



CLI 2024

Student Handbook

Denpasar, Indonesia

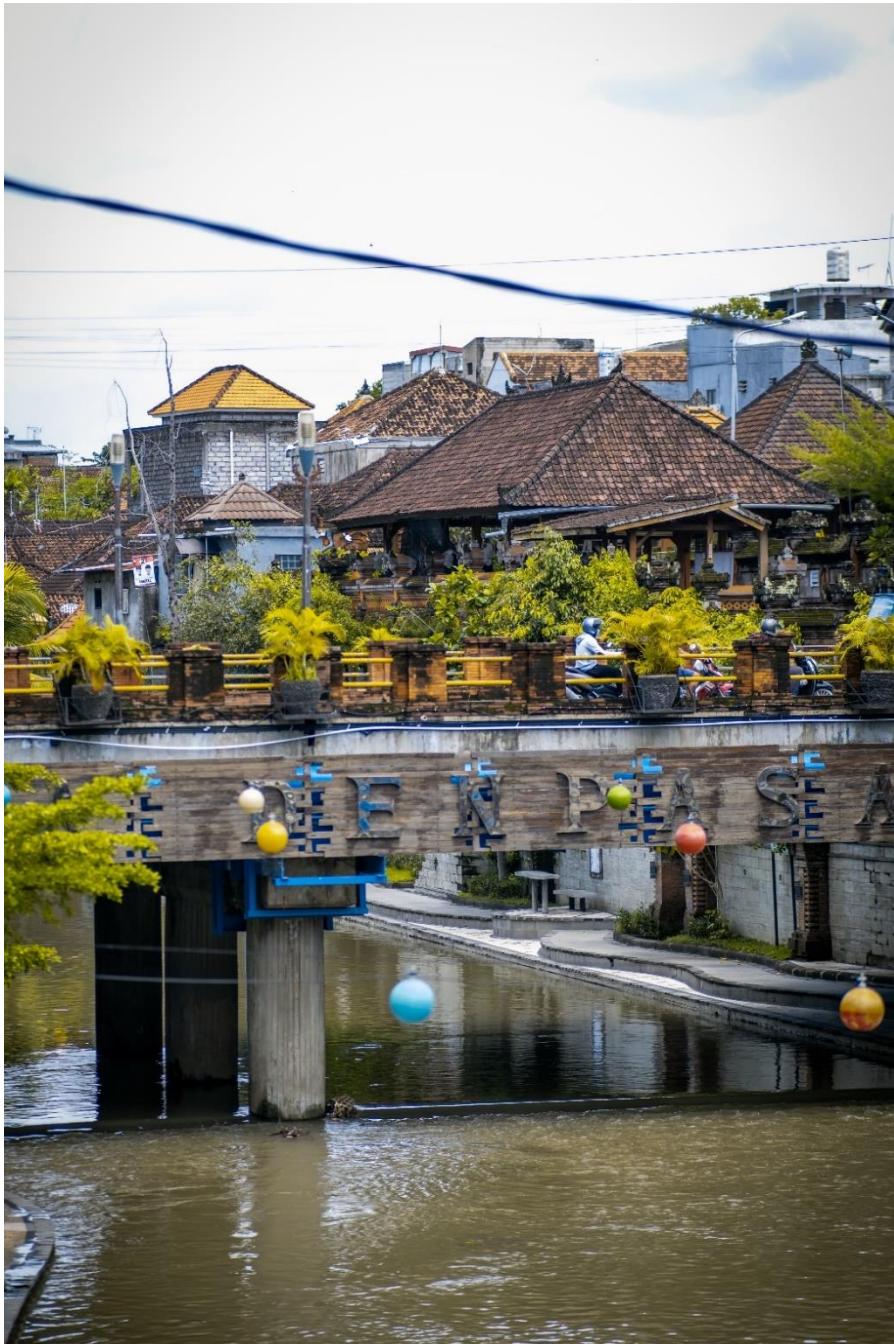
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General Information

Congratulations on being selected to study Indonesian in the Arizona State University Critical Languages Institute Indonesian program in Denpasar, Bali, Indonesia! A collaboration with Ngurah Rai University, this immersive language program helps students progress from novice or intermediate levels to advanced levels of Indonesian in a compressed interval.

