Norway

https://www.state.gov/r/pa/ei/bgn/3421.htm

Fact Sheet
September 29, 2017

U.S.-NORWAY RELATIONS

The United States established diplomatic relations with Norway in 1905, following Norway's separation from its union with Sweden. The United States and Norway enjoy a long tradition of friendly relations based on democratic values and mutual respect. The United States and Norway work closely together on a wide range of issues that are of importance to our nations and to the rest of the world. Norway is a co-founder and steadfast strategic Ally in the North Atlantic Treaty Organization (NATO). It hosts and participates in NATO exercises and in operations with Allies and Partners, and is a contributor to the, NATO-led Resolute Support Mission in Afghanistan, which provides training, advice and support to the Afghan National Defense and Security Forces. Norway is also an active member of the Counter-ISIL Coalition, and has deployed trainers in Iraq in the support of Operation Inherent Resolve.

Norway is deeply committed to democracy and development cooperation, as highlighted by a generous foreign aid budget of around $4.5 billion in 2016, which constitutes over 1% of the country’s GDP. Norway took over the rotating chairmanship of the Executive Committee of the Community of Democracies in 2017. In addition to its generous humanitarian spirit, Norway actively promotes universal human rights and economic development, and seeks the peaceful resolution of disputes around the globe.

Norway takes a keen interest in addressing the problems posed by climate change, including a focus on clean energy technology, expanding access to renewable energy forest protection, and increasing agricultural productivity. The United States and Norway have led the development of the Climate and Clean Air Coalition, which supports actions aimed at addressing the public health, food and energy security and climate consequences of short-lived climate pollutants. As the host of the Standing Secretariat of the Arctic Council, Norway is a strong advocate and leader for economic, energy, and environmental cooperation in the Arctic.
Nearly five million Americans claim Norwegian ancestry, almost equal to Norway’s own population. Both countries are working to encourage greater educational exchange opportunities.

**U.S. Assistance to Norway**

The United States provides no development assistance to Norway.

**Bilateral Economic Relations**

The United States and Norway have a dynamic economic partnership that is creating jobs, driving the development of safe and secure energy sources, and fostering a healthy environment. As the world’s third largest exporter of natural gas and eighth largest exporter of oil, Norway plays an important stabilizing role in energy markets and energy security. Many U.S. companies participate in Norway’s petroleum sector, and vice versa. The United States and Norway are also committed to increasing access to modern energy services for the 1.4 billion people on the planet today who do not have any access to energy.

U.S. exports to Norway include aircraft, machinery, optic and medical instruments, inorganic chemicals, and passenger cars. U.S. imports from Norway include mineral fuel and oil, machinery, nickel and nickel products, and Atlantic salmon. Reported U.S. direct investment in Norway is led by the mining and manufacturing sectors. Software and IT services, coal, oil and natural gas, and metals, account for the top three sectors in Norway's reported direct investment in the United States.

**Norway's Membership in International Organizations and Fora**


**Bilateral Representation**

Principal embassy officials are listed in the Department's [Key Officers List](#).


More information about Norway is available from the Department of State and other sources, some of which are listed here:

- Department of State Norway Page
- Department of State Key Officers List
- CIA World Factbook Norway Page
- U.S. Embassy
- History of U.S. Relations With Norway
- Human Rights Reports
- International Religious Freedom Reports
- Trafficking in Persons Reports
- Narcotics Control Reports
- Investment Climate Statements
- U.S. Census Bureau Foreign Trade Statistics
Introduction

Globalization has made overseas travel – be it for business, academia, charity, personal, or mission work – quite common. International travelers are exposed to many new experiences and phenomena and among these, certain risks. This guide offers international travelers information, tactics, techniques, and procedures to mitigate risks inherent to international travel.

OSAC acknowledges that every destination is unique and that no one resource can address all eventualities. Therefore, we have developed this reference in coordination with our constituents to inform the private sector of best practices for personnel safety abroad. The risks of international travel are no longer just tied to local or transnational crime. It is our hope that the enclosed recommendations will both encourage individuals to seek overseas opportunities and provide greater comfort and confidence for those traveling internationally.

Pre-Departure

Know Before You Go

- Register with the U.S. State Department’s Smart Traveler Enrollment Program (STEP).
- Review the U.S. State Department’s country specific information and OSAC’s country crime and safety reports.
- Do your homework. Visit country-specific websites for important information on your destination country.
- Understand the laws and currency exchange rates in your destination country.
- Be culturally aware; learn a few common phrases in the local language and the basics of the cultural values and norms.
- Get a map and study it. Identify potential hazards and safe havens; learn several routes to key places you will be staying/living/visiting.

Packing

- Pack your luggage wisely. Make sure to place any prohibited materials (scissors, files, other sharp objects) in your check-in luggage.
- Be sure to pack 2-3 day “survival items” in your carry-on bag. This includes: medicines and toiletries, an extra change of clothes (including undergarments), important documents, drinking water, snacks (e.g., Powerbars), and anything else you may want.
- Do not display company or other identifying logos on luggage. Place your pertinent contact information in a visible place inside each piece of luggage.
- Do not openly display your name tags on your luggage. Include only your name and contact number on your tags, and keep them covered or turn the paper over and write “see other side.”
- Get a plain cover for your passport.
• Make out a will.
• Consider a privacy act waiver.
• Leave travel itinerary and contact information with family or friends; do not otherwise disclose.
• Consider getting a telephone calling card and a GSM (tri-band or “world”) cellular phone that allows access to most local cellular systems (and provides a single contact number). Depending on your situation, you may want to purchase a local phone or SIM card in country.
• Take out property insurance on necessary equipment (cameras, binoculars, laptops, etc.).
• Consider securing a new credit card with a low credit limit separate from existing credit cards; in the event of theft, your personal accounts will not be compromised.
• Notify your credit card company of your intent to travel; confirm credit limit and availability.

Health

• Make sure health insurance covers foreign medical providers and medical evacuation expenses.
• Take an extra pair of glasses; depending on the destination, contact lenses can be problematic.
• Visit a travel clinic, inform them of destination(s), and get any needed inoculations and medications.
• Get a dental cleaning and checkup if you had not recently had one.
• Prep and pack a travel med kit; some items you may want to include:
  • Anti-diarrheal medication
  • Antibiotics
  • Anti-malaria (if applicable)
  • Antihistamine and decongestant
  • Antacid and laxative
  • Anti-fungal/anti-bacterial and hydrocortisone cream
  • Anti-bacterial hand wipes/ hand sanitizer
  • Pain reliever/fever reducer, sleep aid
  • Gauze, bandages, and medical tape
  • Insect repellant with DEET 35%
  • Shaving razor, tweezers, manicure kits
  • Sunscreen and aloe
  • Thermometer

During Your Trip

Awareness

Situational Awareness is very important domestically but becomes critically important overseas in unfamiliar environments. Keep your head up, eyes and ears open, and listen to your intuition! Situational awareness can and should be practiced and will improve the more you do so. Focus on seeing and remembering everything around you. It will seem extremely arduous and time-consuming at first but will become increasingly easier as time passes and proficiency is gained. Your goal should be for these efforts to become habitual and completed sub-consciously. Some important practices are:

• Trust your instinct; if a place does not feel right, move to a safer location – immediately.
• Assess your emotional and physical strengths and limitations.
• Be attentive to how others perceive you; behave in an unprovocative manner that discourages unwanted attention.
• Familiarize yourself with your neighborhood and work environment.
• Use common sense. Beware of EVERYONE, including pickpockets, scam artists, etc.
• Remove name tags or convention badges when outside the venue.
• Pay attention to local media for any activities or events that might affect you.
• Be aware of surroundings, including the people, cars, and alleys nearby.
• Keep alert to potential trouble, and choose to avoid when possible. Trust your instincts.
• Educate yourself of any pending events (elections, demonstrations, anniversaries) that may cause civil disturbance, and avoid unnecessary risks.
• Establish a support network among your colleagues and when possible, embassy personnel.
• Inform yourself of the availability and reliability of local support services (police, security, medical, emergency, fire).
• Confirm (with your embassy) the procedures for you and your family in the event of a crisis or evacuation.
• Politely decline offers of food or drink from strangers.
• Accept beverages only in sealed containers; make sure there has been no tampering.

