

SMITH COLLEGE
JUNIOR YEAR ABROAD
IN FLORENCE

2011-2012 STUDENT HANDBOOK



Photo by Giovanna Bellesia, October 2005

The information in this Student Handbook is accurate as of April 2011.

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Part A: Florence Information

1. 2011-12 Florence Calendar

The Smith Center (*SEDE*) in Florence is closed in July and August.

Final dates for the Italian universities are not available until late in the summer.

Students arrive in Florence: Thursday, September 15, 2011

First meeting: 10 AM, Friday, September 16, 2011

Placement in host families: Friday afternoon, September 16, 2011

Welcome Weekend: Saturday, September 17; group lunch and activities

Orientation classes begin: Monday, September 19, 2011

Orientation classes end: Thursday, October 6, 2011

Orientation exams: Friday, October 7, 2011

First Semester at the University of Florence begins: Monday, October 10, 2011 (presumed)

Fall Semester at Sede begins: Monday, October 10, 2011

Christmas Break: Friday, December 16 – Sunday, January 8, 2012

Classes resume at Sede: Monday, January 9, 2012

Fall Semester at Sede ends: Friday, January 20, 2012

Fall Semester Exams at Sede: Monday, January 23 – Thursday, January 26, 2012

Group Excursion to Sicily: Sunday, January 29-Saturday, February 4, 2012

Spring Semester at Sede begins: Monday, February 6, 2012

Second Semester at University of Florence begins: Mid February

Easter Break: Thursday, April 5 – Sunday, May 15

Spring Semester at Sede ends: Friday, May 11

Spring Semester Exams at Sede: Monday, May 14 – Wednesday, May 16

Final Exams at University of Florence: End of May – Early June (PRIMO APPELLO)

The Director's supervision of the group ends with the close of the academic year, after the last examination is given, normally no later than June 15th.

Italian National Holidays

Tutti i Santi: Tuesday, November 1, 2011

Immacolata Concezione: Thursday, December 8, 2011

Anniversario della Liberazione: Wednesday, April 25, 2012

Festa del Lavoro: Tuesday, May 1, 2012

Festa della Repubblica : Saturday, June 2, 2012

2. A Note From the Director

Care ragazze,

You are about to embark on what is going to be an unforgettable experience. It will definitely be a year that is going to change you: it will make you more confident, more open minded, more mature. In order for this to happen though, you have to make sure that you embrace this journey with a positive attitude. Be aware that a lot of adjustment needs to happen before you can become comfortable in a different culture. Be curious: ask questions; talk to people; try the food that you've never had before. Be active: explore your new environment; observe the people and situations around you. This experience will be successful if you are determined to make the most of it.

Our Associate Director, Monica Ginanneschi, and Nicola, our wonderful doorman, and I shall be waiting for you at the *Sede*.

☺ ☺ ☺ **See you in Florence on September 15 !!** ☺ ☺ ☺

3. Pre-Departure Information

Visas

The Office for International Study will coordinate a group visa application during the summer. Passports with visas will be returned to students in late July or early August. Students who cannot participate in the group visa application are responsible for obtaining their own visas.

Permesso di Soggiorno (Residence Permit)

In order to apply for a residence permit after arrival in Florence, you will need to present the following items to authorities:

- your passport with visa
- the *Attestato Consulare* and acceptance letter from Smith, returned with your passport and visa
- health insurance letter in Italian
- notarized original "Parents' Financial Support Statement" and "Bank Financial Guarantee" (at http://www.smith.edu/studyabroad/florence_accepted.php) plus 2 copies
- 8 passport photos

Packing: What to bring to Florence?

Fall weather in Florence is variable: bring clothing and shoes for rainy and cold weather. It starts to get cold in late October. Interior heating in homes and offices does not start until November and it is kept lower than in the United States. Warm indoor clothing is needed, and slippers for cold marble floors. Clothing may, of course, be purchased in Florence where there is good shopping, but it is rather expensive. Winters are much less severe than they are in New England; it rarely snows in Florence. However, it is damp, and wearing different layers of clothing is a good idea. Bring a raincoat or a rain jacket and good walking shoes or boots. *See Section 19 for more advice about packing.*

Packing: Carry-on luggage

In addition to the documents above, pack the following in your carry on luggage:

- about €100
- essential medication
- basic toiletries and a change of clothes, in case your luggage is lost
- your laptop, if you are bringing one

Shipping

If you must ship personal belongings to yourself, be ready to pay \$100 or more in taxes and customs fees in Florence, and to go to Customs at the airport to pick up and clear your items.

Do not ship any medicine, including over-the-counter products, such as aspirin, vitamins or energy bars into Italy. Inclusion of any medicinal substances will cause problems with Italian customs.

Please note that surface shipping takes about one to two months. Any package shipped from a non-EEC country is subject to a 30% tax on its declared value. Let your family know that if they plan to send you any packages, the declared value of the package should be as low as possible.

4. Arrival in Florence

You are responsible for making your own flight arrangements so that you arrive in Florence on **Thursday, September 15, before 6 PM**. From the airport or train station, make your way to Hotel Maxim (see below), where you will spend the first night. In the afternoon of September 16, students will move in with their host families.

Flying into Florence or Pisa is recommended because these airports are very convenient to the city. You may find less expensive flights to some of the cities listed below, but be sure to take into account the other transportation expenses required to get from there to Florence (train, bus, shuttle, etc).

You may consider coordinating your travel in small groups, and so that you arrive in Florence with other students. It is more fun (and reassuring!) to travel and arrive with others, and you can share a cab from the airport or train station to the hotel.

If you wish to arrive in Florence before September 15, you are responsible for making your own lodging arrangements at your own expense. It is recommended that you make reservations as soon as possible and no later than mid-June. See Section 11 for lodging suggestions near the *Sede* for yourself, or for friends and family that may come to visit you during your time in Florence.

Directions from Major Airports in Italy to Florence

Florence: Most convenient arrival point because you can take a taxi or a bus directly into town. A 20 minute ride in a taxi costs approximately €30. (Taxis charge a starting fee + miles + number of bags.)

Pisa: Also convenient, since the train leaves very frequently and directly from the airport. It arrives at the central station in Florence. The 70 minute train ride costs €6, and the taxi from

the train station about €10.

Bologna: Also convenient. The Aerobus leaves from the airport every 15 minutes (€1,50) and goes to the Central Train Station in Bologna. Trains are frequent and inexpensive. Travel time on the Intercity to Florence (IC) trains (no reservation necessary) is the same as on the Eurostar (more expensive and reservation required) - about one hour. Please check <http://www.trenitalia.it> for train schedule and cost of tickets.

Rome: Take the train from the airport to the main train station (approximately 45 minutes) and then a two hour train trip from Rome to Florence. There are no trains from the airport to the train station in the evening after 9 p.m., only taxis and a bus. Please check <http://www.trenitalia.it> for the train schedule and cost of tickets.

