

*Consortium For Advanced Studies Abroad (CASA)*

**Pre-departure Booklet**

Santiago, Chile

Monday, July 23 – Early December, 2018

# CASA

## Santiago de Chile, Fall 2018

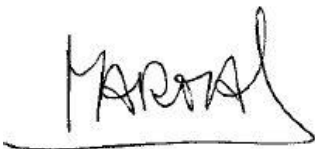
3 de mayo de 2018

Estimadx Participante de Study Abroad,

¡Bienvenidx al programa de otoño 2018 en Santiago! Estamos muy contentos de que hayas decidido participar en este programa donde vivirás, estudiarás, y te insertarás en la cultura chilena. Todos los que trabajamos en la oficina de Santiago queremos apoyarte y ayudarte a que la experiencia que estás por comenzar sea inolvidable y que tus metas personales, profesionales, y académicas se cumplan.

Si tienes alguna pregunta o duda, no dudes en contactar a cualquier miembro del equipo de nuestra oficina. Cuenta con nosotros para lo que necesites, estamos aquí para ayudarte y para hacer que esta experiencia sea una de las más significativas de tu vida.

Atentamente,

A handwritten signature in black ink, appearing to read 'Pilo Mella', written over a horizontal line.

**Pilo Mella**  
Resident Director  
CASA - Chile

## Administrators CASA Chile



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## Primera Semana de Orientación

lunes 23 julio	martes 24 julio	miércoles 25 julio	jueves 26 julio	viernes 27 julio
<b>10:00</b> Orientación: Bienvenida -Transporte público - Seguridad - Salud - Comidas - Cultura. Lugar: DRCLAS, 1er piso	<b>10:00</b> Bienvenida General Universidad de Chile (UCH). Av. Libertador Bernardo O'Higgins 1058, 1° piso, Santiago	<b>10:00</b> Presentación Paula Molina	<b>7:00 AM</b> Registro de Visa en Policia de Investigaciones (PDI). Eleuterio Ramírez 852	<b>10:00</b> Orientación personalizada en UCH
<b>11:15</b> Coffee break		<b>11:30</b> Traslado a Barrio Bellavista		
<b>11:30</b> Chilenismos	<b>13:00</b> Almuerzo	<b>12:30</b> Almuerzo en barrio bohemio y cultural Bellavista		
	<b>2:30</b> Presentación: Historia Política de Chile Prof. Claudio Fuentes, Cientista Político, UDP			
<b>13:00</b> Almuerzo en DRCLAS	<b>16:30 - 18:00</b> Visita guiada al Museo de la Memoria y DDHH	<b>13:30- 17:00</b> Visita al Cerro San Cristóbal	<b>14:00</b> Almuerzo en centro de Santiago	
<b>14:30 - 17:00</b> Visita al centro de Santiago: La Moneda, Plaza de Armas y Catedral			Libre	

## Segunda Semana de Orientación

lunes 30 julio	martes 31 julio	miércoles 1 agosto	jueves 2 agosto
<b>10:30</b> Visita Centro Cultural la Pintana	<b>9:00</b> Tour en Bicicleta	<b>9:30</b> Orientacion Universidad Catolica. Alameda 340	<b>11:00</b> Orientacion Universidad Diego Portales (UDP) Calle Vergara 324
	<b>13:00</b> Almuerzo en Mercado Central		

## Calendario de Viajes CASA Chile Fall 2018

23 - 26 Agosto	27 - 30 Septiembre	25 - 28 Octubre	Noviembre
San Pedro de Atacama	Visita de estudiantes CASA Argentina a Chile. (Viaje a Valparaíso)	Buenos Aires, Argentina	Isla Negra

## Academics

After the orientation, the CASA Resident Director based in Santiago assists each student to enroll at top local universities for transfer credit towards their degrees. Students attend classes with Chilean university students, and can choose from a wide variety of classes offered at the [Pontificia Universidad Católica de Chile](#) (PUC), [Universidad Diego Portales](#) and [Universidad de Chile](#) (UCH). Students are required to take **at least three courses** at the local universities, in addition to the **Pro Seminar** organized by CASA.