Personal Conduct

You can dress, behave, and move about in a manner that is respectful of local custom, but rest assured, YOU WILL NOT BLEND IN. Remember that whenever you travel anywhere, whether you realize it or not, you are representing yourself, your family, your organization, and your country. Your behavior and actions will be applied as a positive or negative impression of all that you represent. In many cultures, this will essentially make or break your ability to successfully function and interact in another culture. Always keep in mind the following:

• Behave maturely and in a manner befitting your status in the local society; insist on being treated with respect.
• Dress in a manner that is inoffensive to local cultural norms.
• Avoid clothing that shows your nationality or political views.
• Establish personal boundaries and act to protect them.
• Exercise additional caution when carrying and displaying valuable possessions (jewelry, phone, sunglasses, camera, etc.); what may be a simple, even disposable item to you, may be a sign of extreme affluence to another.
• Vary your patterns of life/behavior to be less predictable.
• Divide money among several pockets; if you carry a wallet, carry it in a front pocket.
• If you carry a purse, carry it close to your body. Do not set it down or leave it unattended.
• Take a patient and calm approach to ambiguity and conflict.
• Radiate confidence while walking in public places.
• Do not expect privacy, anywhere.
• Do not discuss personal, professional, or financial issues of your group or yourself; these can be used to exploit you and your group.
• Be cool when facing confrontation; focus on de-escalation and escape.
• Respect local sensitivities to photographing/videotaping, especially at airports, police, and government facilities.
• Carry required official identification with you at all times.
• Report any security incidents to your embassy or consulate (who will advise you of options including reporting to local authorities, prosecution, corrective measures, etc.).
• Maintain a low profile, especially in places where there may be hostility toward foreigners and/or citizens of your country; do not seek publicity.
• Avoid public expressions about local politics, religion, and other sensitive topics.
• Avoid being out alone late at night or after curfew.
• Stay alert.
• Be unpredictable.
• Carry yourself with confidence.
• Be aware of distractions.
• Watch for surveillance. If you see the same person/vehicle twice, it could be surveillance; if you see it three times, it probably is surveillance.
Electronics Security

- First and foremost: if you don’t NEED it, don’t bring it!
- If you need to bring a laptop and/or phone and have “clean” ones available, use them.
- Back up and then wipe (sanitize) your laptop, phone, and any other electronics to ensure that no sensitive or personal data is on them while traveling.
- Carry laptop in a protective sleeve in a backpack/purse/bag that does not shout “there’s a computer in here.”
- DO NOT EXPECT PRIVACY, ANYWHERE.
- Do not leave your electronic devices unattended.
- Do not use local computers to connect to your organization’s secure network.
- Clear your temporary files, to include your temporary internet files, browser history, caches, and cookies after each use.
- Consider opening a new e-mail account (Gmail, Yahoo, Hotmail, AOL, etc.) for use during your trip.
- Ensure you update your computer’s security software (antivirus, firewall, etc.) and download any outstanding security patches for your operating system and key programs.
- Upon return, change all of your passwords for devices and accounts (including voicemail) used while traveling.

Logistics

Air Travel

Air travel can be incredibly convenient and frustrating at the same time. While traveling you are extremely vulnerable and must bear this in mind that a distracted individual is a prime target for all kinds of nefarious actions. You must control what you can and readily adapt to, as well as what you cannot (i.e., flight schedules/delays and time to clear security). Here are some key considerations:

- Wear comfortable, loose fitting clothing.
- Arrive at the airport in plenty of time (1.5 – 2 hours before departure).
- Move through passenger security immediately after ticketing and locate your departure gate.
- Stay with your bags at all times.
- Set your watch to local time at destination upon take off.
- Be careful about how much of your personal/business information you share with fellow passengers; they are still strangers.
- Limit intake of alcohol in flight, and drink plenty of water to counteract “jet lag”. This will help limit stress and increase alertness.
- If possible, pre-arrange transport from the airport to your hotel. Consider paying the additional room rate for a hotel that provides shuttle service to and from the airport.
- Have your immigration and customs documents in order and available. A durable folder secured by a buckle or elastic band may be useful.

Ground Travel

Ground travel poses several risks to the traveler. Not only are you more vulnerable, but many places do not have the traffic laws, enforcement, infrastructure, or assistance that you are accustomed to. Be prepared. You will be in an unfamiliar environment and may have to contend with, among other things, dangerous road conditions; untrained or unlicensed drivers; drivers operating under the influence of alcohol and/or narcotics; vehicles that are poorly maintained and therefore hazardous, police and/or criminal checkpoints or roadblocks, and others with malicious intentions. Some recommendations for ground travel are:
- Use a common vehicle model (local taxis may be a good indicator). If you rent, remove any markings that identify vehicle as a rental.
- If you have to drive, always leave a path for escape when you stop (at a light, stop sign, cross-walk, etc.).
- Park in a manner that expedites your departure.
- Carry a cell phone, first aid kit, maps, flashlight, and official documents in your vehicle.
- Keep the vehicle windows rolled up and the doors locked.
- Use the seat belts.
- Be alert to scam artists and carjackers while stopped in traffic.
- Understand the proper local procedures should you be involved in or witness a traffic accident. In some locales, stopping for an accident can put your life at risk.
- Only take official, licensed taxis; note the license plate number of taxi and write it down.
- Avoid getting into a taxi already occupied by others. If necessary, pay extra for a single fare. Negotiate a price before getting in taxi. Have money ready to pay in appropriate denominations.
- Take a seat on a bus or train that allows you to observe fellow passengers but does not preclude options to change seats if necessary.

Lodging

At the Hotel

For most destinations you travel to (in addition to being an obvious foreigner), you will be considered wealthy and a prime target. You should not consider a hotel a complete safe haven, there are still many threats and you are potentially very vulnerable at them. Some important considerations:

- Use reputable hotels, hostels, or boarding houses; your safety is worth any added cost.
- Remind hotel staff to not give out your room number.
- Meet visitors in the lobby; avoid entertaining strangers in your room.
- Take a walk around the hotel facilities to familiarize yourself with your environment. Are hotel personnel located on each floor? Are they in uniform? Do they display any identification? Who else has access to your floor?
- Ensure the phone in your room works. Call the front desk.
- Inspect the room carefully; look under the bed, in the showers and closets.
- Ensure door and window locks are working. Do not forget the sliding glass door, if the room has one.
- Ensure the door has a peephole and chain lock.
- Avoid ground floor rooms at the hotel. Third through fifth floors are normally desirable (harder to break into, but still accessible to firefighting equipment – where available).
- Read the safety instructions in your hotel room. Familiarize yourself with hotel emergency exits and fire extinguishers.
- Count the doors between your room and nearest emergency exit (in case of fire or blackout). Rehearse your escape plan.
- Keep all hotel doors locked with a dead bolt or chain at all times (do not forget the sliding glass door and windows).
- Consider traveling with a rubber door stop, smoke detector, and motion detector.
- Identify your visitor before you open the door.
- If you doubt room delivery, check with the front desk before opening the door.
- If you are out of your room, leave television/radio on at high volume. Place a “do not disturb” sign outside door.
- Do not leave sensitive documents or valuables visible and unattended in the room.
- Keep your laptop out of sight, in a safe, or in a locked suitcase. You may wish to use a laptop cable lock to secure your laptop to a window frame or bathroom plumbing.
• Keep your room number to yourself. If your room key is numbered or has your room number on a key holder, keep it out of sight. If a hotel clerk announces your room number loud enough for others to hear, ask for a new room.
• If you leave the hotel, carry the hotel business card with you; it may come in handy with a taxi driver who does not speak your language.

Residential

When residing overseas, it is critically important to understand the threat environment in which you will be living. Take the time to reach out to the resources available, including security professionals in your organization, the local embassy or consulate, and the appropriate crime and safety reports. Here are some security measures you might want to consider:

• Avoid housing on single-entry streets with a dead end or cul-de-sac.
• Housing near multiple intersections can be beneficial.
• Ensure the sound, secure structure of your residence.
• Strictly control access to and distribution of keys.
• Install adequate lighting, window grilles, alarm systems, and perimeter walls as necessary.
• Establish access procedures for strangers and visitors.
• Hire trained guards and night patrols; periodically check-up on guards.
• Set-up a safe room in your house; consider adding additional locks
• Establish rapport with neighbors. Is there a “neighborhood watch” program?
• Seek guidance from local colleagues or expatriates who have insight into local housing arrangements.
• Ensure adequate communications (telephone, radio, cell phone) with local colleagues, authorities, and your Embassy.
• Install a back-up generator and/or solar panels.
• Set aside emergency supplies (food, water, medicine, fuel, etc.).
• Install smoke detectors, fire extinguishers, and carbon monoxide monitors, as appropriate.
• Avoid sleeping with the windows open or unlocked.
• Speak on the phone inside, somewhere that is and away from windows (through which you can be seen and heard).
• Ensure all windows have treatments that can prevent external observation.
• Lock up items, such as ladders and hand-tools, which could be used to facilitate forced entry.
• Store emergency funds in multiple places around the house.
• Keep a “go-bag” with clothes, water, and food (Powerbars, etc.) for three days packed and ready at all times. Keep copies of important documents and some emergency funds with the bag. Keep other necessary items (medications, etc.) in a centralized place for easy placement into bag. Key items include:
  • Documentation
    • Copies of all key documentation
    • Passport and/or national ID
    • Driver’s License
    • Health Insurance Card
  • Communication
    • Mobile phone – including a charger and extra battery
    • Work and emergency contact lists
    • Satellite Phone (if available)
    • GPS devise (if available)
  • Food and water
    • Water bottle
    • Purification tablets
    • Energy bars / dried fruit / nuts
• Other essentials
  • Cash (USD and local currency)
  • Full change of clothing
  • Rain jacket
  • Sweater
  • Walking shoes or boots (with heel and closed toe)
  • Insect repellant
  • Matches (ideally windproof and waterproof)
  • Flashlight (with extra batteries)
  • Medical/first aid kit
  • Sun screen
  • Sunglasses
  • Toiletries
  • Toilet paper

• Extended items
  • Sleeping bag or blanket
  • Mosquito net

Preparation for the “what if” scenarios

If You Become a Victim

Despite all of your efforts to reduce exposure to risks and to avoid threats, you may still become the victim of a crime or critical event. Following are some general response strategies:

• Remain calm and alert.
• Carefully note details of the environment around you (license plate number, distinguishing features, accents, clothing, etc.).
• First, try to defuse the situation. Culturally appropriate greetings or humor may reduce tensions.
• If an assailant demands property, give it up.
• You can create a timely diversion by tossing your wallet, watch, etc. to the ground in the opposite direction you choose to flee.
• Against overwhelming odds (weapons, multiple assailants) try reasoning, cajoling, begging, or any psychological ploy.
• If someone tries to grab you, make a scene and fight; kick, punch, claw, scratch, and grab as if your life depends on it, it very well could.
• If you feel your life is endangered and you decide to physically resist, commit to the decision with every fiber of your being; turn fear into fury.
• Report any incident your embassy.
• Seek support for post-traumatic stress (even if you exhibit no symptoms).