Milan (Malpensa Airport): Take a 45-60 minute bus ride from the airport to train station, then a train trip of two hours and fifteen minutes with the new high speed rail (approximately €40) to downtown Florence. You can also take the train that goes from the airport to downtown (Cadorna, Stazione Nord, approximately €1) in about 45 minutes but then you need to take a taxi or the subway to the main train station, Stazione Centrale.

Lodging

Smith provides lodging at Hotel Maxim on September 15. Hotel Maxim is located at Via Calzaiuoli 11, and is a two-minute walk from the *Sede*.

When you arrive in Florence at either the airport or the main station, take a taxi to the hotel. The distance is walkable from the station, but when first arriving with all your luggage you will find a taxi most convenient. The cost of a taxi from the train station is about €10. The director will be stopping in at the hotel to greet students as they arrive on September 15.

Hotel Maxim provides internet access to guests free of charge; students can use this to contact their families. It is possible to make international calls to the U.S. from the hotel, but it is very expensive. You can give the hotel telephone number (011-39-055-21.74.74) to your parents and have them call you.

5. Fees and Expenses

The comprehensive fee paid to Smith College includes:

- all tuition and fees related for instruction and enrollment at the University of Florence;
- a three-week linguistic and cultural orientation;
- housing with an Italian family from September 16 until two days after the student's last final exam, except during the Christmas and Easter holiday periods;
- breakfasts and dinners with the host family, and a lunch stipend of €155 per month;
- annual bus pass for public buses within Florence;
- accommodations, transportation and meals on program excursions, including a 5 day trip to Sicily;
- use of a cell phone;

- Ina Assitalia Insurance (government required hospitalization coverage valid only in Italy);
- study abroad medical insurance;
- medical evacuation and repatriation coverage.

Students must budget for personal expenses including international travel, books and supplies, phone calls, medical expenses and personal travel.

Spending Money

The amount of money you will spend on small necessities, phone charges, entertainment, and travel will depend on your lifestyle. Florence is an expensive city. It is recommended that students budget \$5000 minimum for spending money and for holiday travel. If you are interested in obtaining subscriptions for concerts, theater, or opera, please ask the Associate Director soon after your arrival in Florence.

Books and supplies

Past students report spending €50 to €100 per semester on books, course packs and supplies.

Banking

It is very expensive for a student to open a bank account in Italy, and thus Smith recommends against it. Students are advised to access their U.S. bank accounts. *See General JYA Information for advice about accessing money.*

6. Academic Program

Language Pledge

By accepting the offer to study on a Smith College program in Florence, Geneva, Hamburg or Paris, you have made a commitment to speak the language of the host country at all times: at the program center, during excursions and other program events, with the Director and Associate Director and with the other program participants. This will have huge and immediate effects on your language skills – and, by extension, on the quality of your experience abroad. Whatever your own attitude towards the language pledge may be, you should honor those who wish to abide by it by doing so yourself.

Orientation Program: September 19 – October 6, 2011

The Orientation is designed to prepare students for a year in Florence, both academically and socially. Through small group activities with students from the University of Florence, students will explore and get to know the city, learn about concert and opera subscriptions, theater bookings, etc. and become acquainted with the homes and neighborhoods where they will live for the year.

Orientation I (2 credits) will consist of a three week inter-disciplinary approach to Italian society, with courses in Italian language and culture, history and art history. Classes will begin on **Monday, September 19** and meet regularly five days a week at the *Sede*. Field trips to points of interest in and around Florence are an integral part of the orientation program. This course is taken for a letter grade, and will include quizzes, short papers, oral presentations, exercises and an exam.

Orientation II (Introduction to the University, 2 credits, graded S/U) involves auditing a

course at the University, taking notes and writing two reports in Italian of about five pages. Reports will be submitted to the Director in mid-November and at the end of the course. This component of Orientation is graded S/U, carries 2 credits, and runs the entire fall semester.

Academic Year: October 10 – end of May, 2012

In the fall semester, students take four courses at the *Sede*, and audit a course at the University, as explained in Orientation II, above. In exceptional cases, very advanced students (such as those who have previously lived in Italy) might be able to take a course at the university in the fall. In the spring semester, students take two or three courses at the *Sede* plus one or two courses at the University. Tutors will be available to coach students on oral exam preparations for University courses. Selected students may do the Pistoia internship in either semester as one of their *Sede* courses.

***Sede* Courses**

Each *Sede* course meets twice a week for a total of three hours, and includes midterm examinations, short papers, and a final examination. In some cases, a longer paper may be required. All courses are taught in Italian by Italian professors.

The following courses are taught at the *Sede*:

- Italian Stylistics (ITL 240) – required for all students.
- Survey of Italian Literature (ITL 251) – recommended for all students.

The following courses may be taught at the *Sede*, and are subject to change.

- Italian Literature
- Art History (mainly Medieval and Renaissance)
- Italian Cinema
- History of Florence
- History of Fashion and Costume
- History of Contemporary Italy
- History of Italian Opera

University of Florence Courses

Some University of Florence courses are limited to students enrolled in a specific degree program. However, there is a wide choice of classes that can be taken outside of a degree program, i.e. as single courses (*corsi singoli*). Most of them are offered at the *Facoltà di Lettere e Filosofia* (The Humanities). Limited course options may be available also at the *Facoltà di Scienze Politiche* (Government), and the *Scienze della Formazione* (Education).

The website for the University of Florence is www.unifi.it/studifi. Course topics change every year and specific information will be available only immediately before (i.e., 10 days at best) the new semester begins. In addition, the website is hard to navigate, so this is not the best source of information about courses.

Pistoia Early Childhood Center Internship

A limited number of internships are available in the Pistoia Early Childhood Centers. The program is organized by the Pistoia Public Education Department. Students selected for the internships will

travel to a school in Pistoia once a week, (a 45 minute train ride from Florence) to participate in children's activities and discussions with the teacher.

The internship is available either semester, but cannot be repeated, and carries 4 credits. The internship can take the place of a *Sede* course, but not a University course. The internship course is graded, and requires a presentation and a major research paper turned in to the director of the program at the end of the semester.

To apply for the internship, interested students should send a letter describing their background, any previous experience in the field and why they are applying to participate in the internship program with a resumé to the incoming Director AND to Professor Susan Etheredge of the Department of Education and Child Study (sethered@smith.edu). Preference will be given to students with a background in early childhood education, psychology, or experience with young children. The application deadline is May 31, 2011.

7. Academic Policies

Credit

Students on a Smith JYA program must take 16 credits (normally four four-credit courses) each semester for a letter grade. In exceptional cases, and only with the permission of both the Director and the Dean for International Study, a student on a full year program may earn 38 credits for the year. Permission to drop below 16 credits per semester is granted only in extenuating circumstances, with permission of the Director, the Dean for International Study and the Class Dean, and only if the student will still complete 32 credits for the year, not including the orientation program. No course will be awarded more than four credits unless approved by the Dean for International Study.

Grades

Grades earned on a Smith Junior Year Abroad program will be recorded on Smith College transcripts. For Smith students these grades will count toward calculation of the grade point average, Latin Honors and Phi Beta Kappa membership. (Other colleges and universities may treat study abroad grades differently. Guest students should consult with their home institution.)