While the CASA Resident Director provides individual advising to students in their course selection, students may also want to explore the lists below of possible and suggested courses:

- [Chilean Culture Courses](#)
- [Economics Courses](#)
- [Public Health Courses](#)
- [Science Courses](#)
- [Social Science Courses](#)

Additionally, students can explore a variety of social, cultural, political, and professional opportunities beyond the classroom. Students can also participate in non-credit internship opportunities, linked to the students' area of academic studies, such as in community and grassroots organizations, cultural, health, and environmental institutions, and international agencies.

Moreover, the exchange offices at local universities ensure students are included in all their orientations, dinners, sports teams, and other organized social and cultural events. Students also have the opportunity to meet Chilean host students, who can introduce them to *Santiaguino* life and broader Chilean culture, and with whom they can have a language exchanges .

### Teléfonos para Emergencias

**Código Internacional de Chile: +56**

**Ambulancia: 131**

**Carabineros (policía): 133**

**Bomberos (Fire Dept): 132**

**Embajada de los EEUU: (2) 2330 3000**

**Oficina de DRCLAS: (2) 2290 0300**

**Celular de Pilo: (9) 9799 8718**

**Celular de Francisco: (9) 4070 6917**

**Blue Cross Blue Shield of MA Worldwide Service Center: +1-800-810-2583**

**Collect: +1-804-673-1177**

**Clínica Alemana: (2) 2210 1111**

**Info. Toxicológica PUC: (2) 2635 3800**

Recibirán una tarjeta con todos los números que puedan necesitar en caso de emergencia. Por favor, coloquen esa tarjeta en sus billeteras para que la tengan en todos momentos.

**Para llamar a un celular desde teléfono fijo:** marca 9 + número de 8 dígitos

**Para llamar a un teléfono fijo desde un celular:** marca 2 + número de 8 dígitos

**Para poner '@' en el computador:** Alt Gr + tecla Q

# Pre-departure Timeline

## **4 weeks before departure**

- √ Check with your health insurance carrier to make sure you are covered abroad and obtain travel medical insurance if necessary.
- √ Visit your physician and ensure that all immunizations are up to date. Refill any necessary medications and carry copies of your prescriptions in your hand luggage.
- √ Make travel arrangements.
  - Orbitz, Expedia, and Travelocity are other good sources for reasonably priced tickets, and some programs arrange group flights.
- √ Plan your budget and strategies for handling money.
  - Check with your bank on fees for international ATM withdrawals and notify your credit card companies of your travel dates. NOTE: Bank of America has an agreement with Scotiabank in Chile which allows you to withdraw money from an ATM **without** paying a fee.
- √ Read about Chile – you can read Chilean newspapers online: El Mercurio: [diario.elmercurio.com](http://diario.elmercurio.com) y La Segunda <http://www.lasegunda.com/>

## **1-2 weeks before departure**

- √ Make photocopies of your passport, visa, and health records. Carry one copy with you, in a location that is separate from the originals, and give one copy to your family at home.
- √ Make a plan for communicating with family when you arrive and during your stay (e.g. Skype)
- √ Exchange currency so that you have Chilean pesos on hand when you arrive.
- √ Find some pictures of friends and family to bring with you, and consider buying a few, low cost souvenirs for your host family and new friends.

## **2-3 days before departure**

- √ Confirm your flight.
- √ Look up the baggage requirements and limitations for your airline.
- √ Label all bags with your name and the address of your host family.
- √ Put all important contact information in your carry-on luggage.



# Travel Recommendations

## Packing and Luggage

- Label all of your bags with your name and the address of your host family.
- Check with your airline for new limitations on baggage weight and size.
- Carry all important documents, CASA contact numbers, the phone number for your host family with you.
- Remember that it will be summer in Chile but in March starts to be colder. Pack as you would for a winter in Providence, RI. Temperatures fluctuate dramatically in the morning and midday, so packing layers is highly recommended.
- People that you meet will probably be interested in learning about your home country. You might want to bring some items that represent your culture. Some students have recommended bringing low-cost souvenirs to give as gifts to your host family and new friends. Keep in mind that you cannot bring produce or plants through customs.
- Laptops: bring a laptop if you will need it (some internships require a laptop).
  - If you bring your laptop:
    - All new laptops have internal power convertors, but you may need an adaptor and certainly will need a surge protector.
    - Take the manual, warranty, and service information for your laptop with you and know how to get service abroad.
    - Keep your laptop in sight at all times in an airport. Do not put your laptop on the conveyor belt at security until you are sure that you will be the next person through security.
    - Never leave your laptop unattended at any time in Santiago (especially in cafés like Starbucks), and take care when transporting your laptop so that it is not overly obvious.