Hijacking/Kidnapping

• You may be targeted for kidnapping. As discussed previously, when traveling, you represent yourself, your family, your organization, and your homeland (or perceived homeland). You may be targeted due to any of these affiliations, or you may simply just end up in the wrong place at the wrong time. Because abduction situations vary greatly, the following considerations should be applied based on one’s best judgment at the time:

• Know the “ransom” policy of your government. The United States of America will not pay a ransom.
• The greatest risk of physical harm exists at the point of capture and during a rescue attempt or upon release.
If you are going to resist at the point of capture, do so as if your life depends on it; it most probably does. 
Remain calm and alert; exert control on your emotions and behavior. 
Humanize yourself, quickly and continually. 
Be passively cooperative, but maintain your dignity. 
Assume an inconspicuous posture and avoid direct eye contact with captors. 
Avoid resistance, belligerence, or threatening movements. 
Make reasonable, low-key requests for personal comforts (bathroom breaks, a blanket, exercise, books to read, etc.)
If questioned, keep answers short; volunteer nothing. 
As a captive situation draws out, try to establish some rapport with your captors. 
Avoid discussing contentious issues (politics, religion, ethnicity, etc.)
Establish a daily regimen to maintain your body physically and mentally. 
Eat what your captors provide. Avoid alcohol.
Keep a positive, hopeful attitude.
Attempt to escape only after weighing the risks and when you are certain to succeed.

Resources

U.S. Department of State and OSAC
  - Country Crime and Safety Reports: www.osac.gov/Pages/ContentReports.aspx?cid=2
- Visit www.travel.state.gov for security advisories and other travel guidance
  - Smart Traveler Enrollment Program (STEP): www.travel.state.gov/step
  - U.S. State Department’s role in a crisis: http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html

World Factbook

Study Abroad
- To get the latest in education abroad security information and training, go to www.globalscholar.us
- U.S. State Department Students Abroad website: www.studentsabroad.state.gov
- NAFSA (Association of International Educators) and The Forum on Education Abroad: http://nafsa.org/ http://www.forumea.org/

Weather
- Review the climate and weather at your point of destination and/or any layover cities: www.weather.com

Travel Medicine/Health
- Centers for Disease Control: www.cdc.gov/travel
- World Health Organization: www.who.int/ith
About OSAC

OSAC’s Commitment

The Overseas Security Advisory Council is committed to providing the American private sector with customer service of the highest standard. As OSAC is a joint venture with the private sector, we strive to maintain standards equal to or surpassing those provided by private industry. OSAC activities directly correspond to requests from the private sector.

OSAC has received exceptional support for its initiatives from the chief executive officers and corporate security directors of many of the largest international corporations in the United States. The U.S. State Department and the Bureau of Diplomatic Security recognize the need in OSAC’s goal to support the U.S. private sector by continuing to develop an effective and cost-efficient security information and communication network that will provide the private sector with the tools needed to cope with security-related issues in the foreign environment. OSAC’s unique charter and continued success serve as an example of the benefits of mutual cooperation.

Mission

The U.S. State Department’s Overseas Security Advisory Council (Council) is established to promote security cooperation between American private sector interests worldwide (Private Sector) and the U.S. Department of State.

The objectives of the Council, as outlined in its Charter, are:

- To establish continuing liaison and to provide for operational security cooperation between State Department security functions and the Private Sector.
- To provide for regular and timely interchange of information between the Private Sector and the State Department concerning developments in the overseas security environment.
- To recommend methods and provide material for coordinating security planning and implementation of security programs.
- To recommend methods to protect the competitiveness of American businesses operating worldwide.

For more information and to join the Overseas Security Advisory Council, please visit www.osac.gov.

This document is a compilation of constituent and OSAC efforts and is meant to serve as a reference guide for private sector best practices. OSAC wishes to thank all of our constituents who generously provided their input and assistance. A special thank you to Michael O’Neil, Director of Global Safety and Security, Save the Children International, whose contributions were vital and provided the foundation for this reference guide.
TRAVEL SAFETY GUIDE FOR STUDY ABROAD

| If you become the victim of a crime, seek medical help if necessary, then immediately contact: |
| • the local police, |
| • your home nation’s diplomacy or consular office |
| • your International Programs Office Director |

| If you have a medical emergency, seek immediate care, then contact: |
| • your host family/program director/international office at host institution |
| • IPO |
| • your family |

PERSONAL SAFETY

Do - A thorough medical and dental check-up before departure.

Do – Travel with limited cash and one credit card keeping cash in more than one place.

Do – Use official currency outlets and use caution at ATM machines so as not to be a target for thieves. Make sure your card works abroad and notify your bank and credit card companies that you will be out of the country.

Do – Lock personal possessions and valuables in the hotel or room safe or use hotel security.

Do- Use a money belt rather than a purse. If you use a handbag, keep it close to the body. Wear backpacks in front.

Do – Maintain a security awareness of items on your person – i.e.: purse, wallet, keys, money and cell phones

Do – If you are sexually harassed, ignore the proposition and continue on your way.

Do not – Open your hotel room door for anyone not expected or known or does not have an official identification.

Do not – Wear expensive looking jewelry. Remember that thieves may not know the difference between pieces of real and costume jewelry.

Do not – Use ATM machines at night unless the area is open and well lit.

Do not – Walk in low-lighted areas without being surrounded by people and trust your instincts if something seems amiss, return to a safer surrounding, such as a hotel.

Do not – Walk, drive or travel alone and be aware of your surroundings when using public transportation, elevators or restrooms.

If you have a medical emergency, seek immediate care, then contact:

• your host family/program director/international office at host institution
• IPO
• your family
Travel Safety Pocket Guide

“Remember that no list can contemplate every possible “do” and “don’t” on safety issues. Every situation is unique. Be careful, don’t rush, think before you act, stay in a group whenever possible, and always use your own best judgment in any given circumstance.”

TRAVEL SAFETY

Do – Leave copy of travel itinerary with two or more known trusted people.
Do – Promise to call or email relatives or friends periodically.
Do – Dress according to the social and cultural norms in each country.
Do – Exclude titles, organization names or unnecessary data on luggage tags.
Do – Keep luggage near by and in view at all times and pack a small flashlight.
Do – Have alternative plans for unexpected events during traveling, keeping necessary items in your carry-on.
Do – Create and have handy detailed maps.
Do – Ask about surrounding and problem areas you may have to travel through. Check these sites:
  • U.S. State Department: http://www.state.gov/travel/
  • https://step.state.gov/
  • http://www.traveldocs.com/
Do – Be aware of your surroundings – not to be lulled with a false sense of security.
Do – Keep advised, via local media, of the current security situations in the area.
Do – Use main entrance of hotels and other buildings.
Do – Use all security locking devices when in your room and keep your room key in your pocket.

FIRE SAFETY

Do – Acquaint yourself with all hotel/residence hall/ etc. emergency procedures and locate all emergency exits nearest you.
Do – Ask about safety measures such as, fire alarms, evacuation procedures and if windows will open.
Do – Call fire department direct, if fire occurs then call hotel/residence hall management.
Do – Feel door with palm of hand, if hot don’t open if not try to escape to nearest stairway exit-not elevator.
Do – Stay in room and wait for help when in doubt on what to do and DO NOT PANIC or DO NOT JUMP.
Do – Keep everything wet if you stay in room stuffing door cracks with wet sheets and towels.
Do – Fill the tub with water and douse the door and walls if you stay in room.
Note: **Students do not register for this course. It will appear on your transcript after you return from your program and attend the re-entry session. IPO then submits the grades to the Registrar to post. Please read the information below which explains the details.**

**Course Objective:**

This three-part course, required of all semester abroad participants, is designed to prepare you for your semester abroad program, reflect on your experiences while you are abroad and challenge you to think about your encounter with your own culture/country upon returning home. Studies have shown that students who undergo a well-designed orientation program tend to have a higher probability of success when they encounter a cross-cultural conflict or difficulty or experience culture shock. This applies both to international students who study in the United States and American students preparing to study abroad. Some may think that the term “culture shock” is overplayed in some circles, but rest assured that just about everyone will face some level of stress and anxiety when placed in a cultural environment different than their own. The objective is to be able to identify and recognize the symptoms and be ready to cope with the stress so that the experience abroad will turn out to be a rewarding one.

The International Programs Office (IPO) will provide you with cross-cultural material, specific assignments and readings in order to satisfactorily fulfill this one-credit course.

This companion course to the actual on-site study will allow you to identify, examine and explore your personal objectives for undertaking the study. Linfield College has also identified some of the objectives and learning outcomes expected of all students who study abroad.

**LEARNING OUTCOMES EXPECTED OF SEMESTER/YEAR ABROAD PARTICIPANTS:**

*At the end of the semester or year of participation in a Linfield-administered program, participants must be able to demonstrate the following:*

- Language acquisition: participants must meet a desired level of proficiency in their language of study. This will be determined through a pre and post test instrument specifically designed and administered by the Global Languages & Cultural Studies. In some cases, the GLCS faculty will also conduct mid-year evaluations of language proficiency for their majors.

- Ability to adapt and be successful in a culturally (and systemically) different educational environment.

- Ability to see and articulate similarities and differences between your own country/culture and the culture of your host country

- Ability to recognize, synthesize and articulate the cultural differences, norms, mores, habits and lifestyles of families in your host country compared with your own.
Ability to utilize experiences abroad for (international) career building: participants should be able to write a succinct paragraph to this effect to be included in their revised resume.