This handbook provides an orientation to the program and reference materials for your use during the program. This handbook is to be used as a guideline only. Information is subject to change. If you have a specific question regarding the program, please reach out to cli@asu.edu.



A view of the bridge to the traditional Badung Market in Denpasar

CLI-Denpasar Important Contacts

The Denpasar program is a cooperative effort of the Arizona State University Critical Languages Institute (CLI) and Ngurah Rai University's Indonesian for Foreigners program (APBIPA). You will work with staff from both of these two organizations during your time in Denpasar. If you are ever unsure who is responsible for any aspect of the program, please contact your CLI Resident Director.

CLI Staff

Dinny Risri Aletheiani

CLI-Denpasar Resident Director

Phone: 480-452-9874

Email: dinnyale@gmail.com

CLI Main (Arizona) Office

Phone: +1 (480) 965-4188

Email: cli@asu.edu

James Edmonds

CLI Director/Sr. Program Coordinator

Phone: +1 (480) 965-5128

Email: jmedmond@asu.edu

Jafar Zadeh

Program Coordinator

Email: jshokrol@asu.edu

Theresa Zimm

Sr. Program Coordinator

Email: Theresa.Zimm@asu.edu

Phone: 480-965-7705

Ngurah Rai Staff

Nyoman Riasa

Ngurah Rai Languages Centre Manager

Phone: +62 811 380 4814

E-mail: nriasa@apbipaindonesia.org

Nyoman Diah Utari Dewi

Ngurah Rai Programs Coordinator

Local Health Contact

Phone: +62 896 3553 7220

E-mail: diah.utari@unr.ac.id

Emergency health contacts

Nyoman Diah Utari Dewi

E-mail: diah.utari@unr.ac.id

Phone: +62 896 3553 7220

(You may also use that number for WhatsApp)

Miss Martina Yuliani Goris (Ibu Nina)

E-mail: martina_goris@yahoo.com

Phone: +62 821 4756 6824

(You may also use that number for WhatsApp)

APBIPA NRU LC Staff

Martina Yuliani Goris

Office manager

Phone: +62 821 4756 6824

Email: martina_goris@yahoo.com

Emergency Numbers

Emergency.....112

Fire.....113

Police.....110

Ambulance.....118

Denpasar PD direct: 0361 224456

Your Course Spans Multiple Summer Sessions

8-week courses in Denpasar take place over two summer sessions. You will receive two grades, one for each session.

You will take final exams at the end of each session.

*Please note: CLI Session dates **do not** match ASU Summer Session dates. Please use the dates above, **not***

CLI COURSE OVERVIEW	
8-week course Session A, Denpasar	June 17 – July 16
8-week course, Session B, Denpasar	July 17 – August 09

the ASU-wide Summer Session dates published by the ASU registrar's office.

Important Dates

8-week classes	Date(s)
Return all CLI forms	ASAP
Arrive in Denpasar	June 16 or slightly sooner
CLI Summer Session A	June 17 – July 16
Add/Drop for Session A	June 19
CLI Summer Session B	July 17 – August 09
Add/Drop for Session B	July 19
Last day of class	Aug 09
Depart Denpasar	Aug 10 or slightly later

No class for Tempe programs on:

May 29th – Memorial Day

July 4th — Independence Day

Books and Computers

Bring a laptop or tablet if you can. Free WiFi is available and hotspots available around the campus ground.

Academic Load and Extracurricular Activities

CLI classes meet for half of each day. Each class provides the equivalent of a week's regular instruction. Each day, you will be expected to complete a week's worth of homework and learn a week's worth of vocabulary, in addition to participating in program projects and activities. Please keep this in mind. Opportunities for independent travel during the program will be limited.