## Health: What to know before you go

- Schedule a travel consultation appointment with your primary care physician. It is wise to see a dentist well in advance of leaving in case you require additional dental work before you go. Women may want to schedule a gynecological appointment before departure.
  - If you are under a doctor's care for a specific condition, be sure to discuss what you should do to maintain your health while you are away. Consider factors such as climate and air quality and access to medical facilities that might be necessary for your particular health concerns.

- If you will be using a prescription for the duration of your program, ask your physician to prescribe in advance (when clinically appropriate) a supply that will last the entire length of your stay. Minimize risks at international borders by taking copies of your prescription with you and keeping all medications in the bottles in which they are dispensed.

### **Medical Insurance**

- Comprehensive medical insurance is essential during your program abroad. If your existing policy does not cover you outside the United States, you will need to purchase other insurance. Several insurance coverage options are described below. *CASA does not recommend a specific health insurance provider; it is up to you and your family to choose an option that will best meet your health needs.* Consider the following when making your decision, and choose insurance which best fits your needs:
  - Length of coverage (choose coverage for the **entire length of time abroad**, including orientation and leisure travel, and **plan for coverage for when you return**)
  - Basic medical expense coverage (for broken limbs, etc.)

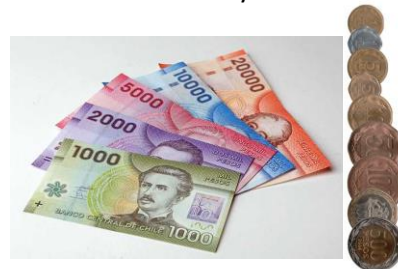
## National Holidays/Long Weekends

You may want to use the following long weekends to travel outside of Santiago or to explore Santiago on your own:

- Wednesday, August 15, 2018 – Asunción de la Virgen
- Monday, September 17, 2018 – Fiestas Patrias
- Tuesday, September 18, 2018 – Independencia Nacional
- Monday, October 15, 2018 – Día del Encuentro de Dos Mundos
- Thursday, November 1, 2018 – Día de Todos los Santos
- Friday, November 2, 2018 – Día de las Iglesias Evangélicas y Protestantes
- Tuesday, December 25, 2018 – Navidad

## Budget and Money

- You can obtain Chilean pesos (CLP) at any currency exchange location, but note that most locations do not keep CLP on hand and will have to order it for you, so allow a week or two for this.
- The exchange rate is approximately **\$600 Chilean pesos (CLP)= \$1 USD**, but this varies daily. You can check the exchange rate at <http://www.x-rates.com/d/CLP/table.html>
- Your (ATM) card from your home account may well allow you to withdraw money from your account in the local currency. Inquire about the amount of funds that may be drawn out per day and the charge for overseas withdrawals. The charge per withdrawal may be as high as \$6.00 at host ATMs abroad. Some home banks charge no fee for international ATM withdrawals (**Bank of America** has an agreement with **Scotiabank** and charges no fee when withdrawing from a **Scotiabank ATM**). If you need additional funds while overseas, they may be deposited into your home account and you will be able to withdraw them.
- Notify your bank and credit card companies that you will be in Chile to avoid any issues with using your cards.
- Bring some personal funds to cover unexpected expenses, especially those incurred during the first month.
- If you are expecting to receive funds from home during the program, make proper arrangements for their timely disbursement. Keep in mind that fluctuations in the exchange rate may raise or lower the value of funds that you are expecting to receive.



## Cell Phones

Cellphones are cheap and easy to obtain once you arrive in Santiago. The major carriers in Chile are ENTEL and Movistar. A phone runs around \$30,000 CLP (around 46 US Dollars). The phone comes with around \$5,000 - \$10,000 pesos worth of credit to talk and/or text. When you run out of credit you can purchase more credit at any pharmacy (i.e.: Cruz Verde), supermarket (i.e.: Unimarc) or minimarket (i.e.: Big John) and at any metro station.

If you have a phone that is unlocked you can bring it with you and purchase a SIM Card.