Grade Conversions

<u>UNIVERSITA'</u>	<u>SMITH COLLEGE</u>
30 e lode	A
30	A
29	A
28	A-
27	A-
26	B+
25	B
24	B-
23	B-/C+
22	C+

21	C+
20	C
19	C-
18	C-/D

Satisfactory/Unsatisfactory Grading Option

Smith students wishing to take a course S/U may do so only with permission of the Director, the Dean for International Study and their Class Dean. The deadline to take a course S/U is the end of the ninth week in the program semester. Note that some departments at Smith will not accept grades of S/U toward the major, so students must confirm with their department chair. In addition, a maximum of 16 credits taken S/U can be counted towards Smith degree requirements.

The S/U form should be signed by the student and the Director (as instructor and adviser) and faxed to the Office for International Study (+1.413.585.4982). The form is available at http://www.smith.edu/classdeans/documents/changeofgradingoptionform_000.pdf

Guest students must confirm with their home school advisers that an S/U grade will be accepted.

Extensions

An extension beyond the end of the semester on work due may only be granted in extenuating circumstances and with the approval of the Director and the Dean for International Study with notice to the Class Dean. The Director and Dean will set a specific date and time for submission of the material in consultation with the student.

Advising

The Director will serve as the student's "major adviser" in approving course selections, but students should always consult with their home campus faculty academic adviser to ascertain that courses taken on the program will count toward major and degree requirements.

Attendance

Students are expected to attend all classes and exams as scheduled and may be excused from class only by permission of the Director. Classes are held Monday through Friday. Unless group excursions are planned, students are generally free to travel on Saturdays and Sundays. Students may not begin official vacations early or extend them beyond the end date.

Music Performance and Studio Art Courses

Music performance courses and studio art courses are not normally offered at European universities. The Director will help students who are majoring in music or studio art find suitable instruction; no guarantee can be made that such arrangements will be possible in all instances. Music performance courses require an additional fee, which is waived for music majors and minors. Studio art course fees are waived for art majors.

Language Courses and Independent Study

Credit is not awarded for the following:

- a beginning modern foreign language course
- an independent study or special studies course

Smith College Policies

All Smith College policies published in the Smith Bulletin apply unless otherwise stated in this

handbook.

8. Smith Academic Honor Code

The Smith Academic Honor Code regulations and requirements apply to all students on a Smith College Junior Year Abroad program. The Smith College community at home and abroad maintains that any evasion of the spirit of the Academic Honor Code is a violation of the Academic Honor Code.

The Honor Code requires that students must practice intellectual honesty in all oral and written work. Students may seek the advice of a faculty member or a tutor regarding written work and you may ask assistance from friends and native speakers ONLY about specific grammatical problems. The work students submit MUST be their own work and may not be translated, revised, or rewritten by anyone else. Students are strongly advised to follow the format suggested by each faculty member when quoting from secondary sources.

Some examples of specific infractions of the Honor Code particularly relevant to students abroad include:

- submission of the same paper by more than one student or for more than one course;
- unauthorized or unacknowledged use of outside sources, including information from websites, computer disks, secondary materials, or another student's materials. Help from a member of a host family or a friend is also not acceptable.
- use of language translations or published notes in the preparation of course work without the specific permission of the instructor. Unless specified, works assigned in a specific language cannot be read in translation.

A student who is in doubt concerning any practice should consult the director.

Suspected infractions should be reported to the Director of the program, who will report any violation to the Dean of the College.

The Smith College Academic Honor Code is found at:

<http://www.smith.edu/sao/handbook/socialconduct/honorcode.php> .

9. Living in Florence

Housing

Students will all live in private homes, in a variety of family situations. Students may not live in any other housing arrangement while studying on the Smith JYA Florence program. Life in a host family calls for a maximum of resourcefulness in understanding and adaptability (“When in Rome...”). It is important to realize that living with a family is not at all like living in a dormitory, in a hotel, in a student apartment, or even in your parents’ home.

You will need to walk a fine line between being a part of the family and being a guest in the family’s home. You must remember at all times that Italians greet one another politely when they enter a room and when they leave (and this is true even when you enter or leave a store or a coffee bar!),

and that it is much better to “interrupt” someone to say “*buon giorno*” or “*arrivederci, grazie*” than to remain silent because you don’t want to be intrusive. People may not say anything about what they see as your churlishness or coldness, but they will be offended! It is also good to thank your host families even for little things, and an occasional gift—e.g. an inexpensive plant or a flower or a card—will warm your host mother’s heart.

Remember, while host families are reimbursed for the expenses they incur in feeding and housing you, no amount of money can pay for their welcoming you into their lives, being concerned about you when you are not feeling well, and sharing their intimate space with you. The more open and flexible and friendly you are, the happier your experience will be. The rewards come in a deep understanding of and appreciation for Italian language and culture, and many students have formed lasting friendships with their host families.

Students will meet their families on the Friday afternoon of orientation. You may wish to bring a small gift for your family with you. Since you won’t know what kind of family you will be living with, a generic gift such as a mug or small framed photo is ideal.

During the three-week *Natale* break (winter break) and one-week *Pasqua* break (spring break), students usually travel, which gives their host families a welcome break. Students who wish to remain in Florence during all or part of these breaks must communicate with the Director by September 1 to discuss alternative housing arrangements.

Housing, room and board are provided for two days after each student’s final exam. The Director's supervision of the group ends with the close of the academic year, after the last examination is given, and, normally, no later than June 15.

Meals

Students eat breakfast and dinner with their families, and receive €55 per month from Smith to cover lunches.

The Sede

The Smith program center in Florence is known as the *Sede*. The *Sede* is open from 9 a.m. to 6 p.m. Monday through Friday and is closed during the JYA vacations, including the summer. In addition to the offices of the Associate Director and the Faculty Director, the *Sede* has classroom space, a computer room, a student lounge space, and a small kitchenette for student use. There is also a wide selection of Italian dictionaries and language resources, as well guidebooks left by previous students.

Receiving mail

Please have packages and mail sent to your attention in care of the *Sede*.

Cell Phones

Students receive cell phones from the program, but students are responsible for the cost of calls. Each phone will be set up with €25 worth of calls which students will have to reimburse the program in Florence. Students are responsible for purchasing their own calling time. In case of loss, theft or damage to a Smith phone, the student will be required to pay for a new phone. Cell phones will be distributed during the first meeting on September 16 and must be returned no later than June 15, the

official closing date of the program. Receiving calls and text messages is free in Italy, but calling an Italian cell phone from the USA is very expensive. Calling cards can be purchased online to call home phones in Italy for as little as 2 cents a minute, and about 30 cents a minute for calls to cell phones.

Computers and internet access

Students are advised to bring laptops, if they have them. The computer room at the *Sede* has four desktop PCs with internet connections and a printer for student use during open hours. The *Sede* also has a wireless internet connection. The University of Florence does not offer any computer facilities to its students, and host families may or may not have internet service at home.