Travel and Visas

What to Pack

Be aware of weight and size restrictions for backpacks and carry-on suitcases for **ALL** flights as regulations may vary by airline. Pack small enough and light enough for the most restrictive airline in your itinerary. Students are highly advised against checking bags as lost luggage may not be recovered.

Backpack

- ☐ Passport*
- ☐ Cash, credit cards, ATM card*
- ☐ Cell phone, charger, earbuds/headphones*
- ☐ Laptop, charger, adapters
- ☐ Portable power bank (optional)
- ☐ Change of clothes (including undergarments)
- ☐ Extra jacket/sweater/sweatshirt/or light blanket
- ☐ Travel pillow, ear plugs, eye mask for sleeping
- ☐ Toothbrush, floss
- ☐ Comb/Brush
- ☐ Glasses/contacts with case/sunglasses (inexpensive)
- ☐ Essential medications and prescriptions (Make sure your prescription meds are not controlled substances in-country)
- ☐ Toiletries (including deodorant, hand sanitizer, toothpaste, contact lens solution, etc. Remember: **no liquids over 3 oz**—everything should be able to fit into a 1 quart-sized Ziploc bag)
- ☐ Small medicine kit (Imodium, Advil/Tylenol, Pepto Bismol (comes in tablets), several band-aids, thermometer, Neosporin, cold medicine, Benadryl)
- ☐ Reusable Water Bottle (empty)
- ☐ Snacks for flight

- ☐ Printed flight confirmations
- ☐ Printed boarding passes (in case your phone is lost)
- ☐ Copy of passport/visa
- ☐ Photocopies of bank cards/credit cards
- ☐ Pen (for filling out customs entry form)
- ☐ Reading material or e-reader
- ☐ Face masks, 2-3 (just in case)
- ☐ Sanitizing Wipes (optional)
- ☐ Small Kleenex Packet
- ☐ Females: Small purse for everyday use; feminine products

* Keep these on your person while traveling

Suggestions

Roll clothes and/or use packing cubes to save space. Also, don't bring anything you care about and don't over-pack. You'll want some space for souvenirs on the way back and you also won't feel bad if you must leave a few things behind.

Airplane Outfit

Wear comfortable clothes, and dress in layers. You may decide to wear your pair of comfortable shoes on the flight or your hiking boots, depending on suitcase space.

Carry-On Suitcase (should you want/need one)

- ☐ Pants/Skirt (2-3)
- ☐ Shorts (2-3)
- ☐ Short-sleeve shirts/blouses (5)
- ☐ Long-sleeve shirts/blouses (3)
- ☐ Nicer shirt (button down or blouse) (1)
- ☐ Sweatshirt/Light sweater (1)
- ☐ Socks (5 pairs)
- ☐ Undergarments (5 pairs)
- ☐ Sleepwear (1)
- ☐ Belt (1)
- ☐ Comfortable Walking Shoes (1 pair)
- ☐ Hiking Boots (1 pair)
- ☐ Sneakers (1 pair, optional)
- ☐ Ball cap (optional, non-military design or insignia)
- ☐ Rain Poncho
- ☐ Sunscreen
- ☐ Razor (not electric)
- ☐ Small shampoo/conditioner/soap (only enough for 1 week) - put in sealed quart-sized bag to protect the contents of your suitcase.
- ☐ Cosmetics
- ☐ Feminine Products
- ☐ Passport-sized photo for local ID card
- ☐ Trinkets/Small gifts for your host family/teachers (optional)

Do Not Pack (Buy in Denpasar)

- ☐ Towels
- ☐ Toilet paper
- ☐ Umbrella
- ☐ Additional Soap / Shampoo / Detergent

Project GO Students: No Military Displays

Project GO students may not display any military insignia, logos, or patterns while abroad. No uniforms, no U.S. flags, no Army T-shirts, no camo backpacks, no ROTC pens or notebooks, etc.

Arrival and Departure

CLI students arrange their own travel. (Exception: CLI arranges group itineraries for participants in the ROTC Project GO program. Students interested in traveling with the ROTC group may contact CLI for the group itinerary.)