## Living in Chile

### Host Families

Living with a host family will be a valuable part of your experience in Chile. Keep the following tips in mind to ensure that both you and your host family have a positive experience.

- In general, Chilean families are very close, and they will include you in the family. Host parents will most likely ask you where you are going and when you are going to be home, what you will be doing, etc. They do not do this to be nosy, but because they are concerned for your well-being and security and would like to be able to advise you accordingly. Remember that it is their country and they know it best.
- Host mothers may go through your belongings to organize them for you.
- It is not customary to talk about politics and is best to not bring it up.
- Chileans usually eat four meals per day:
  - Breakfast (light)
  - Lunch (heavier meal)
  - "Once" or "Té" (afternoon tea and light snack)
  - Dinner (lighter than lunch – usually around 8 pm)
- Try not to hurry off after finishing lunch as it is typical for a family to stay at the table and talk for an hour or so after the meal is through, and this time gives you an opportunity to get to know your family and practice your Spanish.
- Electricity, water, gas, and phone calls to cell phones are expensive. Be respectful.

## Customs

- In general, Chileans greet one another with a kiss on the right cheek (men greet with a handshake), especially if they have met more than once. If an older person is present, it is polite to greet him/her first.
- To show respect, use titles where appropriate when in conversation (i.e. use “Doctor,” “Profesor,” etc.).
- Nicknames are common (i.e. “flaco” or “gordo” may be used inoffensively).
- Chileans are sometimes not as sensitive when addressing others as Americans are tend to be. If a Chilean tells you that you have gained weight, it is not meant as an insult.
- Chileans have a more relaxed attitude toward time. Don’t be late for meetings or any official engagements, but don’t be surprised if they do not necessarily end at the time you expect.

## Personal Security

- Crime rates are low to moderate throughout Chile and are moderate in Santiago, Valparaiso, and other major cities. American citizens visiting Chile should be as careful in cities as they would be in any city in the United States.
- Americans are at a heightened risk for pick-pocketing, purse or camera snatching, and theft from backpacks and rental cars. Such crimes have been reported in all areas of Chile frequented by tourists.
- You should also be especially alert while using public transportation, such as the metro and public buses and while in the vicinity of Metro stations and bus terminals.
  - Do not carry important documents or large amounts of money inside pockets, purses, wallets or backpacks.
  - When carrying your camera with you, try to keep it inside of your purse or backpack.
- When walking, note that it is NOT assumed that pedestrians have the right of way, so be careful when crossing the street.
- Late at night, you should take taxis instead of public transportation, especially in isolated areas.

## Transportation

- Public transportation in Santiago is called Transantiago. When you arrive, we will explain how to use the system, but if you would like more information now, you can find it at [www.transantiago.cl/](http://www.transantiago.cl/)
- It is not customary to tip taxi drivers unless they provide an extra service like helping with your bags.

- Public transportation tends to be very crowded at rush hour (between 8-9 AM and between 6-7:30 PM) so, if possible, try to avoid taking it at these times.

### **Food**

- Except for some initial problems the first couple of weeks, most foreigners experience few problems with water or food in Chile.
- You can drink the tap water in Santiago, but may want to drink bottled water when traveling outside of Santiago.
- Be on guard for food sold on the street, or anywhere else, without refrigeration.
- Try to experience Chilean food (there is great Peruvian food too in Santiago).

### **Supermarket**

- The main supermarkets in Santiago are: Líder, Santa Isabel, Unimarc and Jumbo.
- It is customary to tip (approximately 200 pesos) those who bag your groceries at the supermarket as they are not paid.
- Milk is highly pasteurized for longer shelf life. It is sold in boxes and does not need to be refrigerated until opened.
- When you check out at the supermarket, the cashier will oftentimes ask if you'd like to donate some of your change (usually just a few pesos – the equivalent of a few cents) to a Chilean NGO (usually Hogar de Cristo or Un Techo para Chile).

### **Eating Out**

- Leave a 10% tip when eating out. There is no additional tax – it is included in the total price.
- Your waiter will not bring the check until you ask for it.

### **Going Out**

- Chileans go out late – around midnight or 1 am; and dress is usually not as formal (among youth) as in the U.S.
- If you go out with other Chilean university students, expect to chip in for food and drink. It is common for everyone to get together, pool money and then go to the store and buy things, as it is cheaper.