10. Suggested Readings

GENERAL CULTURE/TRAVELING:

Baranski, G. Zygmunt and West, J. Rebecca, *The Cambridge Companion to Modern Italian Culture*, Cambridge University Press, 2001

Borsook, Eve. *Companion Guide to Florence* (5th ed.). Collins, 1988

Hellenga, Robert. *The Sixteen Pleasures*. Delta, 1995.

Hibbert, Christopher. *The Rise and Fall of the House of Medici*. Morrow Quill Paperbacks, 1980.

Hoffman, Paul. *The Seasons in Rome. A Journal*. Henry Holt, 1997.

Jones, Tobias. *The Dark Heart of Italy: Travels Through Time and Space across Italy*. Faber & Faber, 2003.

Lewis, R.W.B. *The City of Florence: Historical Vistas and Personal Sightings*

McCarthy, Mary. *The Stones of Florence & Venice Revisited*. HBJ Books, 1963. (very dated but interesting if read critically and has excellent photographs by Inge Morath)

Nabhan, Gary Paul. *Songbirds, Truffles and Wolves. An American Naturalist in Italy*. Penguin, 1993.

Parks, Tim. *An Italian Education*, Grove Press, 1996.

Parks, Tim. *Italian Neighbours*. Grove Press, 1992.

Powers, Alice Leccese ed. *Italy in Mind. An Anthology*. Vintage Books, 1997.

Robb, Peter. *Midnight in Sicily*. Harvill, 1999.

ART HISTORY:

Brucker, Gene. *Florence: The Golden Age 1138-1737*. University of California Press, 1983.

Chastel, Andre. *Arte e Umanesimo a Firenze al tempo di Lorenzo il Magnifico*

Levey, Michael. *Florence. A Portrait*. Harvard University Press, 1997.

Vasari, Giorgio. *Lives of the artists*. (Proemio to part II and III and lives of Renaissance painters: Brunelleschi, Donatello, Leonardo, Masaccio, Michelangelo).

HISTORY:

Clark, Martin. *Modern Italy, 1871-1982*. Longman, 1984.

De Grazia, Victoria. *How Fascism Ruled Women, 1922-1945*. University of California Press, 1992.

Duggan, Christopher. *A Concise History of Italy*. Cambridge University Press, 1999.

Ginsborg, Paul. *A History of Contemporary Italy: Society and Politics, 1943-1988*. Palgrave Macmillan, 2003.

---. *Italy and Its Discontents: Family, Civil Society, State, 1980-2001*. The Penguin Press, 2001.

Gilbert, Felix, ed. *The End of the European Era, 1890 to Present* (3rd ed.). Norton, 1984.

LITERATURE:

Brand, Peter and Pertile, Lino, *The Cambridge History of Italian Literature*, Cambridge University Press, 1996

To keep your language skills sharp . . .

Make every effort to continue to use and study Italian during the summer in preparation for your year in Florence: listen to the Italian TV news (RAI) on cable or go to www.rai.it , read Italian books and newspapers whenever possible.

Books

In the **Easy Readers series** you can find novels and short stories adapted from the original text. See www.easyreader.dk or the company that distributes them in the US: www.emcp.com. The easiest way to buy them is, however, through Schoenhof's Foreign Books in Cambridge (76 Mount Auburn St., (617) 547-8855). They have an excellent web site and can order about anything you need in a short time: www.schoenhofs.com . Suggested titles at the intermediate and advanced levels:

- Cardella, Lara. *Volevo I pantaloni*
- Chiara, Piero. *I giovedì della signora Giulia*
- Tamaro Susanna. *Va' dove ti porta il cuore*
- Buzzati, Dino. *La boutique del mistero*
- Cassola, Carlo. *La ragazza di Bube*
- Moravia, Alberto. *Sette racconti*
- Ammaniti, Niccolò. *Io non ho paura*
- Baricco, Alessandro. *Seta*

- Culicchia Giuseppe. *Tutti giù per terra*, Garzanti, 1997 (Cosa significa avere vent'anni nell'Italia di oggi)

AA.VV. *Quote Rosa*. Donne, politica e società nei racconti delle ragazze italiane. Fernandel, 2007

- Ballestra, Silvia. *La giovinezza della signorina N.N., una storia d'amore*, Baldini e Castoldi, 1998

- De Carlo, Andrea. *Giro di vento*, Bompiani, 2004

- Marciano, Francesca. *Casa Rossa*, Longanesi 2003

Excellent source to buy Italian books on the Internet: www.internetbookshop.it

Movies:

To learn about Italy in the last 50 years watch this wonderful movie:

La meglio gioventù (Marco Tullio Giordana, 2003)

Any film by the Italian maestri del cinema: Antonioni, Bertolucci, De Sica, Fellini, Pasolini, Rossellini, Visconti, and the following films:

La notte di San Lorenzo (Paolo e Vittorio Taviani, 1982)

Cinema Paradiso (Giuseppe Tornatore, 1988)

Ladri di saponette (Maurizio Nichetti, 1989)

Mediterraneo (Gabriele Salvatores, 1991)

Caro Diario (Nanni Moretti, 1994)

L'America (Gianni Amelio, 1994)

La scuola (Daniele Luchetti, 1995)

La vita è bella (Roberto Benigni, 1997)

Pane e tulipani (Silvio Soldini, 2000)

L'ultimo bacio (Gabriele Muccino, 2001)

Le fate ignoranti (Ferzan Ozpetek, 2001)

Io non ho paura (Gabriele Salvatores, 2003)

Caterina va in città (Paolo Virzì, 2003)

La finestra di fronte (Ferzan Ozpetek, 2003)

Cuore sacro (Ferzan Ozpetek, 2005)

Quando sei nato non puoi più nasconderti (Marco Tullio Giordana, 2005)

La febbre (Alessandro D'Alatri, 2005)

Bianco e nero (Cristina Comencini, 2007)

Web Sites for improving your language skills:

<http://smithaly.wordpress.com/recommendations/> (*a lot of links to online resources to practice Italian*)

www.italica.rai.it/lingua/corso.htm

www.zoomata.com (*This site has many interesting links, explore it!*)

www.safnet.it/A-home.htm (*Sito dell'aeroporto di Firenze*)

www.crs4.it/HTML/Literature.html (*Download many Italian classics!*)

www.italian.about.com (*Verb conjugations, dictionary, anagrams and more*)

www.thecity.it (*Moltissime informazioni sulle città italiane*)

www.igt.it/meteo/ (*Weather in Italy*)

www.radio24.it/live.htm (*"Talk radio" italiana 24 ore al giorno*)

www.rai.it (*Programmi della televisione italiana*)

www.firenze.net (*Everything you ever wanted to know about Florence*)

www.trenitalia.it (*Train schedules*)

www.alice.it (*Informazioni, notizie, links, un po' di tutto sull'Italia*)

www.garzantilinguistica.it (*Dizionario monolingua + dizionario ital./ingl. e ingl./ital. (si chiama Hazon). Consultazione gratis, ma bisogna registrarsi.*)

11. Recommended Accommodations

The following establishments in Florence are recommended for yourself, or family and friends. Youth hostels in Florence are located too far from the *Sede* and are not recommended.