Have the skills to be more self-confident, more tolerant and flexible and less reliant on others.

**Assessment tools:**

- Pre and post language tests, as well as mid-year evaluations for year-long language majors.
- Coursework and final grades
- Mid-Semester assignment
- Returnee questionnaire and evaluation
- Re-entry discussion and assignment

1. **Pre-Departure Preparation:**

A pre- and post-orientation assignment will accompany a day and a half of cross-cultural orientation session (normally held in mid-March of each year), required of all participants. The pre-orientation assignment will emailed to you after you have been accepted into the program and 1-2 weeks before orientation. It will be due the first day of orientation. The mandatory day and a half orientation session will include general discussion and presentation of various cross-cultural topics as well as information about the specific country of your destination. At the end of the first day (Friday), you will be asked to complete an assignment that will be due the following morning (Saturday). A post-orientation assignment will allow you to summarize your thoughts about what you have gained from the sessions.

2. **Your Experiences Abroad:**

While you are abroad, we will send you a mid-semester assignment that is designed to reflect on your experience and to make comparisons across cultures, your own as well the one you are experiencing in the host country. You are required to submit your reactions via Blackboard (instructions on how to use this will be given during the March orientation program) or email to ipo@linfield.edu. In completing this on-site mid-semester assessment, you should be aware that IPO will post select entries on the Linfield website so that others in the community would also benefit from your experience abroad.

**Mid-Semester Assessment**

Please respond to the question/assignment below, with 2-3 thoughtful paragraphs.

- Identify someone from your host country (such as a roommate, a classmate, a member of your host family, a clerk at a local store, a program assistant at the study center, someone you met at the study center) and conduct an interview. Write 2-3 paragraphs to report your findings on these salient points *(make up your own questions to address these points)*:
  - What surprised you the most about the lifestyles, mores, norms and habits of the person you interviewed compared to yours or people you encounter with back home?
  - What are (cultural) similarities and differences you observed or learned (their preferences, tastes, outlook, values) between the person you interviewed and you?
• How did the interview experience and what you learned changed your initial perceptions of the host country?

➢ At the end of your report, include the name of the person you interviewed, who she/he is and the date of the interview.

At the conclusion of your study abroad program, you will be asked to complete a “study abroad returnee” assessment of your learning experiences.

3. Returning home:

Studies have shown (and the Linfield experience has confirmed) that study abroad returnees often experience some level of anxiety about returning home and getting back to their normal routine after spending some time (semester or year) living in another culture. Most feel the value of sharing these feelings with fellow students who have had similar experiences. Hence, we have developed a re-entry workshop to provide for this discussion. For the final part of this course, you will be required to attend one re-entry session held each term. The dates for this session are provided below, along with information about the class meeting.

Grading:

You will receive a passing grade for this course once you have satisfactorily completed all assignments associated with the three segments to this course: pre-departure, experience abroad, returning home.

Mandatory Semester Abroad Orientation Weekend:
• ALL PARTICIPANTS: Friday, March 16, 2018 (from 3:30 – 6:00 pm) and on Saturday, March 17, 2018 (from 8:30 – 12:00 pm).

• FALL ‘18/YEAR-LONG ’18-’19 PARTICIPANTS: Saturday, March 17, 2018 (1-5pm) Country-specific sessions

• SPRING ’19 PARTICIPANTS: Country-specific sessions will be held during fall, 2018 semester. Date/time to be announced in late August ’18.

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Due Dates Fall 2018 Programs</th>
<th>Due Dates Spring 2019 Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-orientation Assignments</td>
<td>March 16, 2018</td>
<td>March 16, 2018</td>
</tr>
<tr>
<td>Post-orientation Review</td>
<td>March 23, 2018</td>
<td>March 23, 2018</td>
</tr>
<tr>
<td>Mid-semester assignment:</td>
<td>Questions sent by our office for responses. Select entries will be posted on the IPO website and Linfield’s Digital Commons website.</td>
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</tr>
<tr>
<td>Experiences Abroad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Returnee Assessment/Questionnaire</td>
<td>Within 2 weeks of the end of your program.</td>
<td></td>
</tr>
<tr>
<td>Reentry Class</td>
<td>Feb./March, 2019</td>
<td>Sept./Oct, 2019</td>
</tr>
</tbody>
</table>
Relevant texts:

*These reference materials are available in Nicholson Library. Use these materials as a background to complete your assignments for this course.*

*Culture Shock* publication for all destinations, published by Graphic Arts Center Publishing Company, Portland Oregon. Similar publications are also available through Lonely Planet Publications.

Students with documented disabilities who may need accommodation, who have any emergency medical information that IPO should know, or require special arrangements in order to **fully** participate in the abroad program or in the event of a necessary evacuation from the study abroad site, should meet with a staff member in IPO as early in the process as possible, no later than a week after receiving the acceptance letter.

Students who have been accepted to participate in a semester/year study abroad program are expected to adhere to the college policy on academic honesty, as published in the Linfield College catalogue, in fulfilling the requirements of this course and in all the courses they would be taking while abroad.
STUDENT BUDGET – Norway 18-19

The following figures are estimates based on students’ budgets from last year. They are only estimates and vary widely according to the individual. It is important to remember that not all expenses are included! Be prepared for some additional small expenses (i.e. photographs, photocopies) that will be necessary for various reasons.

Be aware of the exchange rate while you are there. Currently, it is not in our favor at the rate of 1 US DOLLAR= 8.27 NORWEGIAN KRONE (as of December 7, 2017).

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>$1000-$2500</td>
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<tr>
<td>Local transportation</td>
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<tr>
<td>Independent travel</td>
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<tr>
<td>Books</td>
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<td>Postage</td>
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<td>Phone</td>
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<tr>
<td>Gifts</td>
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</tr>
<tr>
<td>Entertainment</td>
<td>$1000</td>
</tr>
<tr>
<td>Other</td>
<td>$250</td>
</tr>
<tr>
<td>Rent/Housing</td>
<td>$2300</td>
</tr>
</tbody>
</table>

**Total estimated cost:** $7,850-$9,350

If you are on a tight budget, these items can be reduced considerably by concentrating on local travel and taking care with discretionary expenditures.

**BANKING:**
Plan to exchange $100 USD into your country’s currency, preferably at the airport of departure or you can exchange currency at most airports of arrival, but often arrival is a hectic time plus you might be experiencing jet-lag.

The easiest method for obtaining funds is to use an internationally recognized ATM (Automatic Teller Machine) card – such as PLUS or CIRRUS – for cash withdrawals. You will need to get a pin number from your bank, and you will probably be able to withdraw money only from checking accounts, not savings accounts. **Be sure to check with your bank here at home. Have a back-up plan in case your card does not work. ATM's are not always available outside of cities.**

Another practical solution to international banking is a VISA credit card. You can use the card to charge expenses in most stores, restaurants, and hotels throughout Western Europe. You can also get cash advances at exchange windows of many banks. Be aware, however, that there is often a fee for the advance plus interest charges that begin immediately after withdrawal.

It is also advisable to photocopy the backs of all your ATM/credit cards and keep that with a photocopy of your passport. If you lose any of your cards, you will have the phone numbers to call the companies.
NORWAY, OSLO
(Tentative)

Fall 2018

October to end date dependent on time of student’s final exams

Spring 2018

January to June, end date dependent on time of student’s final exams

The academic calendar and length of vacations depend on the student’s individual course schedule and faculty.
NORWAY, BØ
(Tentative)

Fall 2018

Autumn semester: August 13th – December 18th

The academic calendar and length of vacations depend on the student’s individual course schedule and faculty.
Studying Abroad in Bø, Norway

Basics:
Bø is located in the county of Telemark in south-central Norway. It is a 2 hour train ride from the capitol Oslo.
Telemark is known as “Little Norway” because it displays all the different varieties of landscapes seen in Norway (fjords, mountains, farming areas, coast).
The population of Bø is roughly 5,000 people with about 2,000 of them accounted for by the college; Telemark University College aka Hogskolen i Telemark.
Bø is situated in a valley and experiences the four basic seasons.
It is quaint, clean, and a safe place to walk around in. There are many walking paths.
There are buses, taxis and trains that travel regularly from town to town. A one-way train ticket to Oslo cost roughly 250 kr ($50), the mini-pris price, if you get the ticket ahead of time. The train website is nsb.no. Here you can look up times and purchase tickets, though it is easier to buy tickets in the station. You can buy tickets from the kiosk inside the station (it has an English option).

Academics and Campus:
Telemark University College in Bø is one branch of four. It is more or less the center of the quaint town.
There are options for exchange students to study both in Norwegian and English.
Class sizes are relatively small and similar to Linfield, depending on what line of study you are enrolled in. Class sizes vary from 3 to 30.
Classes meet roughly 1-3 times a week (again this differs depending on line of study) and class structure is usually lectures with some reading. Homework is significantly less, however test scores and papers count for a larger part (or all) of your final grade.
The International Programs Office in Bø is extremely helpful and friendly! Orientation for exchange students at the beginning is very helpful both academically and socially.
Stay in contact with them, as well as Linfield’s IPO and your faculty advisor for practical and course-related information. The school priest is also very friendly and helpful.
30 ETS (credits) is a minimum and comfortable load.
TUC offers various clubs and social attractions (most sports, outdoors, skiing, kayaking, drama, student café, etc) that one should take advantage of if wanting to meet other Norwegians. Talk to the IPO office in Bø for help with getting involved, as it can be intimidating on your own. Keep in mind many of them require you to pay a fee.
Most, if not all Norwegians speak English. If you sign up for a language class be sure to force yourself to speak Norwegian, which may be hard to do since most Norwegians will naturally talk to you in English.
TUC has only one building and it is not at all hard to find your way around (once you figure out the classroom numbers). However depending on the class schedules for the term some classes (or sport classes) may be held in a community center that has a gym and pool located across the street. If this is the case then your professors will make sure you are informed.

