



Universidad San Francisco de Quito
www.usfq.edu.ec

Preparing for Study Abroad

- To maximize the study abroad experience, students should prepare themselves by learning about their host country, its history, and culture. Students might want to begin with <http://www.britannica.com/> for a summary.
- Students should know what is happening in the news in the host city by reading the local newspaper at <http://www.allyoucanread.com/quito-newspaper-ecuador/>
- Engaging with and adapting to a different culture is an inherent component of study abroad. Students may find the following websites useful to learn about intercultural communication before they leave home:
<http://www.peacecorps.gov/wws/educators/enrichment/culturematters/index.html>
- Customs and traditions in the host country are different from those at home. To learn a little about the local customs and traditions students may want to visit the following website: www.hthstudents.com
- Students and their parents should refer to the Office of International Programs website (www.bc.edu/international) and specifically to the *Study Abroad Handbook* for more information regarding the abroad experience.
- Prior to departure, students will meet with their International Study Advisor at an orientation to help them further prepare for their study-abroad experience.

On-Site Contact Information

- On-Site Coordinator Information:
Rocío Bastidas de Keil, the BC on-site coordinator, is available in case of an emergency on a 24-hour-basis. Students should make a note of her contact information before they go abroad, and we encourage them to share this information with their families.
24-hour contact number for Rocío: 593-999-917-631*
Rocío Bastidas de Keil
Cell phone: 593-999-917-631
Phone: 593-22-240-551
Email: rocarb2002@yahoo.com.mx

*Please remember when dialing from the U.S., students must dial 011 first.

Travel Information

- Students are responsible for making their own travel arrangements. Students will be met at the Quito airport and picked up, provided they supply necessary travel information one month prior to arrival to the on-site coordinator, Rocío Bastidas de Keil.
- Passport/Visa information:
http://www.ecuador.org/nuevosite/serviciosconsulares_visas_intercambio.php

Students must apply for the **12-VIII “Cultural Exchange” Visa**

Consulate in Boston: Mrs. G. Beatriz Almeida de Stein, 52 Cranberry Lane, Needham, MA 02492 Email: ecuadorconsulateboston@comcast.net Phone: (781) 400-1212

- Students will receive visa workshop and pre-departure orientation information via e-mail. All workshops and orientations are mandatory.
- Required Immunizations: As part of the program, students will take some trips that require immunizations. Therefore, students need to have the following:

Typhoid, T.D., M.M.R., Hepatitis A

Students may need a yellow fever vaccination and/or malaria medication if they take any independent trips to the jungle. They may get those in Quito if they need them.

BC also recommends the influenza vaccine, since the travel dates coincide with influenza season and the risk of influenza increases with coughing and sneezing in crowded places (i.e., airports and airplanes).

HIV test (Students will need results in order to apply for the student visa.)

Please visit BC’s Office of Health Services in Cushing Hall if you have questions.

Some of the vaccinations and the HIV test may be administered at BC’s Office of Health Services. Students should book appointments in advance to avoid delays.

Quito has a very high altitude: Students are advised to take it easy during the first few days in Quito as their bodies adjust to the altitude. Heavy exercise is not recommended.

- Students studying at USFQ are prohibited from traveling to Venezuela, Colombia, Cuba, and the site of any volcanic eruptions.

Academics

Program Dates and Academic Calendar

Fall 2013	Spring 2014 (some dates are subject to change)
August 11th: MANDATORY Arrival date	January 2nd: MANDATORY Arrival date
August 12th – 17th: Orientation for BC students	January 3rd – 6th: Orientation for BC students
August 19th – 20th: USFQ Orientation for International Students	January 7th-8th: USFQ Orientation for International Students
August 21st : Classes start	January 9th: Last day of Add/Drop
August 30th : Last day of Add/Drop	January 18th: Last day of Add/Drop
October 28th - November 3rd: Semester break**	March 19th: Vacation for students**
November 10th- November 16th: Family and Friends week***	March 30th – April 5th: Family and friends week***
November 22nd: Registration (only for students remaining in Ecuador)	April 14th – April 20th: Spring break**
December 5th - 6th: Vacation**	May 1st: Vacation (Día del Trabajo)**
December 13th: Last day of classes	May 6th: Last day of classes
December 14th – 20th: Final exam period	May 8th-14th: Final exam period
December 21st: Departure date	May 15th: Departure date

*For Fall 2014, Fall 2013 dates are posted for approximate reference. Students should not purchase airline tickets until dates are posted.

**Please note we will use university vacation days for the Core Course trips, including Machu Picchu and Cuenca in Fall 2013 and Amazonía and Galápagos in Spring 2014 . These trips are required and are part of the student fee.

*****Students spend vacation days out of Quito on program or class-sponsored trips. Family and friends of the student should plan to visit only during the scheduled family and friends weekends, scheduled November 10th – 16th, 2013 (Fall) and March 30th – April 5th, 2014 (Spring).**

- Activities:

Welcome Dinner

Trip to indigenous market of Otavalo

Trip to the Amazon Rainforest

Trip to the Galápagos (both semesters)

Three days in the Andes (Rural experience with indigenous family)

Visit to the Historical Colonial Center

Museum trips:

Arqueológico, Republicano y Museo de el Oro en la Casa de la Cultura, Museo de la Ciudad, Convento de San Francisco, Iglesia La Compañía, La Basílica, Capilla del Hombre y Museo Guayasamín, Museo de la Revolución Quiteña.