Hotel Maxim

Via Calzaiuoli, 11 (a two-minute walk from the *Sede*) (Tel 055 - 21.74.74), near Piazza del Duomo. Recently renovated. Friendly manager, quiet, clean rooms all with bathrooms. Small breakfast included. Reservations by fax 011 39 055 283729. www.hotelmaximfirenze.it

Hotel Cristina

Via Condotta, 4 (a two minute walk from the *Sede*) (Tel. 055 - 21.44.84), near Piazza della Signoria. Small rooms. Singles only available without bath. No breakfast included. Reservations by phone 011 39 055 21.44.84 or fax 011 39 055 215518.

Short-term apartments offered directly by owners:

<http://www.homelidays.com>

<http://www.vrbo.com>

Bed and Breakfasts close to the *Sede*:

Dei Mori www.deimori.it

Cimatori B & B www.cimatori.it

12. Tips from past students

On living with a host family:

- Flexibility is important but it's also important not to be too flexible or you end up feeling oppressed, and coming from an Italian family I can say it's a very unnatural and alienating thing to avoid arguments all the time. Never leave the water running on *lo sciacquone* (although I still haven't figured out how to avoid this completely) and take the time to watch at least one Italian game show regularly with your host family. Be curious about your family and ask a million questions, and always be respectful of their living space, giving plenty of forewarning for bringing friends over.
- Be patient and be gracious! It's always better to ask before doing things instead of just assuming that something that might be ok in your own home is also ok in the home of your host family, like not wearing shoes in the house or having friends spend the night.
- Do the best you can to develop a friendly relationship with your host family. It will make a difference in your general satisfaction with life in Florence. Of course it doesn't always work out to be a super close relationship, but the main thing is to practice your Italian with the family, show your gratitude, and try to have an interest in their lives. Be comfortable. Don't ever be afraid to ask questions about everyday boundary issues or house rules that might seem vague or unclear. You will most definitely have embarrassing experiences, so go into it head on and don't be ashamed.

On learning Italian:

- Just listen to people. The best thing I did to improve my Italian was observe locals anonymously on the bus, in stores and at the university, picking up on things that drop magically from speech when an Italian addresses a foreigner or stranger. Obviously this doesn't give you practice in speaking the language, something that you have to tackle in

one setting or another, but like listening to music it ingrains the theatricality of the sounds and gestures into your brain and you find yourself conveying meaning to people just through rhythms even if you're not forming the words quite right.

- Literally think of a story of something that has happened to you (maybe a time you went on vacation or when you and your best friend snuck out - something a little more conversational and not just an academic-type response, something you would bring up in conversation) and then re-tell the story to yourself before bed and when you come to words or ways of saying something that you don't know, figure it out. One story a night helped me soooo much!
- Don't be afraid to make mistakes. I myself spent the first semester too afraid to speak more than 3 sentences to people. Then I realized how foolish I was to be afraid. It's okay to make mistakes, in fact I find that you remember most the mistakes you've made where someone's corrected you; you'll never make that mistake again (or at least try your darndest not to). I was also very nervous about how my accent was, until this man Giovanni gave me the best advice. He told me that my accent is my own, that it's a history of my own personal experience with the language, and that I shouldn't be ashamed but instead I should be proud because it is my own interpretation, my own relationship with the Italian language.

On making friends:

- Making friends = doing things you like to do normally. Dance, go to the gym, volunteer, etc. and you will make friends. Don't be shy either, just get over it and go for it. You've only got a few months!!!
- To make friends and have a life, you must get out into the city. It depends on you . . . being stuck inside talking on the computer is not a life and definitely not a way to make Italian friends. I spent a lot of time going to see live music, primarily jazz, tango, and blues, my favorites to hear. Most of my friends were musicians or were in the music circles in some capacity, much like my friends in America. I found my niche rather easily after a few months of wandering around aimlessly.
- I had a good friend that I made outside the Smith program who was German and together we met a lot of kids at the university but I think that if I were with another American that might not have happened because we were always speaking Italian with these people. We met these university kids just by talking to anyone we thought was interesting on the street. Talk to people, talk to people.
- Meeting Italian friends was very difficult for most of the girls on the program, because it is easy to want to stay in your comfortable group of American friends. It is so worth it to meet students, though. The girls who branched out and met up with other international or Italian students were able to speak the language better by the end of the year, knew the city and the culture better, and were more satisfied with their experiences at the end. As for where to meet people, that is tricky. Most girls met Italian friends through former JYA friends or through host family siblings. If you don't have someone to introduce you to Italians, it seems nearly impossible. But you just have to be willing every day to try new things and branch out. Don't be timid that your Italian is not very good. The friends I met were very forgiving and understanding. Most of them were learning other languages so they could relate to the language difficulties.

Part B: General JYA Information

13. Cultural Adjustment, by Bill Hoffa¹

Many travelers go through an initial period of euphoria and excitement, overwhelmed by the thrill of being in a totally new and unusual environment. As this initial sense of "adventure" wears off, they gradually become aware of the fact that old habits and routine ways of doing things no longer suffice. They gradually (or suddenly) no longer feel comfortably themselves. If this happens to you, as it is likely to, you will feel like the outsider you in fact are. Minor problems may quickly assume the proportions of major crises, and you may find yourself growing somewhat depressed. You may feel an anxiety that results from losing all our familiar signs and symbols of social intercourse, a kind of psychological disorientation. You will indeed be experiencing what has come to be referred to as "Culture Shock". Such feelings are perfectly normal, so, knowing this and with a bit of conscious effort, you will soon find yourself making adjustments (some quite subtle and perhaps not even noticeable at the conscious level) that will enable you to adapt to your new cultural environment.

There is no clear-cut way of dealing with culture shock. Simply recognizing its existence and your accepting vulnerability to it is an important first step. As long as you know in advance that you will probably fall victim to culture shock at a certain level, you can prepare yourself psychologically to accept the temporary discomfort and turn it into an advantage by learning from it. Remember that you are not the only one experiencing occasional frustration, irritability, and depression, etc. Falling victim to culture shock, in other words, does not imply the existence of any psychological or emotional shortcomings on your part. As Robert Kohls says, "Culture shock is in some degree inevitable... and is the occupational hazard of overseas living through which one has to be willing to go through in order to enjoy the pleasures of experiencing other countries and cultures in depth."

Undergoing culture shock is in itself a learning experience that you should take advantage of. It is a way of sensitizing you to another culture at a level that goes beyond the intellectual and the rational. Just as an athlete cannot get in shape without going through the uncomfortable conditioning stage, so you cannot fully appreciate the cultural differences that exist without first going through the uncomfortable stages of psychological adjustment.

14. JYA Program Fees and Billing

The program fee for Smith JYA programs is the same as the Smith comprehensive fee. Expenses not included in the JYA Program fee (*see Section 5: Fees and Expenses*) are the responsibility of the student. Such expenses include US-based health insurance, international airfare, books and supplies, passport and visa fees, and personal expenses such as medical expenses, toiletries, phone calls, entertainment, personal travel and dining out.