At some point during orientation you will be assigned a student guide (only if you are studying in Fall; there are no guides for students in the spring). We found them extremely helpful throughout the time abroad for various things (school, social business, travel, etc.). They are awesome people that really help you to get acquainted, don’t be afraid to ask them anything!

There are breaks during each semester that are great for students to go traveling either in Norway or to other countries, take advantage of every chance you can!

**Arrival:**

After arriving at Oslo Airport (Gardenmoen) stop by the ATM’s (to the left just outside of customs) and get money out. A minimum of 500 kr (approx $80) would be enough. Buy a ticket for the FlyTog to Oslo S (the train station in Oslo). This costs around 85 kr. There will be plenty of signs that point to the platform for the FlyTog (if you get confused just ask station personnel). At Oslo S buy a ticket to Bø. You can request a student discount do it, every little bit of savings helps!

There are several grocery stores located in the train station in addition to restaurants. If you have to use the restroom, do it on the train. You will have to pay a fee at the train station in Oslo, but not once you arrive at the station in Bø. Keep in mind that you are going to move into an apartment, so you will need to provide yourself with toilet paper when you arrive (if you are arriving late, it might be good to just bring a roll from home just in case).

You will know you are in Bø when the town’s name flashes above on the screen of the train. Trains usually run according to schedule and the arrival time is located on your ticket. If you are unsure don’t panic, simply ask a train conductor. When you arrive in Bø there will be volunteer students that will pick you up and take you to your housing. There won’t be anything open if you are arriving late. So be sure to eat at the train station or on the train.

The student volunteers will also give you a packet that will contain important/useful information about orientation and will answer many questions you’ll probably have.

**Housing:**

Be prepared to walk while in Norway! There are three dorms for internationals Gulbring, Grivi, and Breisas. Grivi and Breisas are a good 20 min walk from the school.

You will have Internet in your room but may want to bring an Ethernet cord. There is a chance your room will have wireless, but it is not always reliable.
Bring your own toiletries and towels. You can buy bedding (400 kr approx. $65) from SiTel, the housing administration. I recommend you do so because then the bedding is waiting for you in your room when you arrive! This package consists of a pillow, pillow case, fitted sheet, duvet comforter, and duvet cover.

Depending on where you live you will be outfitted with various furniture: a bed, desk, closet and small end table are typical.

You can choose to live in a place that has its own bathroom or kitchen but the commonly shared rooms are nice for social aspects. I highly recommend Breișås student housing there are multiple housing options, all have their own room. Bathrooms may be individual or shared. Kitchens are shared with 1+ residents. Descriptions are located on the Sitel student housing website.

Smoking regulations are much more lenient in the residence halls than at Linfield. However, there is a new non-smoking law for all restaurants and pubs in Norway. As a result the use of snuff or snus by both men and women has risen in popularity.

The International Programs office at the college has set up a room for lending kitchen utensils. What is available will vary by semester. Make sure you only take what you’ll use so everyone else can get stuff too. At orientation you will find out where this room is and when it is open.

Most kitchens do not have a microwave. You will have the opportunity to learn to cook on the stove and in the oven!

There will be a designated common room for laundry (price included in rent). Generally Norwegians don’t use dryers so your room/building will be supplied with drying racks and/or a drying closet. Some housing options do have dryers, such as in Gullbring or in Briesas III.

Linfield will include the cost of rent in the initial tuition cost. An advisor from Linfield IPO (probably Michele Tomseth) will help you out with this when the time comes.

**Climate:**

Pack layers for all seasons. Bø is much like Oregon in that it has sunny but cool springs, mild-hot summers, wet and chilly falls, and cold snowy winters. No matter what semester you are there you will need a raincoat. Towards the end of the spring semester the weather will reach shorts appropriate temperatures.

Bring hiking boots. Norwegians do a ton of activities outdoors and you undoubtedly will find yourself hiking a lot. If you are there for the winter, snow boots come in handy as well.

Norwegians have a high and unique sense of fashion, however jeans are a staple.

It does get cold in Norway…so be sure to bring **wool** socks, scarves, mittens/gloves and hats! It also snows a lot, so be prepared to slip a lot if you are not used to walking on ice. I recommend getting some slip on spikes for the bottom of your shoes. A good brand is YakTrax, found at many sporting goods stores.
Buying a cell phone can be expensive, but using a phone with the company chess or Telenor is not too bad. They are similar to having a TracFone in the U.S. where you just buy the minutes when you need them. You can buy the phone and the sim card in a package to get you started. The cheapest way is to buy a sim card, put it into your current phone, and purchase minutes while there. (Before leaving the states talk to your phone company to see if your phone can operate with a sim card).

Not having a phone isn't the end of the world, but does come in handy. Just wait and see if you'll find is helpful when you get there. Facebook is also a great way to make plans and such with your friends in Norway.

Food and alcohol are extremely expensive. Be prepared to spend a minimum of $20 dollars (roughly 120 kr) per week for food. Depending on your food preferences groceries can run from 120kr to 300kr a trip.

The grocery stores in town are called Rema 1000, Rimi, Kiwi, Meny and Spar. Each have the cheapest prices for various foods and run sales, so check regularly. It is best to shop around. Europris also sells food, and is sort of like a K-mart with a large variety of other items as well. It will be intimidating at first to buy groceries because most food labels are in Norwegian. There are also popular American brands, so it won't be totally alien. Once again, if you have a question, or can't find something ask!

Living in Norway is expensive so getting together with roommates or friends for meals is a great way to save money and socialize!

Be sure to contact your bank before you leave for Norway. Also it is important to contact them again if you are planning on leaving Norway to visit other places. The best thing to do is to use the ATMS (minibankens) and withdraw the maximum amount and use cash (the ATMs will charge you each time you use it, check with your bank to find out the cost).

Bring any and all medications you think you may need (both prescription and over the counter). OTC examples include: Vitamins, cold medicine, cough drops, and aspirin.

Bø has a community center, called Gullbring, that serves many recreations. You can become a member of the gym for working out, play sports, and go to the movie theater there. It is rather expensive (1,200 kr, $200 for the semester), so if you're planning on signing up do it early so you can make the most of the membership. There are also memberships available for the school fitness center and sports clubs pass through the school. More info will be available in your orientation packet.

For nightlife there are a few bars in town. On Monday nights most college students go to a restaurant called Naboen (the good neighbor) where they serve wine half price (still 130kr; $25) in a nice setting. Later on in the night the basement is opened up for club-like dancing! You have to be 20 years old for admittance. There is also a club located next to the school called Kroa that usually has concerts, dancing and shows every
weekend and selective week nights; this is a student nightclub run by student volunteers (you can volunteer there!). There is usually a discount for international students making it much more affordable, make sure you ask when you pay to get in! For Kroa, you only need to be 18 for admittance. Website: http://kroaibo.no/ Regardless of whether or not you drink going out is a vital way to meet Norwegians.

Your student ID can get you discounts all over Norway (buses, trains, etc.) so be sure to ask for the student discount whenever possible!

Norwegians are very quiet and reserved at first. They may seem standoffish and rude but if you just make the first move to talk to them you’ll find them the most friendly and cheery people you’ve ever met!

It might be wise to buy a converter, not just an adaptor for electrical things (however most computers do not require a converter). The voltage is higher in Europe and can ruin many appliances. For this reason it might be easiest/best to buy a lot of things while in Norway (blow-dryer, curling irons, battery chargers, etc.) or just go without. For computers, laptops, camera chargers, and phones you should only need an outlet adapter because these items are built with a larger voltage range that allows them to be used without the need to convert the voltage.

Some food items you may want to consider bringing that you will not find in Norway are: creamy peanut butter, mac and cheese, goldfish, and anything else cheddar. If you cook or bake bring measuring cups (Norway uses the metric system).

Postcards are available in the town book store Academia for 20kr and cost 16kr roughly $3 USD to mail to the USA. The post office is located inside the grocery store Rimi.

You will have a lot of down time, probably more than you've ever had before. If you have a hobby or craft, bring it with you.

Outdoor life specific (spring):
  - You will have to purchase skis for the spring program if you do not bring them with you. This costs between 3000-5500 nok ($750-900) for skis, boots, bindings, waxes, and skins. Woolen insoles are also handy and fairly cheap 100nok ($16).
  - You will also have to pay for (and in some cases arrange) your own transportation to activity sites.
  - Maps are for sale cheapest in Academia, the town book store. Bring with or buy here a waterproof map case.
  - There are several goods stores in town. The Brunkas sport near Academia offers a student discount.

Handy websites (Some are in Norwegian):
  - Weather: http://www.yr.no
  - Telemark bus schedule: http://www.vkt.no/
  - Maps of Norway: http://norgeskart.no
  - Sitel housing: http://www.boligtorget.no/sitel
- Norwegian newspapers and news sites: http://www.world-newspapers.com/norway.html
- Kroa club: http://kroaibo.no/
- Cheap flights in Europe: http://www.ryanair.com/
  - (flies from Rygge airport, an hour train ride past Oslo)

If you have any other questions feel free to contact Nicole Kachel (Outdoor life program Spring '14), nkachel@linfield.edu or Amber Hay (Scandinavian studies program Spring '13) ahay@linfield.edu. We love to chat about Norway!
Student Guide for Oslo, Norway

Information gathered from: Cody Jones, Chris Mandell, Samantha Crossley, Marissa Iverson, Jon Owens, Nicole McManus, and Shervin Sima, Nick Konen (FA2014)

ACADEMICS

Overall class sizes are similar to Linfield, but it depends on the program or line of study one is taking. Some classes are large lecture style; others are small classes much more like Linfield with 20-30 students.