## Literature

If you would like to read works by Chilean authors, you might consider the following writers:

- Pablo Neruda (Nobel Prize 1971)
- Gabriela Mistral (Nobel Prize 1945)
- Nicanor Parra
- Isabel Allende
- Roberto Bolaño
- Alberto Fuguet
- Ariel Dorfman

## Culture Shock and Life Abroad

*“I think I have grown a lot personally and learned a lot regarding myself. This program has given me greater understanding of the world in which I live, greater understanding of a foreign culture, and given me greater confidence having worked and lived in a foreign country and being more or less integrated into a foreign society.”*

–Haiwen Chen, Chile

Living and studying overseas successfully usually means that you are able to adjust to a different lifestyle, schedule, environment, food, climate, time zone, social habits and a new language. The same things that make the experience exciting can cause psychological and social disorientation, frustration, confusion and other stressful responses. The phenomenon called “culture shock” is actually a natural wave of reactions to the array of differences one encounters

in a new place while one is adapting to the new environment. Culture shock can include mood swings alternating between heady exhilaration and mild depression. Phases of adjustment to a new culture usually include:

1. Initial euphoria
2. Irritability
3. Gradual adjustment
4. Adaptation and biculturalism
5. Re-entry

In the early weeks of your new life in Chile, you may feel excited about your experiences and environment, and for many people, that feeling may last for a long time. For others, the

exhilaration will give way to frustration with how so many things are different from home. Symptoms of culture shock can include sleeping difficulties, as well as the urge to sleep a lot due to the fatigue associated with stress, homesickness, trouble concentrating, an urge to isolate yourself, irritation with your host culture, feeling overwhelmed, and depression. Even if you are accustomed to being away from your family and friends for long periods of time, you may still have problems because you are away from everything that is familiar. There are many ways to cope with your feelings of disorientation until they pass, as they usually do:

- Learn as much as possible from local residents about their culture. Ask questions.
- Observe how others are acting
- Keep in touch with other students with whom you can discuss your feelings, but avoid gripe sessions that may not be helpful.
- Identify similarities and differences.
- Do things you enjoy. Go out and explore. Learn Spanish skills.
- Keep in touch with family and friends to avoid feeling isolated.
- Keep your long-range goals in mind.
- Keep your sense of humor!

If you accept that culture shock is part of the pattern of adjustment, you will be able to move through it effectively. If you are aware of the process that alone may be enough to help you get through it. For most students, the symptoms of culture shock wave after the first few weeks as they begin to understand the host culture better. If your own symptoms do not seem to be passing, the best advice is to seek help by reaching out to a program provider or health care provider. For further reading on the stages of culture shock, refer to the book, *Survival Kit for Overseas Living*, by Robert L. Kohls. The fourth edition of this book was published in June 2001 by Intercultural Press, and it is available through bookstores.

## Language

The official language is Spanish, although the State also recognizes all other native languages and dialects. English is generally spoken by people who work in the tourism industry.

You will quickly learn that Chileans, especially Chilean youth, often drop the endings of words and use slang in their daily speech. Below are some of the most common words you can learn prior to departure to ensure that you understand as much as possible upon arrival.

Please note that in informal speech Chileans sometimes substitute the –as verb ending in –ar ending verbs for an –ai ending. For example, “¿Cómo estai?” instead of “¿Cómo estás?” and “¿A dónde vai?” instead of “¿A dónde vas?” This also happens with –ir/–er endings, where “¿Qué quieres?” becomes “¿Qué querí?” and “¿Tienes un lápiz?” becomes “¿Tení un lápiz?”