Smith uses a paperless E-bill system; paper bills are not sent by mail. Students and any

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authorized user that the student designates will receive automated emails when new billing statements are available, approximately 1 month before payment is due (August 10 for fall semester, January 10 for spring semester). Please see the Student Financial Services webpage “Guide to Fees and Payments” for more information about billing and payments at <http://www.smith.edu/finaid/guides/feesandpayments/> .

Guest students whose home institutions pay part or all of their study abroad costs are responsible for understanding those arrangements, and for giving “authorized user” status to the appropriate person at the home institution.

15. Financial Aid

Smith College students are eligible for financial aid on the same basis as when they are studying in Northampton (with a few exceptions). Students must complete all financial aid application paperwork by May 1. For questions about Smith Financial Aid related to study on a Smith JYA program, please visit Student Financial Services <http://www.smith.edu/finaid/jya.php> .

Unfortunately, Smith College cannot provide financial aid to students from other institutions; those students should contact their own college for financial aid assistance.

Consider giving financial power of attorney to a parent or trusted friend for the duration of your time abroad, so that that person can take care of financial transactions, such as signing financial aid paperwork, on your behalf.

16. Health Insurance, Medical Care and Prescriptions

All students are required to carry US-based primary health insurance, and will be automatically enrolled in the Smith College student health insurance plan through Gallagher Koster at the beginning of the term abroad. This insurance plan may be waived online at <https://www.gallagherkoster.com/> if the student has another primary health insurance policy that provides comparable coverage, except in the case of international students, who must purchase the Smith College student health insurance plan through Gallagher Koster.

Students on a Smith JYA program are also covered by a supplemental international medical insurance policy through Gallagher Koster. This plan, “Study Abroad Accident & Sickness Insurance Program,” is included in the JYA program fee. The policy provides 100% coverage for office visits, and prescription coverage at 80% for the period of the program, up to certain limits. It will serve as the primary policy during the program term. Any expenses not covered by this plan should be submitted to the student’s US-based health insurance provider. Students are responsible for their own medical expenses and for coordinating health insurance benefits with their US-based health insurance company.

Students and their families should review this plan and be familiar with its coverage levels. It can be downloaded at <http://www.gallagherkoster.com/studyabroad>. Policy documents will also be sent to students via email during the summer.

Medical care: Health care providers in Europe generally do not bill US health insurance companies. Thus, students must pay at the time of service for their care and seek reimbursement through Gallagher Koster's claims company. The plan brochures detail the claims process. Reimbursement checks in US dollars can only be sent to a US address. Students are responsible for managing their own health insurance claims; program staff can be consulted, but cannot file claims for students.

Since the health insurance plan works on a reimbursement basis, students should discuss with their families how they will handle medical expenses before departure. As a last resort, students can request financial assistance from the program director and associate director. Any such loans must be repaid before the start of the following academic year or students will have a financial hold placed on their Smith accounts.

Prescriptions: It is the student's responsibility to investigate thoroughly and well in advance of departure the availability of any medication in her destination country, and the legality of carrying a supply of any medication into the country. International SOS can help with this: call the Philadelphia Call Center at 215-942-8226, and give them the 5 College policy number: 11BCAS000005.

Additional health insurance coverage is provided in some JYA locations; see your program specific section for details.

17. Other Insurance and Services

All participants are covered by a Travel Accident Policy as well as a Travel Assist policy which provides emergency medical evacuation and repatriation coverage. For details, see <http://www.fivecolleges.edu/sites/riskmgmt/travel/>. Benefits are coordinated through the 5 College Director of Risk Management via your program director.

Smith College is not responsible for personal injury or for damage to or loss of personal property. If you want liability, luggage, or other personal insurance, please arrange coverage with your agent before leaving the US.

18. Travel to the Program Site

Students are responsible for booking and paying for their own travel to the program site. Most flights leaving the US for Europe leave in the evening and arrive early the next day, so be sure to book your travel to arrive at the program site on the correct day! Students who arrive before the program start are responsible for making their own accommodation arrangements and the cost of those accommodations. See section 11 for lodging recommendations.

Smith students who are eligible for airfare stipends will be notified in May of the amount, and funds will be sent via check or direct deposit. Airfare stipends will cover approximately half the cost of an average ticket to the program location.

Purchasing a round trip ticket with a return date more than 11 months after the date of purchase is usually not possible. There are three ways to handle this problem.

- purchase a round trip ticket with the latest return date possible, and plan to change your return and pay any change fees. Be sure to make your changes before the original departure date. STA Travel (www.statravel.com) offers a low change fee and good student rates.
- purchase two round-trip tickets, and “throw away” the return portion. The benefit of this option is that you can “play” with the return dates to get the least expensive fare.
- purchase two separate one-way tickets. For some reason, one-way tickets are usually outrageously expensive, but a few airlines do offer competitive one-way rates.

Other useful travel sites include <http://www.Travelocity.com> , <http://www.kayak.com> , <http://www.studentuniverse.com> , and <http://www.itravelosophy.com> .

Students should not plan any travel until their end of the semester academic commitments are clear. In most cases, exam dates will vary by course and may not be posted until mid-way through the semester. Students on a Smith JYA program are required to attend all scheduled exams and may not leave the program until their academic commitments have been satisfied.

19. Accessing Money Abroad

One way to obtain cash abroad is by using an ATM card linked to your US checking account to withdraw euros. Most US banks charge a flat fee per transaction, and ATMs offer the most favorable rates of exchange. Be sure to budget for these fees, and consider making fewer withdrawals of larger amounts. (Be extremely careful carrying large amounts of cash.)

Ask your bank what fees they charge for cash withdrawals overseas and if there is a limit to how much you can withdraw per day or per transaction. It may be worth opening an account with a different bank that has lower fees.

In any case, sign up for online banking so that you can manage your US bank account easily from abroad and notify the bank that you will be abroad for the next year so they don't think your card has been stolen. Check also that your PIN will work internationally, and know the numbers, not only the letters of your PIN. Also, be sure your family knows how to deposit additional funds into your account (in case of emergency, or for insurance reimbursements).

In addition, plan to have a few back up sources of money while abroad (credit card, travelers checks, cash), in addition to an ATM/debit card.

Cash: It's helpful to have about €100 upon arrival, so that you can buy a snack and pay for transportation to the program center. In addition, consider a small stash of cash in a secret and secure spot in your room, for emergencies.

Credit Cards: Credit cards are not as widely used in Europe as in the US, and debit cards cannot function as credit cards. Visa and MasterCard are more widely accepted than American

Express. However, for purchases like plane or train tickets and lodging, credit cards can be quite useful. In addition, they are a very good to have in an emergency. Most credit card companies will give cash advances, which can be obtained at the teller window of a bank or an ATM machine if you have a PIN, but at very high interest rates – this is not recommended, except in an emergency. Again, notify your credit card company that you will be abroad next year, and sign up for online statements, so that you can manage your account and make payments from abroad. And remember, just because you have a credit card does not mean you have to use it!