Class structure is mainly lecture with some reading. Some of the classes had a focus on participation, but mainly students are graded at the end of the course with one test or project.

Some classes can last up to 3 hours with two 15-minute breaks so be sure to bring a snack with you. You can bring some money to buy something from the cafeteria or coffee shop on campus, but these are generally expensive so it’s better to bring your own snack. Some of the courses are similar to the American system of assignments, participation, etc…but there is a tough transition for those classes that just grade on the final exam or final project.

Students need to be in contact with their faculty advisor for class information and the international office for practical information.

30 ETS (credits) was a comfortable load. The ratio is 2 ETS per 1 Linfield credit. So 30 ETS is 15 credits.

There is a good balance between academics and the opportunities to become involved in student life/Norwegian culture. Because school is has much less focus on work outside of the classroom (little to no homework on a daily basis) you have a lot of free time to be involved in other activities.

Courses and the professors in the individual faculties are not very flexible, so try your best to work with in the system. However, we found that the professors encourage the students to come and speak with them if any problems or difficulties arise. The student needs to take the initiative though, professor will not.

Do not feel like you have to take the Norwegian language course to communicate with Norwegians. If you want to take the class (beware; it is a tough language to learn) I recommend not taking it for credit, but just for fun. Sometimes the professors that teach the course have a hard time teaching Norwegian to native English speakers.

Advice from spring ’04 Linfield students:

-Make sure that before you leave for the program that the courses you are going to take will count towards your major if you need them to do so.

Advice from fall ’07 Linfield student:

- It was so great going in the fall, at orientation I met a ton of people which really
helped me adjust to life in Oslo

- Be sure to plan ahead if you are going to be traveling while you are in Oslo.

Advice from fall 12 Linfield Students (Erin Lasher & Laura Breshock)

- Participation is key for school. In the course we took, professors appreciate collaborative work and good insight for group discussions. We were the only native English speakers and therefore made an effort to lead discussions and help out with translation.

OSLO

The city is small, clean, safe and good all-around. It is easy to navigate on foot, bike or with public transportation.

Just like any city there is crime in Oslo, so keep purses tightly by your side and with you at all times. Also keep items in pockets safe from pick-pockets.

Students felt safe and secure both in their residence hall, in Oslo and Norway in general.

See as much of Oslo and Norway as you can. Get on a tram and ride all day if possible. With your transportation card you can also ride the ferries to the islands just off the harbor. These islands are small but offer good places to swim, fish, hike, and just hang out outside of the city.

Buses, trams, and the metro system make it very easy to travel around Oslo. Go to the website http://trafikanten.no for traffic reports, maps, and routes around the city.

If you are into biking, the city has a rental program in which you are able to rent a bike in one part of the city, and drop it off in another part, this is a great way to get around. But sure you are comfortable riding on the streets because it is frowned upon to ride on the sidewalks.

Getting here during the week is helpful for attaining a student ID card and therefore buying your Tram/train/metro pass (it is expensive to get around without this).

A monthly student transportation pass is recommended for students. While it is easy to ride the public transport system without one, there are plain-clothes traffic cops riding the public transport that will ask to see your card. Depending on where you are in Norway (within the city limits or outside) you will be fined anywhere between 500-900 NOK ($90-170). A Ruter card (good for all public transportation) is recommended to buy monthly. Be sure to ask for the student discount when buying your ruter card.

If you travel outside of Oslo you will need to buy a separate transport ticket that allows you to travel outside of the city.

The monthly transportation pass can be bought at Deli de Luca and Narvessen coffee kiosk. Or any Ruter travel centers, which can be recognized by a big red # sign.
It can be hard to meet the Norwegian students, but they do warm up in time, so the Linfield students will have to put forth some effort, but it is worth it. It is very easy to make friends with the other international students. There are also a few resident Norwegians that live in the Student village with you, and they are fairly used to meeting international students, and are more easy to talk to then the average Norwegian you will meet on the street or at school.

CAMPUS

The campus is small and fairly easy to navigate. Some other students have described it as spread out and difficult to navigate until you get to know the area.

As of Fall 2014: International Students get a free gym card to use at HiOA’s gym on campus, located in the main campus building basement. This gym is minimal so if you want something more you need to buy a membership, which they do have student discounts for. They will give you info on this at orientation.

The campus is only open until 10pm, and the library closes at 8pm.

There are a lot of resources for students at OUC, but students have to pay attention and be aware of what these resources are. Don’t be afraid to ask the staff if you have a problem, need assistance or advice.

OUC offers day trips to museums and other activities like sledding and skiing. Go to international cafes - that’s where you find out EVERYTHING that is going on, not only with OUC but on campus as well!

ARRIVAL

While you can take the airport bus (Flybussen) you can also take the express train and/or local train.

- Express Train (FlyToget): the most expensive method of traveling from Gardemoen to the city, it costs 170 NOK ($32) one way and 340 NOK ($64) return- I recommend buying a one way ticket, so you don’t have to keep track of your return ticket for four months and risk losing it. FlyToget just takes 20 minutes to get to the central station (Jernbanetorget) and from there take the bus to the St. Hanshaugen area, and about a block of walking after that.

- Local Train (NSB): cheaper than FlyToget, 86 NOK ($16) one way, 172 NOK ($32). Only difference between NSB and FlyToget is the cost and time of travel- it takes 30-40 minutes with NSB. Make sure you get off at the Oslo S stop,

- Jernbanetorget is also a great place to meet your study buddy who can take you to your student house, which will save you time and confusion.

- I recommend that before you buy either a bus or train ticket from Gardemoen into the city, to first exchange some US dollars into Norwegian kroner just so you have some cash on hand.
Before arrival you should know the address where you are to pick up your keys. The location of where you pick up your keys depends on what student residence you’re in.

**HOUSING**

All student houses are within short walking distance to a public transportation stop in which you can take to school, or really anywhere in the city.

Make sure to bring all your own toiletries and towel! These things are very comforting after the exhaustion of traveling so far.

Students have their own room and may have a couch in their room that turns into a bed, instead of a traditional bed. Many rooms also have a sink/vanity. You will apply for housing prior to arrival and the website/company you go through (SiO) explains everything you need to know about the different housing options.

For the s’05 group, the Linfield students lived in a large and very nice house near Homenkollen ski jump. They shared the house with several other international students.

The Fall 2012 and Fall 2014 crew lived in St. Hanshaugen which is a large student residence building. We thoroughly recommend living here due to the location of the building. Location was perfect and was a huge residence hall so it was easy to meet people.

In student residence hall there may be up to 16 students living on your floor, but everyone has a single room. Both men and women will be living in the same area. Each floor has a kitchen, 3 toilets and 2 showers for everyone on your floor to share. Custodians will come in and clean the showers and toilets, but flat-mates share the responsibility of keeping the kitchen and other common areas clean. This means that everyone pitches in to purchasing cleaning supplies and taking out the garbage and recycling. Washers and dryers are usually in the basement and you do have to pay to use them. A good way to get around this was paying to wash your clothes, and then hang drying them.

Ikea is an excellent place to shop for any household items that are needed (pots, pans, bedding, etc...) There is a free bus to Ikea on Karl Johan’s Gate (main street in Oslo) that will take you out to Ikea. It runs back and forth several times a day. Wait a few days before venturing to Ikea so that you only buy what you really need. Most kitchens are already supplied with all that you would need to cook, since people before you have left stuff behind. There are usually plenty of everything (plates, silverware, pots, pans, etc.)

The bed linens I use at Linfield fit on my bed in St. Hanshaugen Hus 2, but you can also buy bedding at Ikea. Housing provides you with a comforter and pillow, although the pillow is lacking and a better one can be bought at Ikea.

Smoking is not allowed in any of the student houses so students who do smoke do so outside on the fire escape. There is a new non-smoking law for all restaurants and pubs in Norway prohibiting smoking inside public places such as these. As a result the use of snuff by both...
men and women has risen in popularity. There is also no smoking at bus or tram stops.

Ask the housing office if you are in need of anything for you room, kitchen etc., as they may have things or advice on how to get what you need.

Housing will repair broken items in your room, expect you must replace any burnt light bulbs on your own- these can easily be found at Ikea or Clas Olsen. Basically, Ikea is your one stop shop.

**CLIMATE**

Take clothes for winter-summer. Winter could come as early as the end of September and last through April—spring days can be nice, but the mornings and evenings can be cold.

Waterproof your boots (hiking, snow), tennis shoes, etc…

Oslo is cosmopolitan and people dress really nicely, though the staple is jeans.

It rains a lot, seemed like it rained more in Oslo than we’re used to in Oregon, so pack accordingly. Also, make the most of the sunny days.

There are a decent amount of gloomy days in Oslo, vitamin D supplements can be very helpful.

**MISCELLANEOUS**

Advice from Fall 2014:
Regarding a cell phone there are three main ways to go about it. 1) Bring your phone from home and get a Norwegian sim card upon arrival. There are occasionally issues with this depending on if your phone is unlocked. I would recommend talking to your provider about this prior to leaving. 2) You can buy a cheap phone upon arrival (I bought mine for around $20) and buy a sim card which you can refill with texts and minutes as needed. 3) I knew multiple people who did not get a phone and just used their smartphone when they had wifi using facebook and other messaging apps like whatsapp. Just remember simplicity is key, you don't want to spend your abroad experience on your phone.