8-week students should plan to arrive at Ngurah Rai International Airport, DPS, on or slightly before **June 16th** and to depart on or slightly after **August 10th**.

Denpasar International Airport (<http://www.baliairport.com/>) lies 13 km south of downtown Denpasar. CLI staff will meet you at DPS, but the airport is easily accessible by taxi.

Visas

Four-week students will enter Indonesia on 30-day tourist visas **purchased at the Denpasar airport**. Students must have a passport expiring **NO EARLIER** than March 2025, with at least two blank passport pages, and should bring \$35 in cash to the airport.

Eight-week students will enter Indonesia on 30-day tourist visas **purchased at the Denpasar airport**. Students must have a passport expiring **NO EARLIER** than March 2025, with at least two blank passport pages, and should bring \$35 in cash to the airport. While in Denpasar, staff will work with students to extend their tourist visas.

Pick-Up

A CLI representative will meet you at the airport and take you to your host family. Please inform CLI, by phone and/or email, of any changes to your itinerary.

Carrying Your Passport

You are required by law to carry identification with you in Indonesia. Carry a copy of your passport with a note explaining where the original is at all times. You can be subject to fines if unable to produce identification when asked. Document checks can occur any time, any place.

Financial Matters

Billing Schedule

All CLI-related charges will be billed to your ASU student account, accessible through the main student portal, <http://my.asu.edu>, on the schedule below.

Please note that all fees are non-refundable once posted.

FEE	POST DATE ¹
8-week program	
\$500 (non-refundable)	When you enroll in class
Remainder of Program Fee	2 nd day of class during the 1 st summer session
4-week program	
\$500 (non-refundable)	When you enroll in class
Remainder of Program Fee	2 nd day of class in Denpasar
All fees <u>non-refundable once posted</u>	

¹ The Post Date is the date the charge appears on your student account. Payment is due on the 25th day of the month following the post date (and is indicated in your student account on line).

Insurance

All participants are covered under Cultural Insurance Services International's insurance through Arizona State University's Study Abroad office. You may access an overview of ASU's CISI resources [here](#), and read plan information and coverage details [here](#).

One month before you depart, you will receive a welcome e-mail from CISI providing an insurance card and online access. Once you receive that welcome email information, you can login to the [myCISI Portal](#). Register online with the login information from the email to access your electronic ID card, locate trusted providers, and arrange direct payments to your provider.

If you have not received a welcome email from CISI one month prior to departure, please contact studyabroad@asu.edu.

We strongly recommend you download the *myCISI* app to your smart phone to have the most up-to-date list of trusted providers. CISI does not have preferred providers in Denpasar so students must keep all receipts for medical coverage received in Bishkek and apply to CISI for reimbursement.

If you are involved in a medical emergency abroad, go to the nearest physician or hospital and then contact CISI. If possible, call CISI before you seek medical treatment so that payment can be arranged for your services. The number is +1 (603) 952-2660 (Collect – Outside the US).

For treatment at any of the below listed facilities a case should be opened with CISI On Call so that a Guarantee of Payment (GOP) can be placed for treatment. You can call CISI On Call at +1 (603) 952-2660.

- Bali International Medical Center (Jalan Bypass Ngurah Rai, 100 X, Kuta, 80361 Indonesia
- BIMC: Jl. By Pass Ngurah Rai No.100X, Kuta, Kabupaten Badung, Bali 80361, Indonesia. [Phone: +62 361 761263](tel:+62361761263)
- BIMC: Kawasan ITDC Blok D, Jl. Nusa Dua, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali 80363, Indonesia. [Phone: +62 361 3000911](tel:+623613000911)

Academic Information

Transcripts, Credit Transfer, Auditing

Participants in 8-week courses receive 8 credits.

All CLI courses must be taken for credit. You cannot audit a CLI class.

To request a copy of your ASU transcript, visit <http://my.asu.edu> and click on the “Grades and Transcripts” tab in the “My Classes” section of the homepage. You will need your ASURITE username and password.