Visit to “El Panecillo y a la Cima de la Libertad”

Visit to the Middle of the World

A class on Ecuadorian culinary arts

Farewell Dinner

- For course selection information, please refer to OIP Program Description Course Catalog.
- Course approval information will be found at:
<http://www.bc.edu/offices/international/academics/courseapproval.html>
- Information about transcripts and grades is available at:
<http://www.bc.edu/offices/international/academics/transcripts.html>
- As a BC student, you are required to take a full load of courses at your host institution abroad. BC program participants can refer to the [course load requirement table](#).
- If you have a learning disability, you should discuss with your ISA whether your host university is able to make appropriate accommodations; if so, bring documentation from your doctor or the BC Disabilities Office to support any request for accommodations at your host university.

Housing

- Students will live with a host family carefully selected by the BC on-site coordinator. Families live in the city of Quito, a 25 to 45-minute bus ride from the valley of Cumbaya where USFQ is situated. Home stays include private room/ bathroom, two meals per day, cleaning and laundry. The families are very attentive and welcoming to BC students, and they will treat them as a family member. Living with a family is a great opportunity for students to gain firsthand knowledge of Ecuadorian life and also to improve language skills. This is considered an integral part of the program. Students must note that it is very important to be respectful to their host families and respect the norms of the household. Ecuador has an active nightlife but, for safety reasons, students will observe a curfew (usually around 2:00 a.m.). Students should keep in mind that the Latin American culture is more conservative in some ways than what students may be accustomed to in the U.S.
- Students will have breakfast and dinner with their host families each day. Students will be responsible for purchasing their own lunch at the university. The lunches cost \$5-6

and consist of soup, a main dish, dessert, and a drink. Students are not to purchase lunches off-campus from street vendors due to the likelihood of illness. If students choose to travel on weekends, they will have to pay for their own meals while they are outside of Quito.

- Additional information about the estimated cost of housing may be found at: <http://www.bc.edu/content/bc/offices/international/financesawards.html>
- Two meals are included in home-stay program.
- Transportation expenses are not covered by the program.

Wellness, Health and Safety

- Students must make sure that they have had any required or recommended vaccinations for their travel destinations by consulting the Centers for Disease Control website at www.cdc.gov *please see immunization requirements under Travel Information
- HTH Worldwide Insurance Services is an emergency health and emergency services provider. All registered BC students are covered by OIP's blanket policy while living and traveling outside of the United States. For more information, visit the following website: <http://www.bc.edu/offices/international/travel-health-safety.html>. You are encouraged to consult HTH on-line services for health and safety information about all world destinations, travel illnesses, and as a resource for international medical providers. Students should have between \$40-50 in cash to pay up-front for non-emergency medical visits. They will later be reimbursed by HTH.
- Students are advised to visit the U.S. State Department website: <http://www.state.gov> for important travel information including travel advisories.
- Adjusting to a new culture and environment can be stressful. Students will have a smoother transition by making sure that they prepare to remain healthy. Following are some websites that provide important information and advice about how to have a healthy and safe experience abroad:
http://kidshealth.org/teen/your_mind/emotions/culture_shock.html
<http://www.kwintessential.co.uk/cultural-services/articles/cultureshock-stages.html>
<http://www.bravenewtraveler.com/2007/11/20/the-4-stages-of-culture-shock-and-how-to-beat-them/>
- Be aware that the manner in which medical help is obtained, the way patients are treated, the conditions of medical facilities, and how health care is afforded may be quite different from U.S. practices. U.S. health care values, assumptions, and methods are not universally practiced; even notions regarding the onset of an illness or the timing of expert attention may be considered culturally based.
- Refer to your Study Abroad Handbook for further information about health and safety issues including women, LGBT, disabled people and others.
- In the event of a large-scale emergency, such as a natural disaster, you should first text your onsite coordinator; follow the emergency procedures discussed in the onsite orientation; and call or text your parents to let them know where you are and that you are safe.
- The emergency number in Ecuador is: 911
- Students are required to visit the OIP website for additional information about Health and Safety:
<http://www.bc.edu/offices/international/travel-health-safety.html>

BC emergency contact information:

OIP: (617) 552-3827 (Monday to Friday 9 a.m. – 5 p.m.)

BCPD: (617) 552-4444 (outside of normal business hours)

- Alcohol and Drugs

In many cultures, alcohol consumption is an acceptable part of the culture and people are taught to drink in moderation at home. Many countries have a lower drinking age than the U.S. while other countries have drinking and drug abuse laws that may be more severe. Students are subject to the laws of their host country, so if students choose to drink alcohol abroad, they should always drink responsibly and be knowledgeable about their host country's laws by visiting:

http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses

Finances

- The OIP website provides information about estimated expenses for study abroad:
<http://www.bc.edu/content/bc/offices/international/financesawards.html>
- If the student is interested in traveling during their time abroad, our program coordinator recommends that students budget \$1000 for travel within Ecuador and an additional \$1500 for travel in other countries in South America.
- Banking information: Students are encouraged to use ATM machines. Please contact on-site coordinator.
- Scholarships and Financial Aid information can be found at:
http://www.bc.edu/offices/international/Scholarship_Opportunities.html

Returning to BC

- Students should complete a Program Evaluation. Upon completion of their program, OIP will e-mail the link to the evaluation
- Students may mentor an exchange student from the host university by contacting oidexchange@bc.edu
- It is not uncommon when students return from studying abroad to experience “reverse” culture shock.

References

- Suggested readings
Breve Historia del Ecuador by Enrique Ayala
Culture Shock! Ecuador (Culture Shock! Guides) by Nicholas B. Crowder
It is also highly recommended that students purchase a comprehensive guidebook, such as *Lonely Planet* or *Rough Guide*. The *Let's Go* series is also popular with students, but *Lonely Planet* and *Rough Guides* are especially good for travelers to developing countries.
- For information on the web, see www.ecuador.com or www.ecuadorexplorer.com.
Also see the Lonely Planet website at www.lonelyplanet.com/ecuador.
- Student and parent guides at <http://www.studyabroad.com/guides/index.html>