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Slide 2



Beware of pickpockets – when you go out, have a little money in your pocket for easy access. Don't count money in front of people. Watch wallets – keep them in a close pocket or use a money belt for traveling. Women – hold purses across chest and walk with purpose. Don't carry much in your purse. Be careful with nice cameras, electronics. Especially on the bus.

Take a taxi.

Walk in groups (not just 2)

Ask host families.

Stay away from downtown San José at night. Calle de amargura also. Go out with UCR buddies if you can.

Men- watch out for prostitutes.

Women – watch out for men.

Drinking – poor decisions are usually made when large quantities of alcohol are involved.

Housing



- Get to know your family – share info about yourself, your own family and friends, school life, life in the USA, etc
- Don't spend all your time on the computer but if you need time to yourself, say you are going to "take a nap"
- Try to involve yourself in their activities by asking
- Don't be afraid to tell them you don't like something (food) – say you are "allergic" or have problems eating that particular food
- Practice past narration by telling them about your day – what you saw, what you learned
- Be careful not to diminish their culture or way of life by talking about how great America is
- Be courteous about coming and going. Let them know if you will not be eating at the house. Don't invite friends over without asking first. Limit phone use to local calls only and keep them short.
- Don't use all their hot water with one shower. Keep them short.
- Don't overload their electrical system. Keep electronics plugged in to a minimum.
- Directions

Slide 4



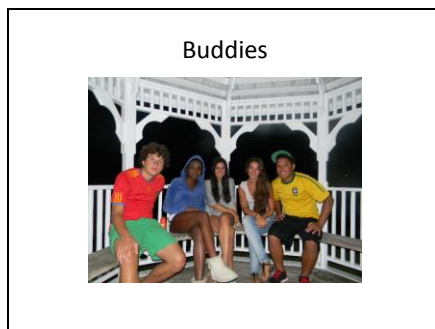
Make sure I have the most updated information about flights
All of us will arrive together
Leaving – any time before noon is on your own (taxi)
Keep aside \$28 departure tax
Consider baggage rules for weight and size

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- Check Google Doc and confirm class choices
- Check MyPack to ensure that you are registered for the right courses.
- Let me know if there are any changes.
- FLS 395 Music will start one week later.

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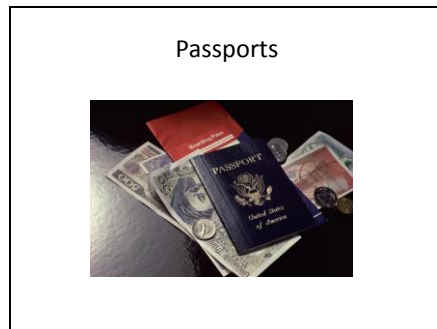
You make of this what you want. You are paired up with a UCR student and so you can ask them anything.

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See itinerary in Google Docs

Slide 8



- Make 3 copies: Keep one with you (carryon); one with family; one to me.
- Keep passport in homestay house unless you are exchanging money
- Make sure passport is valid (signed) and won't expire within 6 months
- Save \$28 for departure tax
- Register with Embassy (online)
- Always carry your NCSU and UCR student I.D. with you.
- Copy of your entrance stamp on your passport (optional)

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- Have at least one credit card (Capital One is best) and one ATM card
- Make a copy of both sides of card and keep in your carry on. Then keep it at the homestay house.
- Exchange a little money at the airport, then go to a bank or exchange house each week.
- Carry as little money as possible on you – put in pockets or in a travel wallet clip
- Don't count money in front of people, especially in the Mercado Central

- If you are robbed, give them your money. Then report it.
- Try to do the math in your head for conversions – go in knowing how much it is. (500 colones = 1 dollar). So you basically take off the zeros and double the tens to get dollars. (20,000 colones = \$40)

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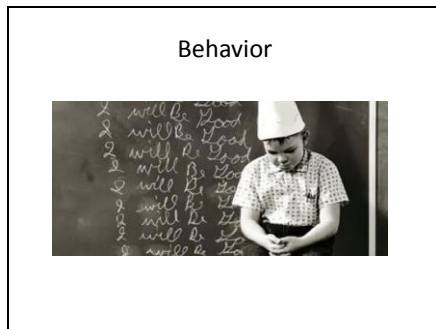


Pack light but smart! Have lots of underwear and socks. Choose pants that can go with many shirts. Convertible pants work well. One nice outfit for farewell dinner.

- It's rainy in the afternoons, so an umbrella and raincoat and boots is necessary
- Insect repellent (mosquitos like rain)
- Sunscreen (you can burn on a cloudy day)
- Light jacket
- Jeans
- Hiking pants (lightweight)
- Good walking shoes
- Hiking shoes
- Exercise clothes
- Put all liquids in a plastic bag in your checked luggage
- Keep money, passport, cash, credit cards, ID cards, tickets and passport copies with you in your carry on.
- Extra set of clothes in case your luggage goes somewhere else
- It is okay to bring a laptop or iPad – there is wifi on campus, in most houses, and in coffee shops
- Cellphone – don't use it unless you are SURE you are not being charged

roaming. Texts count, and are very expensive.

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- Poor decisions increase with alcohol
- You are under NCSU rules
- Embassy will leave you in jail if you are involved with drugs
- You are representing the university, me, and the United States. Don't be stupid.
- Make this a great trip but be smart and safe.

Slide 12



- We will have a group blog for family and friends
- Skype or Facetime is free when you are on free wifi
- Public phones (buy a calling card)
- Email
- Daily contact with family is not recommended. One time to let them know you arrived, then once a week thereafter is sufficient. You want to immerse yourself in the language and culture and you want something to tell people when you get home. Ween your parents 😊