Travelers Checks: Travelers checks can be cashed at banks, exchange bureaus, some hotels and American Express or Thomas Cook offices, but the exchange rate is usually not as favorable and commissions are often charged. Thus travelers checks can be useful as back-up funds, but aren't convenient for regular use.

See program specific information for local banking tips, details regarding meal stipends from Smith and spending money recommendations.

20. Exchange Rates and Budgeting

Fluctuating exchange rates can make advanced planning of costs challenging. It's best to overestimate your costs to accommodate these fluctuations. Become familiar with current exchange rates online, so that in the beginning of your stay you are aware of how much you are spending. Gradually, you will become accustomed to spending in the local currency, and forget about dollar equivalencies. In fact, it's best not to focus too much on the price of specific items, but to modify your spending habits to stay within your budget.

In general, life in Europe will be more expensive than it is in the US, though it very much depends on personal spending habits. At the very least, expect to spend as much per week as you do in the US.

In addition, think now about any travel you plan to undertake while abroad. Past students report spending €300-500 per week on food and lodging while traveling around Europe, not including transportation costs or other expenses.

21. Packing for Study Abroad

Pack light. You will need less than you think. You can buy almost anything you need in Europe, though prices may be higher than what you are used to.

Take no more than two moderately sized pieces of luggage and a carry-on bag that you can use for weekend trips. You must be able to carry all your luggage by yourself, possibly up and down stairs, and on cobbled streets where wheeled suitcases become unwieldy. Check with your airline for size and weight restrictions for your luggage, as well as any associated fees. Label your luggage inside and out with your name and the program address.

If you find you must bring more clothing than fits in two pieces of luggage, it is usually cheaper

to pay excess baggage charges to the airline than to ship items. Shipping boxes of personal belongings is not recommended, as you may need to pay taxes and custom fees and go to great lengths to retrieve your luggage. If you must ship items, be sure to list the contents of such shipments as used personal effects. Never ship laptops, electronics or medications.

Keep in mind that Europeans tend to dress up more than Americans. For instance, pajamas or athletic wear are usually not worn to class. Rather than multiple pairs of jeans, for example, consider bringing just one pair, and diversifying your wardrobe with trousers and skirts (especially if you plan to intern!). Pack items that work together and can be layered. You are also likely to do more walking in Europe than you do at Smith; bring comfortable shoes.

Items to pack in your carry-on luggage:

- important documents, including passport and visa
- cash in local currency
- laptop (if you are bringing one)
- medications, clearly labeled in their original packaging
- a copy of your prescriptions
- basic toiletries (in tiny travel sizes)
- a change of clothes in case your luggage gets lost

Items to bring abroad:

- your laptop start up disks, just in case
- a converter for your laptop – do your research before you buy!
- a medium sized backpack or piece of luggage suitable for weekend trips

Do not bring:

- small electronics like hair dryers
- dictionaries – the program centers have them
- bedding

22. Health and Wellness Abroad

Visit your doctors and dentist for routine appointments during the summer before departure. If you have chronic conditions or mental health needs or take prescription medication, discuss managing your health abroad with your doctor. Discuss obtaining your medication, and what to do if it seems to stop working. What if new conditions arise, or old problems resurface? Considering bring a copy of your medical history with you and sign a release with your doctor or with Health Services at Smith College to facilitate transfer of your records to a care provider abroad.

If you regularly take any kind of prescription medication, carry a prescription written in generic terms with you. If possible, bring a sufficient supply of such medications to cover your entire time abroad. Ask your doctor about whether your medication can be disbursed in quantity, and if so, plan to obtain a supply in advance of departure. In addition, research your host country's laws regarding that particular medication, as drug laws vary greatly. Call the International SOS Center at 215-942-8226. The 5 Colleges Inc membership number is 11BCAS000005. If your

medication is not available abroad, discuss changing medication with your doctor.

Bring a second pair of glasses or contact lenses and a copy of your vision prescription as well.

Each program center maintains a list of doctors (general practitioners and specialists, psychotherapists, psychiatrists, and dentists) from whom students have received good care in the past. Ask your associate director for the list of medical providers.

23. Relationships

The idea of a once-in-a-lifetime foreign romance is very charming, but be cautious about entering into a relationship abroad. There are cultural values and rules regarding dating and relationships; take time to figure them out before beginning a relationship. Differences in solicitation, dating and what exactly constitutes a relationship will not be as apparent as they are in your home culture. While cultural sensitivity is a necessary part of adapting to your host culture, if you ever feel that your personal safety is threatened, put aside your cultural sensitivity long enough to remove yourself from an uncomfortable situation. In a cross-cultural relationship, it is also appropriate to share your own standards of safe sex and discretion with your partner.

24. Safety Abroad

Be smart about personal safety. Use common sense: don't walk alone at night, drink too much, accept drinks from a stranger or leave with someone you just met. Use the buddy system and pay attention to what is going on around you. Avoid demonstrations and large crowds. Take cues from people around you and listen to advice from locals about which areas to avoid.

Theft is the most common crime experienced by students abroad. Students have been pick-pocketed, mugged and had unattended items like jackets and laptops stolen. Safeguard your personal belongings: leave important documents like your passport at home, and carry only the cash you need that day and a copy of your passport. If you must carry your passport and/or a lot of cash, use a money belt; never carry your passport or other valuables in a purse or backpack which can be easily stolen. Also safe-guard the key to your residence; replacing the locks at either a host family's home or a university residence is no small feat. If you are a victim of theft or another crime, report it to your program director. He or she will advise you about reporting it to local authorities and provide support.

Memorize at least one phone number, such as the program center, and know how to use the public phones in case your cell phone is lost, stolen or the battery dies while away from home. Make copies of your passport and other important documents such as your residency permit, visa, credit card, debit card, etc, and leave one at home with your family and one in your room in Europe. They will be useful in the event that your passport needs to be replaced, or you need to cancel your credit card.

Smith College strongly urges students not to rent or operate any motor vehicles while abroad.

25. Emergencies

In the event of a medical emergency, seek medical treatment and contact your program director.

In the event of a large scale event such as a natural disaster or terrorism in your program location or where you are traveling, contact your program director to let him or her know you are safe. Then, if you are able, contact your parents, who will have invariably heard a vague report of the incident and be very worried about you. Your program director will communicate with OIS at Smith, and can contact your family, if necessary.

26. Student Conduct

Students attending a Smith College JYA program are expected to conduct themselves in a manner compatible with the program and its reputation, with local laws and regulations, and with Smith College regulations for student conduct. The Smith College Code of Student Conduct is found at: <http://www.smith.edu/sao/handbook/socialconduct.php>

In cases of academic or personal misconduct the director has the right and responsibility to implement a range of sanctions and in severe cases, in consultation with the Smith College administration, may require withdrawal from the program. In the case of involuntary withdrawal, no credit will be granted and no fees will be refunded.

27. Laws of the Host Country

Students studying or traveling in a country are bound by the laws of the host country just as local citizens are. The laws of the US or your home country do not protect you. This applies to everything from drug possession and alcohol laws to currency exchanges, dress codes, and drunk driving. It is not unusual to receive a prison sentence for crimes, or to be held in a prison for several years while you await a trial.

