the study abroad staff or your peer advisor on campus with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

1) What are YOUR goals for this experience? Common goals of student travelers include advancement in a future profession, wish to expand personal and academic horizons, need for a change, and wish to challenge oneself with immersion in a new culture.

2) Given the way the program is set up, how can you best prepare to meet your goals?

GENERAL INFORMATION

The Program

Semester at Sea (SAS) offers the study abroad Voyage of a lifetime while earning UW-Eau Claire credit from courses taken through Colorado State University and the Institute for Shipboard Education! As you travel around the globe, you will experience the world as your classroom. You will choose from a variety of courses offered while on the Voyage and each course will have one required in-country field class.

The Center for International Education (CIE) is the administrative home for students participating in Semester at Sea. You will find the contact information of the study abroad coordinator for this program at the end of this guide.

Program Calendar

Per the [SAS website](#), the fall 2019 Voyage departs on September 9, 2019 and disembarks on December 23, 2019. **You must arrive the day prior to the departure date and stay overnight at a hotel in the city where you will board the ship.** See the SAS website for the details of your Voyage.

ACADEMICS

There is additional information on maintaining program eligibility, as well as topics such as registration, class attendance, credits and course load, grades, transcripts,

and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.

Program Prerequisites

To participate in this study abroad program, you must be **in good academic, conduct, and financial standing and have the minimum 2.5 GPA required.**

Academic Planning

Once accepted to the program, CIE will have you complete a list of courses to be submitted for course equivalency through the online system. Please consult your degree audit and the catalogue to choose SAS courses that may fit into your academic schedule. The list of courses for each Voyage is on the SAS website.

Registration at UW-Eau Claire

You do not need to register yourself for SAS courses. CIE staff will register you for the SAS program under a temporary course code and number (INTA) for the appropriate number of credits. This temporary registration will appear on your billing statement and your transcript; your courses will be listed on your UW-Eau Claire transcript upon successful completion of the program. You do not need to complete any other registration at UW-Eau Claire.

Please note that you cannot assume that a course you are taking will transfer back in the way you want it to just because the

course description sounds similar to a course taught at UW-Eau Claire. All course equivalency decisions are made by UW-Eau Claire department chairs and are not official until the Registrar's Office receives the equivalency, with the chair's signature on it.

Registration for 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. Registration will open in May and 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 will have an 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.

Grades

The program uses the regular UW-Eau Claire grading scale. UW-Eau Claire students abroad are not allowed to take classes pass/fail, and your SAS grades count

towards your GPA. Your grades will appear on your transcript upon completion of the course and when the CIE receives your transcript from SAS.

MONEY MATTERS

Information about how payments are made, when they are due, withdrawal/refund deadlines, financial aid, scholarships, budgeting, and how to bring money abroad is in your Study Abroad Handbook.

Cost Estimate

You can find the most current cost estimate for your program, in easily printable format, on the [CIE Semester at Sea webpage](#). Be sure you are looking at the correct term. Remember that the cost estimate includes what you pay to UW-Eau Claire, 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."

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.

Personal Travel

The amount spent on personal travel varies greatly from student to student. Consider both your budget and your priorities.

SAS also plans excursions for every port. If you decide to participate in these, you will have to pay separately for them. You are

not required to participate in their excursions as you may want to explore the ports on your own.

Currency Exchange

During the program, you will be in countries using several different currencies. You may wish to bring currencies with you or exchange in country. You can check current exchange rates at

<http://www.oanda.com/currency/converter/>.

U.S. dollars can be exchanged for foreign currency at international airports, railroad stations and banks. Banks usually post the current exchange rates and are safest.

Every time you exchange money you pay a commission, so budget wisely!

Scholarships

Information on scholarships through the CIE can be found on the Study Abroad website. Scholarships are also 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/>

Past Participant Tips: Money Matters

"It is important to remember that you will not be taking all your money with you in bills on the ship. What worked well for me is to bring the equivalent of \$50 in each of the country's currencies you will be visiting. Having this money on hand gives you an advantage because you will not have to wait in line at ATM's once getting off the ship."

"I personally used ATM's for all of my transactions with my debit card, but I brought my credit card in case of emergencies."

"Before every port, you will be required to attend a session telling you everything you need to know about the country you're visiting. Make sure you pay attention to what ATM's are safe and which are not, if the country has problems with identity theft, and what to do if your card gets stolen. All this information will be included on a sheet of paper that administration will hand out."

"Make sure you have a money belt!!"

"Don't forget that you have already paid for all the meals on the ship and housing, so take advantage of eating meals on the ship in port, and staying in your cabin when docked which will save you lots of \$\$\$."

"Tips are included in the price you are already paying, but I always tipped my steward and a lot of others did as well. I think I gave \$60 for the whole voyage and left out about \$10 at a time on my bedside table. I found that once I started leaving an extra tip, my bed was made every day instead of every other and the cabin was usually cleaner."

HEALTH & SAFETY

Additional information on these issues, as well as on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.

Immunizations

In addition to having all routine immunizations up-to-date, you can find the Centers for Disease Control (CDC) recommendations for all countries visited by Semester at Sea at:

<http://wwwnc.cdc.gov/travel>

There are very few required vaccinations anywhere in the world for travelers. Requirements can only be placed by the

government of the particular country, and because such requirements often discourage tourism, governments are reluctant to establish them. CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

UW-Eau Claire's Student Health Services offers immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel. They can be reached at 715-836-5360.

Yellow Fever Vaccine

You will be traveling to at least one country that requires visitors to obtain a yellow fever vaccine before travel.

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. A single dose protects against the disease for 10 years or more.