Please consult your university’s registrar’s office regarding fees and procedures for transfer of ASU credit.

Your ASU Student Account

Every student receives an ASU e-mail account, even students studying abroad. It is important that you check it or set it to forward to an account that you check.

Past students who failed to check their ASU mail have missed events and incurred late fees because they did not receive the messages sent to them by the ASU system.

You can configure your ASU account to forward using the MyASU. (<http://my.asu.edu> ; Click the “profile” tab, then look in the “Contact Details” section for the “Update Email Forwarding” link).

Placement Exam

CLI-Denpasar staff will administer a placement exam on the first day of class. If necessary, they will reassign students. Their decisions are final. That said, the ASU placement test you took before enrolling is a very good indicator of the class you will be placed into. If you have concerns about your placement, please speak to the Resident Director.

Housing and Logistics

Housing

You will live in a hotel. Since this is an immersion program, hotel staff will be communicating with you in Indonesian. You, in turn, are expected to communicate with them solely in Indonesian, except in emergencies. Breakfast and dinner will be provided by the hotel.

You will also be connected with a host family who will transport you to and from school.

If you have any concerns about your hotel or host family, please do not hesitate to bring them to the attention of the CLI-Denpasar staff.

Cell phones

Each CLI student will receive a local cell phone with a pre-set number of minutes. CLI-Denpasar staff will review cell phone policies and instruct students on how to add minutes to their phones during in-country orientation.

Code of Conduct

You are required to adhere to the Code of Conduct you signed as part of your intake materials as well as the Code of Conduct for students staying in hotels, which all students sign before departure.

About the Location

Region, Safety, Etiquette, Resources

Ngurah Rai University and APBIPA

CLI summer programs are hosted by the Ngurah Rai University Language Centre, a private language school providing Indonesian training for foreigners. All classrooms are air-conditioned and have Wi-Fi. CLI works closely with the Ngurah Rai Language Center to ensure a smooth articulation between U.S. and Denpasar-based courses.

The City of Denpasar

Denpasar is the capital of Bali and the third-largest city in Indonesia. Despite being the capital of Bali, and despite being steeped in history and full of historical and religious monuments and sites, Denpasar is off the tourist trail and provides a deeper experience of Indonesian and Balinese culture than is possible in more tourist-oriented locations. For an up-to-date overview of the city, see <http://wikitravel.org/en/Denpasar>.

Culture Shock

Culture shock is normal and nearly universal. You are virtually guaranteed to experience it throughout your trip (and after your return). ASU will discuss during your orientation the symptoms and stages of culture shock and suggest ways to deal with its effects. As your orientation staff will emphasize, recognizing the symptoms is 75% of the battle. Students who recognize culture shock when they experience it are much more likely to adapt and respond effectively than students who experience culture shock without understanding what is happening to them.

Meals and Lunch Options

The Hotel provides daily breakfast and dinner. During weekdays, CLI Students will be responsible for their own lunch.

Calling to and from Denpasar

Calling to Indonesia from the US & Canada

The international telephone country code for Indonesia is 62 and the city code for Denpasar is 361. (Cell phones may have different city codes.)

011 + 62 + city code + number *(The city code for Denpasar is 361, so to call the Ngurah Rai main office, dial 011-62-361-261814.)*

Calling from Indonesia

You may make international calls using the Ngurah Rai Wi-Fi, using VOIP on your local hot spot, or may call collect from the Ngurah Rai University landline during business hours (until 9 pm).

CLI-Denpasar staff will discuss local and international calling in detail during on-site orientation.

Internet

Ngurah Rai University provides free Wi-Fi. There is also Wi-Fi available in cafes near the university and near your hotel.

Printing

Ngurah Rai University does not provide printing services. If you need to print, you may use any of the numerous copy shops in the city.

Mailing to and from Denpasar

The post office is located about a ten-minute walk from the Campus at Jalan Noja, off Jalan Padma. You can purchase stamps and mail letters there. Mail submitted to the Language Center Reception desk will be sent to the post office at 10.00 on Monday/Wednesday/Friday.