If you are arrested, it is unlikely that the US Embassy, your family, or Smith College will be able to arrange for your release. Your embassy can notify your family and help arrange for legal representation, within the laws of the host country. See the U.S. Department of State web page on assistance to U.S. Citizens arrested abroad, at:

http://travel.state.gov/travel/tips/emergencies/emergencies_1199.html

28. Alcohol and Drug Policy

Alcohol may be consumed, but not abused, by students who are of legal age in the host country. Students who choose to consume alcohol do so with the knowledge that they remain responsible

for their actions at all times. Smith College prohibits the illegal distribution of alcohol to students who are not of legal drinking age in the host country and prohibits the unlawful use of alcohol in any of its facilities and at any of its activities.

Possession, use or distribution of any substances that are considered by host country law to be illicit or illegal drugs is prohibited. Students are cautioned that the possession of drugs is often dealt with harshly by local and host country law enforcement.

Any alcohol or other drug infraction will be considered a grave violation of program policy and may result in serious sanctions, up to and including dismissal from the program.

29. Personal Travel

When planning travel outside of the host city, inform your program director, and leave your itinerary so that they know your whereabouts in the event of an emergency.

Thanks to a number of low-cost airlines in Europe such as RyanAir and EasyJet, the cost of air travel has become competitive with travel by rail, though rail passes can also be a great bargain. Keep in mind they must be purchased outside of Europe; have a friend or family member purchase and send it to you. University organized trips can also be cost effective, and a great way to develop friendships with other students.

In addition to transportation costs, past students report spending anywhere from €300 to €500 per week on food and lodging when traveling in Europe during breaks and holidays. If you plan to travel, build these costs into your budget as well.

30. Visits from Family and Friends

If family members or friends plan to visit you, encourage them to come after you have settled into your new life, at least two months after arrival. Past students have enjoyed visits from their family over the winter holiday break, and families often plan spring-time visits, when their student has really settled into life abroad, the weather is nice, and travel is less expensive.

If you are living with a host family, it is unlikely that they will be able to accommodate your family or any other overnight visitors. In residence halls, there is not much extra space, and some have rules about overnight visitors. See section 11 for accommodation recommendations.

31. Additional Pre-Departure Resources

To register with the US Embassy in your host country and get more advice for student travelers: <http://www.studentsabroad.state.gov>

More safety tips, and “Know Before You Go” video: <http://www.saraswish.org/>

A cultural training resource for study abroad: <http://www2.pacific.edu/sis/culture/>

More on adjustment and culture shock: <http://www.studentsabroad.com/cultureshock.html>

32. Post JYA Plans

Smith students studying a JYA program are eligible to apply for a Blumberg Traveling Fellowship to support research projects of at least 4 weeks in length in their host country. Geneva and Hamburg students can apply for support for projects during their long winter break and should apply at least 3 weeks before the start of the proposed project. Proposals for summer projects are due March 15. See http://www.smith.edu/studyabroad/grant_blumberg.php for more information.

Many JYA students stay on in the summer and intern. The Smith JYA program centers have some of contacts, but be ready to do much of your own leg work to arrange an internship. Praxis funds can be used for internships abroad. Inquire with your program director for other possible sources of support.

33. Returning to Smith

Housing: Watch your Smith email account in February for information about housing. Students who are abroad are held to the same timeline as students on campus. You will need to submit your House Decision Form online, and if you choose to leave your current house, your House Choice Form, and communicate with your housing proxy in advance of the housing lottery. See http://www.smith.edu/sao/reslife/lottery_getstarted.php, and contact the Housing Coordinator if you have questions.

Registration: You’ll receive a registration code and instructions via your Smith email account.

Evaluations: All students must complete an online evaluation of their JYA experience. Additional evaluations maybe required at some JYA sites. Students who do not complete their evaluations will have a registration hold placed on their accounts.

Grades and transcripts: Your JYA director will forward your courses and grades to Smith College’s Office of the Registrar once your grades are complete. All courses and grades will show on your Smith College transcript. For Smith students, JYA grades will be included in GPA calculations. JYA grades will be available via BannerWeb.

34. Returning to Another College or University

Registration and Housing: Stay in touch with the appropriate offices and your study abroad office for instructions on arranging housing and registering for courses for your return to campus.

Evaluations: All students must complete an online evaluation of their JYA experience. Additional evaluations maybe required at some JYA sites. Smith OIS will work with home institution study abroad offices to ensure completion of evaluations by guest students.

Grades and Transcripts: Official Smith transcripts will be sent to your home address and the college office you specified in your application as soon as your grades have been posted to your Smith record. To request official transcripts in the future, contact Smith College's Office of the Registrar. <http://www.smith.edu/registrar/transcript.php> . JYA grades will also be available via BannerWeb.

35. Reverse Culture Shock, by Bill Hoffa

Just as you will have had to brace yourself for a period of psychological disorientation when you leave the USA, you should know that after your time abroad, you may also have to prepare yourself for a parallel period of readjustment when you return 'home.' Why? Simply because, if you have had a full experience living and learning overseas, you are likely to have changed some, while you have been away, so the place you return to may itself appear to have changed, as indeed it might have. Even though these changes are seldom huge, and may not be apparent to others, you are likely to be very aware of them, and this can be confusing, all the more so because it is unexpected.

Immediately after your return, you can probably expect to go through an initial stage of euphoria and excitement. Most people are overwhelmed by the sheer joy of being back on their native turf. But as you try to settle back into your former routine, you may recognize that your overseas experience has changed some or many of your perceptions and assumptions, your ways of doing things, even what it means to 'be yourself.' You might have become, in a sense, a somewhat new person. After all, that is what education is all about! But this intellectual and personal growth means that you can expect a period of disorientation as you adjust to the "new" environment at home.

The re-adjustment period is usually rather short-lived, since 'home' will never be as "foreign" to you as the foreign environment you adjusted to overseas. Also, your experience of dealing successfully with culture shock abroad will have provided you with the psychological tools for dealing with the challenges of readjustment. Obviously, the more you have changed--often a by-product of the time you were away and how deeply you immersed yourself--the more difficult it will be to have things go back to a previous notion of normality. However, if you are aware of the changes (and seek to learn from them, smooth adaptation is more likely."

As a means of readjusting and staying in touch with the international scene, you may want to consider contacting students who have been abroad, who are currently abroad, or who are thinking about going abroad. There are many ways of maintaining contact with friends you made

overseas, foreign and domestic, and also of remaining in touch with the culture you entered and now have left--via letters, e-mail, phoning, magazines, books, etc. and other means. Discussing things and sharing experiences with others is almost always worthwhile. Remembering what it was like for you to have been, for a time, a 'foreigner' should inspire you to try to get to know the international students on your campus or others from 'minority' backgrounds, who may themselves be feeling some of the same social dislocation and alienation you once felt when you were overseas. The key is to build on the cross-cultural coping skills you now possess and to find conscious ways of integrating your new 'self' into your evolving personal and academic life, not seeing it as a 'dream' or something irrelevant to your future.