Cell phones—don't bother buying one. If you have a cell phone in the US, plan on getting it "unlocked" before you leave for Norway. When you arrive in Norway, you can by a "sim card" and minutes from a Norwegian provider. If the phone is unlocked a SIM card can be purchased. The SIM card with phone credit is usually around 200 NOK. This will make it easier to communicate with other international students and your family can call the number
Otherwise, it is best to buy phone cards from convenience stores in Norway. Typically a phone card can be purchased for NOK 120 (Telekort) and this will last for about a 30 minute call home to the US at a payphone.

Food and alcohol tend to be more expensive than in the states.

A lot of social events involve alcohol, but do not feel pressured to drink. One of the best places to socialize is the student pub (it is on the campus and you will receive more information on it at orientation). You must be a student to go in, so it is a great place to meet people both Norwegians and international students. And they have beer cheaper than you will find anywhere else in Oslo. The student pub is student run and are always looking for volunteers to help check IDs and bartend—this is an excellent opportunity as an international student.

The chain of grocery stores you will use are the Kiwi, Rema 1000, and Rimi(We found that Rema and Kiwi were the cheaper stores but it does depend on location in the city).

Groceries can be expensive, but you can find cheap brands that are just as good at all the grocery stores. At Kiwi look for “First Price” brand and at Rema 1000 look for “Euro Shopper” brand. It’s not uncommon to do your weekly grocery shopping at multiple stores if you’re looking for bargains. Some things are cheaper at one store as opposed to another.

Remember to take your own grocery/plastic bags to the store so you don’t have to buy any from them.

Shopping for food is no problem. There are grocery stores close to the residence hall. Be prepared for the stores to be small and not have the variety of items available in the U.S. But be adventurous and try new foods. Ask your Norwegian roommates for suggestions on food.

The exchange rate is not very good right now; so living in Oslo is very expensive – for Europeans too. Try and get people together on your floor to eat dinner with every night. It makes the cost of food less and it’s no fun cooking for one.

Try to change some money before you come if at all possible. However there are ATM’s or minibanken available to withdraw money. Traveler’s checks don’t really work, so you may want to try an American Express debit card that works similar to traveler’s checks. ATM’s/minibanken are pretty easy to use but they do charge a fee for each withdrawal, so take out larger chunks of money if possible.

Although it was uncommon, some stores did not expect the American credit/debit cards that have a magnetic strip and not the micro chip.

Also let your bank(s) and credit card company (ies) know about your plans to be in Norway. If they do not know, they may see the activity on the card as suspicious and
cancel it.

There are ATM's (minibankens) all over the place but they do charge you for withdrawing money. Also find out how much your home bank will charge you each time you withdraw money in Norway.

Visitoslo.com is a great resource that lists every single event going on in the city each day and the price.

Be aware of any allergies you have here in the States as you may also have reactions in Norway. You will be under more stress than at home that may make your allergies worse. Bring any and all medications you might need including cold medicine.

There is no wi-fi in the student houses, but Ethernet cables are provided and they give a reliable connection.

I highly recommend signing up for the study buddy program. It is a great way to get in touch with a student before you arrive that can help you better prepare. They can also pick you up and take you to your student house. And it is also great to have a guide to the city and ways of Norwegians.

Be sure to join the International Student Facebook page that you should be invited to when you are accepted to the program. On this page they post helpful articles, recommendations for inexpensive things to do, as well as events they are hosting for international students.

Some students look to get a job while in Oslo. Both for financial purposes as well as just another way to immerse themselves better into the culture. Finn.no is a great place to find jobs. An easy way to make a little money is look for emails from the Business Institute in Oslo (BI). They oftentimes email international students when they have research study opportunities. These studies usually ask basic questions and pay around 200kr ($23) for less than an hour.
4 Ways People Steal Your Passport

by Katherine LaGrave

Beware of these four occurrences when traveling with a passport.

Sometimes, a bump, nudge, or distraction is all it takes. The stolen passport market is huge: There are more than 40 million passports listed as missing on a database created by Interpol in 2002, and according to the U.S. Department of State, more than 300,000 American passports are lost or stolen in the U.S. each year. And given that these are the most common ways thieves have been known to pilfer a passport, it pays to be aware.

The set-down
It's easy enough to make a mistake with your documents when traveling—after all, how natural is it to put your passport on the table at a restaurant as you pull out a chair, or rest it on top of your suitcase as you check the departure board at an airport? I've done it, and I'm guessing you have, too. But take your eye off the document for a moment, and you open yourself up to the possibility of someone bumping your table (or bag) as a distraction—and walking away with your passport. Another one of the most common places for thieves to grab a passport is in a place where we actually need to produce it: checking in at a hotel overseas. Be wary of putting it to the left or right of you as you shuffle for your confirmation number or booking details, as someone could come along and create a distraction—think returning a key, or asking a question—and slip away with your document. Instead, place your passport on the counter in front of you, and immediately return it to its secure location after it is passed back to you.

The spill
It sounds slightly out of a Charlie Chaplin movie: seemingly innocent passers-by "spilling" anything from ice cream to juice on people they
pass. Yet there are worldwide reports of such instances, wherein a
distraction is created, and in the process of aiding and cleaning the
hapless victim, the "spillers"—or their associates—lift a passport. If
you have the misfortune of being spilled on, refuse attendance and
instead, avoid contact with the offender by quickly walking away.

5 Ways to Keep Your Passport Safe When Traveling

The pocket
It's obvious, sure, but one of the easiest ways for people to snatch
your passport is if it's carried in your pockets: All it takes is a crowded
train and a nudge—or a coat that's been draped over the back of a
chair, and a sleight of hand. If you need to carry your passport with
you, look for a flat money belt, which can be worn around your waist
and neck and concealed under your clothing. If you're in the market
for something a bit more comfortable, try a travel wallet or passport
cover. Both conceal your passport (and nationality), and the travel
wallet also has room for other valuables, including credit cards and
emergency cash. Avoid carrying your passport and spending money
together if you can, as taking out cash will alert potential thieves.

The authorities
In countries around the world, you'll most often be asked to produce
your original passport at hotels and airports, or when crossing
borders. Travelers have also reported instances in which policemen,
plain-clothed or uniformed, approach them and ask to see their
passports. Sometimes, the officials are actually as they say they are—
numerous countries have plain-clothed officers asking for passports in
order to catch illegal immigrants—but it's better to be safe than sorry.
Signs that it probably isn't a scam: everyone else in your surrounding
area is also being checked, security badges and patches are visible on
the officer's uniform, and officials are not asking for anything but
photo ID. If you feel you are being singled out and are still
uncomfortable, agree to show your passport in the nearest police
station or hotel lobby, where you can confirm with a clerk who speaks
the native language.
Taking Prescription Medications Abroad:

While you’re abroad is not the time to suddenly realize you ran out of your prescription!

If you have a condition that requires regular medication, bring an extra quantity with you and pack it in your carry-on, just in case your checked luggage gets lost. Just remember to keep it in its original container and clearly labeled — you don’t want to create the impression you’re carrying drugs which haven’t been prescribed to you. In fact, you should check with the local embassy to make sure that your medication is acceptable to carry into the country. Some countries may consider your prescription medication to be illegal. Bring a letter from your doctor listing your medications and explaining why you need them. Doing your research and having a letter can help prevent any misunderstandings along the way.

Bring extras of any medical necessities you need, like contact lenses or glasses. You might want to pack a pair in both your carry-on bag and your checked luggage, just to be safe.

If you have allergies to certain medications, foods, insect bites, or other unique medical problems, consider wearing one of those “medical alert” bracelets and carry a letter from your doctor explaining required treatment if you become ill. It might not be the coolest piece of jewelry you wear, but it could save your life.

-Do you have prescription medications that will require you take a supply that will last for the duration of your program abroad?
-Will your insurance company allow for a prescription to be filled at one time to last for the duration of your program abroad?
-Is the prescription that you take classified as a narcotic and/or stimulant, and do you know if you will be allowed to enter your host country with the drug?

There is no one master list or web search that will give you a list of what medications are or are not allowed in every country you may visit while abroad, but it is important for you to do some research regarding studying abroad and your prescriptions.
-Have a conversation with your healthcare provider at least 8 weeks before your program abroad, to help you determine what, if any, medications you will need while you are abroad.
-Contact your insurance company at least 8 weeks before you program to discuss how best to fill a prescription that will need to last for the duration of your program abroad.
-Your insurance company may be able to advise you if your prescription is legal in the country in which your program will take place.
-Go to the host country’s embassy website to see if drug rules and regulations are posted. For example:
-View the U.S. Department of State’s Custom and Import Restrictions page: [http://travel.state.gov/travel/tips/tips_1232.html#customs](http://travel.state.gov/travel/tips/tips_1232.html#customs)
-View the U.S. Departments of State’s Bringing Medications or Filling Prescriptions Abroad page: [http://travel.state.gov/travel/tips/tips_1232.html#medications](http://travel.state.gov/travel/tips/tips_1232.html#medications)
-View the U.S. Department of State’s Country Specific Information; click on a country and then read Medical Facilities and Health Information: [http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)
-Have a conversation with your local county health department.
-Contact Mobility International, located in Eugene, Oregon:
Surviving a Protest

The following report is based on open source reporting.

August 7, 2014

Introduction

Travelers are regularly cautioned about protest activity when visiting a foreign country. The U.S. Department of State, for example, consistently encourages citizens to “avoid all demonstrations, since even peaceful gatherings can quickly turn violent” – a phrase common to many Consular messages. However, a deeper understanding of what motivates protest activity, and who or what the intended targets are, can be useful tools for educating travelers.