## Diccionario de “Chilenismos”

Chileno	Inglés	Ejemplos/Uso
Agarrar	To make out (kiss)	
Al tiro	Right away	<b>Voy al tiro.</b>
Asopao	Fool	<b>¡El gallo (hombre) asopao!</b>
Atinar/atinado	To react in the correct manner to a situation/suitable, appropriate	
Bacán	Cool	
Barsa	A guy who tries to take advantage of situations	<b>Ese barsa me ocupó mi computador sin pedirlo.</b>
Cabro/a	Kid/child	<b>Tengo dos cabros chicos.</b>
Cachar (cachai?)	To understand (you get it?)	<b>Cachai dónde queda el parque?</b>
Caleta	A lot	<b>A synonym for this is “ene”</b>
Carabineros	Police	
(Pre)Carrete/carretear	(Pre) party/to party	<b>If you are invited to a “pre” they are referring to a “precarrete”</b>
Chancho	Literally pig/pork. Used figuratively in different senses: 1, to someone, dirty; 2. “Pasarlo Chncho”, have a great time; 3. “Irse al chancho”, overdo something.	<b>¡Te fuiste al chancho! (Hiciste algo hasta el extremo)</b>
Chato/a	Fed up	<b>Él me tiene chato.</b>
Choro	Cool (used by older generation)	<b>A synonym is bacán</b>
Cochino/a	Filthy	
Copete	Alcohol (usually pisco or beer)	<b>¡Toma un copete más!</b>

Cuico/a	Rich/can be snobby	Usually has a negative connotation
De repente	Sometimes	In Chile, this is used like “de vez en cuando”
Embarrarla	Screw it up	Synonym: cagarla (vulgar)
Filo	Never mind	Filo, no me importa
Flaite	Refers to people of lower classes, sometimes derogatory.	
Fome	Boring	Eres fome, no te gusta ninguna cosa.
Gallo/a	Man/Woman	Este gallo/a es muy agradable.
Guagua	Baby	Pronounced like “wawa”
Harto	A lot	Tenemos harto que hacer.
Huevón/Huevona	Familiar term among friends (very informal/vulgar); can also be used with a negative connotation (sort of like “idiot”)	Variations on this Word include “huevá” (refers to a thing); and “agüevonao” (adjective form). It is used frequently.
Lata/Dar lata	Not wanting to do something	¡Qué lata!/Me da lata hacer la tarea.
Luca	One thousand pesos	Tenis luca que me prestes?
Manjar	Dulce de leche	
Me carga	To hate something	Me carga ir al médico. (No me gusta ir al médico)
Me/te tinca	I want to/I feel like	Me tinca ir al cine. ¿Te tinca ir?
Micro	Bus	Refers to bus that operates within Santiago and is feminine (i.e. la micro)
Once	Late afternoon tea	Vamos a tomar once.
Onda	“Deal”, “story”	Most often used as “¿Qué onda?” to mean “What’s up?” or “What’s the deal?”

Paco	Police	Slang: Equivalent of “cops” in English
Pata/Ir a pata	Foot/to walk	¿Cómo vas a llegar?  A pata.
Palta	Avocado	Used instead of “aguacate”
Pavo/a	Hair-brained; Scatter-brained	
Pega	Work	Used just like “trabajo” or as we use “work” in English.
Peludo	Difficult	¡Está peluda la tarea!
Penca	Sucky	¡Es muy penca esta canción! (Es muy mala esta canción)
Pendejo	Child	Note that this word is used to refer to children in Chile.
Piola	Calm, laid-back	Can refer to a person or a place.
Po’	From “pues”	Chileans tack this on to the end of almost every sentence. Sometimes it’s reduced to just ‘p’ so sí, po can be “sip.”
Pololo/a	Boyfriend/girlfriend	
Pololear	To be someone’s boyfriend/girlfriend	
Porsiaca	Just in case	
Pelar	To gossip	
Pescar	To pay attention	¡Oye, pesca po! (¡Hey, pon atención!)
Seco	Skilled, capable	Él es seco para las matemáticas. (Él es muy bueno para las matemáticas).

## Further Reading and References

### Preparing to Travel

<http://www.hio.harvard.edu/preparing-travel>

**Chile es tuyo (Spanish):** Very useful page with a variety of information about Chile and its attractions

<http://www.chileestuyo.cl/>

Fisher, Glen. (1997). *Mindsets: The role of culture and perceptions in international relations*. Yarmouth, ME: Intercultural Press.

Kohls, L. Robert and Knight, John M. (1994). *Developing intercultural awareness: A cross-cultural training handbook*. Yarmouth, ME: Intercultural Press.

Kohls, Robert L. (2001). *Survival kit for overseas living: For Americans planning to live and work abroad*. Fourth Edition. Yarmouth, ME: Intercultural Press.

Lodge, David. (1992). *Changing places: A tale of two campuses*. New York, NY: Penguin Books. An amusing account of the differences between American and British academic institutions.