Please note: At the time of printing (December 2018), 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.**

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

SAS Safety and Emergency Contacts

Information on crime, road safety, drug penalties, and terrorist activity in all of the countries where the program travels is available online at:

<http://travel.state.gov/content/passports/en/country.html>

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.

REQUIRED DOCUMENTS

Passport

General passport information is found in your Study Abroad Handbook.

Visas

A visa is official permission to visit a country and is granted by the government of that country. Different Voyages will require different visas. Your SAS portal will have more information on which countries you will need visas for and how to apply for them closer to the date of your Voyage.

SAS works with Trivisa to assist students in obtaining the numerous visas you may need for your particular Voyage. You are also welcome to work directly with the appropriate embassies/consulates to obtain required visas. Again, information about visas will be provided by SAS prior to your Voyage.

PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about Semester at Sea. Visit the Website for packing suggestions:

<http://www.semesteratsea.org/life-at-sea/packing-prohibited-items/>

You will want to make sure you research each port on the SAS itinerary to see what the weather will be like when you are there.

Suggestions from Semester at Sea

- Lay out everything that you think you need, put back half, and then pack what's left.
- Your luggage will be stored in your cabin. Consider bringing a duffle bag on wheels rather than a huge suitcase, so that it can fit under your bed.
- More conservative clothing will give you the most flexibility, especially when in port.
- Visits to many cultural sites require covered shoulders, shorts/skirts below the knee, and closed-toe shoes.
- Life aboard the *World Odyssey* is casual except for a few special occasions.
- You will not be allowed to hang anything on the walls of your cabin. Adhesives will be confiscated at check-in.
- You are limited to two pieces of luggage plus a carry-on, plus personal item. Pack for maximum versatility.

Health

Bring with you:

- Basic over-the-counter medications you may need
- Sunscreen and bug repellent

- Any prescription medication, in original container and enough to last the entire program
- Clear, legible copies of prescriptions, with generic name of drug, for any medicine that you are taking
- Spare contacts with your written prescription (if you require them)

Appliances

Onboard the *World Odyssey*, **all outlets on the *World Odyssey* are European**

(220v). If your electronic device has an input range of 110v – 240v you will only need an adaptor. If your device has an input range of below 220v, you will need a converter. Ensure that you bring necessary chargers and enough batteries and memory cards for your appliances.

You will only be allowed to bring straighteners/curling irons that have proof they are auto-shutoff. If you have no proof, then it will be discarded and not returned to you.

Past Participant Tips: Packing

- *closed toe shoes for the ship*
- *sweatshirt or two*
- *clothing appropriate for the countries and culture you will visit*
- *laundry soap for washing in the sink*
- *post-it notes*
- *prescriptions/medications*

"Be sure to pack in suitcases that are collapsible or around 12 inches deep so they can fit under your bed and out of the way."

"Also, backpacks are a great idea to be used as a carry on for multiple trips and overnights."

"Make sure you can carry all your luggage by yourself, this is important for embarking on the ship and waiting in long lines."

"Don't forget to lay out items and take about half with you. You'll be picking up lots of souvenirs, t-shirts, and clothing along the way...and you are going to want to leave room for trinkets!"

"Bring a beach towel. You are not allowed to bring your bathroom towels off the ship and I'm pretty sure you can't bring them to the pool on the ship. Plus, they are TINY!"

"Water bottles are encouraged! I wouldn't have survived without my SAS water bottle! FYI there is a filling station in the dining hall - don't take from the tap."

"At first everyone dresses up on the ship...a week passes and everyone has sweatshirts and sweatpants/leggings on because the ship is freezing inside due to the A/C."

"3 trash bags (for dirty laundry and random packing for home) and Ziploc bags (life saver

for wet swimsuits on trips and keeping all your ticket stubs, maps and such together)"

GETTING TO THE SHIP

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.

A list of student-oriented travel agencies and instructions for booking a flight are included in your Study Abroad Handbook

Whenever you buy your ticket, be sure it has a low cancellation fee; **UW-Eau Claire will not reimburse students for tickets, should the program be cancelled.** You may wish to purchase **travel or trip cancellation insurance** when you purchase your ticket, in case your plans change unexpectedly. Discuss your options with your travel agent and be sure you know exactly what the policy covers. Many policies are very restrictive in what they will reimburse.

HOUSING

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

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.

GETTING INVOLVED

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.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address, which you need to check while abroad, as well as Internet calling through Skype, is in your Study Abroad Handbook.

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.

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.

Past Participant Tips: 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

CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

Center for International Education

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3 Schofield Hall

University of Wisconsin-Eau Claire

Eau Claire, WI 54702

Phone: (715) 836-4411

Fax: (715) 836-4948

UW-Eau Claire After Hours Numbers

(715)839-4972 or (715)577-9045

Semester at Sea Contact Information

Main Office Number

During business hours M-F 8:30am-5:00pm MT

Phone: 800-854-0195

Phone: 970-491-3500

24-Hour Emergency Number

Phone: 412-571-5809

U.S. Department of State

Check the US State Department Website to learn more information about the countries specific to your Voyage: <http://travel.state.gov/content/passports/english/country.html>

We suggest that you copy this page and leave it with your emergency contact and/or parents.

WEB RESOURCES FOR SEMESTER AT SEA

Homepage: <http://www.semesteratsea.org/>

Guidebooks: <http://www.letsgo.com/>

<http://www.lonelyplanet.com/>

<http://www.timeout.com/>

Journey Women: <http://www.journeywoman.com/> Travel tips geared toward women; everything from personal travel stories to what to wear.

Customs Information: <http://travel.state.gov/content/passports/english/country.html>

Official government website for U.S. Customs information, including links for air travelers.

U.S. Embassies Abroad: <http://usembassy.state.gov>



January 2019, JMK