The Nature of a Protest

According to a 2013 report by Friedrich-Ebert-Stiftung, a German non-profit organization that promotes democracy and political education, the global number of protests has increased every year from 2006 (59) through the first half of 2013 (112). [Note: these were protests covered in online news media. The countries analyzed represent 92 percent of the world’s population] While protests take place throughout the world, where they occur is not always a good indicator of how they will proceed. A country with a peaceful tradition of rallying can experience violence, while another with a more acrimonious style can experience no incidents at all. For example, in Cambodia, generally known for a peaceful tradition, demonstrators and police have recently come to blows over anti-government sentiment as well as a demand for a higher minimum wage among garment workers. In South Africa, known as the “protest capital of the world” and where violence is not a rarity, most demonstrations end peacefully and without incident. Demonstrations can also take place in countries not known for having any protest tradition at all, such as in Iran during the 2009 Green Movement, or in Egypt, Syria, Tunisia, and Libya during the 2011 Arab Spring uprisings.

By their nature, protests also attract attention. They can be exciting events, and for a foreigner, provide an up-close look at a country’s political landscape. But the advice to avoid them is not dispensed arbitrarily. An overzealous demonstrator can incite a crowd; individuals with ulterior motives can infiltrate an otherwise peaceful rally; a heavy-handed police response can provoke an aggressive reaction from gatherers. When this happens, onlookers can pay the price. This past May, a bystander was killed by a stray bullet during an anti-government protest in Istanbul, Turkey. Authorities in southern China acknowledged that police “may have accidentally injured…bystanders” during an April protest against a chemical plant in Guangdong province. During Egyptian riots in June 2013, an American college student was stabbed to death as he took photographs of the unfolding violence. What starts as simple curiosity can easily turn into a fight to stay out of harm’s way.

Protests by Region – 2006-2013

<table>
<thead>
<tr>
<th>Region</th>
<th>Total 2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
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<td>15</td>
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<td>9</td>
<td>12</td>
<td>20</td>
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<td>5</td>
<td>18</td>
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<tr>
<td>Middle East/North Africa</td>
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<td>3</td>
<td>11</td>
<td>6</td>
<td>7</td>
<td>11</td>
<td>18</td>
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<td>4</td>
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<td>7</td>
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<td>77</td>
<td>80</td>
<td>87</td>
<td>116</td>
<td>153</td>
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</table>

Data provided by Friedrich-Ebert-Stiftung

* As of July 2013

The contents of this (U) presentation in no way represent the policies, views, or attitudes of the United States Department of State, or the United States Government, except as otherwise noted (e.g., travel advisories, public statements). The presentation was compiled from various open sources and (U) embassy reporting. Please note that all OSAC products are for internal U.S. private sector security purposes only. Publishing or otherwise distributing OSAC-derived information in a manner inconsistent with this policy may result in the discontinuation of OSAC support.
Indicators Can Help

There are indicators, however, that can be helpful to any traveler when assessing the probability for protests, and how they will play out. Anti-government protests, for instance, may not be as likely to target foreigners as they would police officers or nearby property (although the death of the American student referenced above shows this is not always true). Destroying property can be a way of not only displaying intense dissatisfaction with conditions in the country, but also attempting to undermine the government. This was the case in Thailand in 2010, when anti-government protesters targeted not only government buildings, but also commercial facilities. The same was true for 2010 anti-government/-austerity protests in Greece. In both cases, foreigners were not directly targeted, and in Thailand, they were actually greeted warmly if they happened to pass by the event.

A protest against another country, on the other hand, might not result in widespread violence, but particular people and properties could be vulnerable. This past May, anti-Chinese protests in Vietnam targeted what were perceived to be Chinese-affiliated companies and factories following a maritime dispute between the two countries. In July, anti-Israeli protests in Germany and France led to the attack of synagogues and Jewish businesses in those countries.

There are also a number of issues that seem to bring protesters to the street regardless of location. For example, citizens accustomed to government subsidies (fuel, transportation, etc.) can quickly mobilize if their entitlements are threatened in any way; violent clashes in the streets of Jakarta in 2013 following a reduction of fuel subsidies are a prime example. The suspicion of electoral fraud is another key catalyst, as was evident during protests in Russia following disputed 2011 legislative elections. Another major indicator pertains to infringements-- real or perceived-- on basic democratic rights. Residents of Hong Kong, for example, regularly take to the streets to demand greater democratic freedom.

The Likeliest Scenario

More than likely, the biggest impact to travelers during a demonstration will be transportation difficulties, including blocked roads, crowded public transportation, and congested traffic. A lot of protests advertise in advance where and when they will take place, which makes a traveler’s job of planning to get around them easier. Even for the ones that do not, it should become pretty clear what area(s) to avoid as numbers amass. Social media can be a great tool for collecting information; organizers and participants are likely to tweet about the event or post pictures to Facebook, Instagram, or a popular local social network (such as VKontakte in Russia). During past protests, OSAC constituents have allowed employees to work remotely or even take the day off when demonstration activity encroaches on work sites or precludes safe commuting. Over periods of sustained protest activity, employers have deferred travel, and in some cases, removed personnel from the city or country entirely. Each organization is responsible for its own plan, but understanding the fundamentals is a good start to making one.

Additional Information

For recent OSAC analysis on other regional protests, please see the below reports:

Middle East Conflict Fuels Europe Protests
Haiti Opposition Protests
Northern Ireland Orangemen Parade Volatility
Royal Thai Army Invokes Martial Law
May Day

For Further Information

Please direct any questions regarding this report to OSAC’s Cross Regional Analyst.
Don’t Go Soft on Study Abroad:  
a Call for Academic Rigor

The following is a guest post by William G. Moseley, chair and professor of geography at Macalester College. He has worked and conducted research in Africa for 25 years.

Study abroad can be a powerful experience for many students. A student’s trip overseas can be one of those transformative educational periods after which a young person will never look at the world the same way again. Yet many students, faculty members, and college administrators don’t take this education as seriously as they should.

Study-abroad students bird watching in Botswana’s Okavango Delta.

Let’s be frank, some students view study abroad as a vacation or at least a time when normal academic standards ought to be relaxed. But as an instructor and director on two different study-abroad programs for undergraduates in South Africa and Botswana, I have sought to expose participants to new cultures and provide academically rigorous courses.

Many students initially chafed at the large amount of reading and writing, in addition to original fieldwork, that I assigned during these programs. Not only did some start...
the program with an educational holiday in mind, but they saw students in other study-abroad programs not working as hard. Knowing my interest in having them have cross-cultural experiences, my students would couch their concerns about the workload in terms of not having sufficient time to travel and interact with the local population. How could I deny them exploring southern Africa?, they asked.

Occasionally, a class of students confronts me directly about the workload. This happened a little over halfway through the term in my most recent study-abroad teaching experience in Botswana. Students asked me point-blank how my courses compared in difficulty to those I teach at my home institution. I indicated that the classes I offered in Africa were actually a little less challenging as I was trying to account for the added stress of unfamiliar surroundings and less reliable infrastructure. Their collective gasp was audible; they shook their heads in disbelief. However, in explaining why the academic requirements of the program could not be relaxed, we had one of the more interesting discussions of the term.

I shared my view that a successful study-abroad experience often means at least two things: 1) getting outside of your own cultural head space (that is, coming to understand that other cultures may have very different, yet equally valid, approaches to life); and 2) knowing enough background information about a place, its history, and connections to other parts of the world to really understand what you are seeing. Of course the two criteria are often linked; you can’t set aside your own cultural prejudices until you understand why other people do things the way they do. Furthermore, learning enough to get a handle on what you are seeing requires hard work. That is, it means critically reading the academic publications about a place, discussing those insights with your peers, and synthesizing your understanding by writing.

Over time, my students began to value the rigor with which we explored this new area of the world, and the nuanced insights and deeper personal growth that it eventually yielded. For example, these students lived in a rural home for a time in the second half of the semester. This experience produced some beautiful reflections on what it meant to be with a local family. Gone were the shallow complaints about inefficient bureaucracy, the slow pace of life, or bad food from earlier in the term. Instead, the students showed a better ability to contextualize poverty, a greater appreciation for taking the time to get to know someone, or understanding Botswana on its own terms and in relation to the region, rather than just comparing it with American norms and practices.

Could we have done better? Yes, certainly. But I am also aware of the fact that we could have done a lot worse. It is expensive to have someone like me, a scholar of western and southern Africa, to relocate for a term (with his family no less) to teach a
course or two. It is far cheaper to subcontract study abroad to third-party providers. While many such organizations are excellent, some may be tempted to hire less-than-qualified teachers who were never (or are no longer) active scholars, and succumb to student pressure for less academic rigor because their business model demands it.

The reality is that the study-abroad experiences can be orchestrated quite poorly, potentially leaving students with a highly superficial, if not deeply flawed, understanding of another area of the world, not to mention a false sense of regional expertise.

So my hard advice is this: If you are a student looking for a study-abroad “vacation,” then either think about this opportunity anew and look for a rigorous program, or don’t go at all. If you are a faculty member looking to take a group of students overseas, get the necessary training and make sure you have the place-relevant research background to be a competent study-abroad instructor.

Finally, if you are an administrator that oversees study-abroad programs, then please treat this semester the same as you would the rest of an undergraduate’s career. If you are unwilling to compromise quality and provide education on the cheap at home, then a semester abroad should be no different.

[Photo courtesy of William G. Moseley]