Courier services are reliable but expensive.

FedEx

Jln. By Pass Ngurah Rai 72
Kedonganan
Denpasar 80361
Indonesia
Tel 0361 705800

DHL

Jln. By Pass Ngurah Rai 155
Denpasar
Indonesia
Tel +62 361 9368 282

UPS

Jln. By Pass Ngurah Rai 2005
Denpasar 80228
Indonesia
Tel 0361 761144

Transportation

Public transportation in Denpasar is limited, but taxis are widespread and inexpensive.

Ngurah Rai recommends **Blue Bird Taxi (Tel +62 361 701 111)**. The minimum fare is IDR 25,000.

Taxi etiquette, pricing, and safety will be covered during in-country orientation.

Please consult your host family or Program Staff before arranging travel outside Denpasar. They can help you find the best and safest options.

Banks & ATMS

ATMs are plentiful in Denpasar and they are connected to most major networks. Most students carry cash enough for a week or two, but rely on ATMs to “recharge.” Contact program staff if you have concerns about your bank’s network being present in Denpasar.

Be sure to tell your credit card company that you are traveling to Indonesia, otherwise your card may be disabled for security reasons while you are overseas. Most US banks now allow you to input your itinerary on their website, if not, call the customer service number on your card to notify them.

The bank nearest the School is BNI Bank located at Jalan Gatot Subroto Tengah. Program staff will organize group visits on Mon & Wed for students who wish to exchange money.

Credit Cards

Although credit cards are accepted in some locations, Denpasar is largely a cash economy. Bring cash with you and use trusted ATMs (ATMs inside banks) to withdraw additional funds as needed.

Card fraud is a problem in Denpasar. There are numerous free-standing ATMs and ATMs in stores, but it is always safer to rely on ATMs in banks.

Do not assume it is safe to pay with a card, even where cards are accepted. Instead withdraw money from trusted ATMs and pay in cash.

Currency

The official currency of Indonesia is the rupiah. The exchange rate as of March 24, 2023, was IDR 15,172 to the dollar.

US Consulate

U.S. Consular Agency

Jl. Hayam Wuruk 310, Denpasar 80235, Bali, Indonesia

Phone: (62-361) 233-605, (62) 361-246-859

After Hours Emergencies: +62-(0)21-5083-1000, select 0 to speak with the operator

Fax: (62-361) 222-426

E-mail: CABali@state.gov

Public Inquiry Hours: Monday through Friday, 09:00 a.m. - 12:00 noon and 01:00 pm – 03:00 pm, closed on American and Indonesian holidays.

Electricity Conversion

Indonesia has a 220 v/50 Hz current and uses a two-pronged “Type C” CEE 7/16 Europlug.

You can find ADAPTERS, (from Ace Hardware or local electric shops) in some Denpasar markets.

CONVERTERS are better to bring from home and can be used to power hairdryers and other devices that don't have a built-in converter (as most laptops do). Remember, U.S. devices run on 110 volts and 60 Hz. The local 220 volt/50 Hz current can burn up your devices if a converter is required.

General Health and Safety

Safety

Denpasar is generally safe, but street crime does occur and tourists can be targeted. Petty crime is particularly common near establishments favored by foreigners (Kuta, Legian or Seminyak area), but is far less common in the area of the Ngurah Rai University campus.

Avoid walking alone after dark, and take normal precautions; don't flash cash, don't wear expensive jewelry, etc.

The U.S. Department of State recommends that you change your route and routine frequently, and that you pay close attention to your surroundings.

Medical Care and Medications

Leave a copy of your insurance information at home with a person empowered to make medical decisions on your behalf (parent, guardian, other named individual).

Keep a copy of your insurance card with you at all times, and inform CLI staff immediately if a medical situation occurs. Emergency assistance is available 24/7.

Bring any and all prescription medications with you, along with their original prescription.

You do not need to bring common over-the-counter products, like cold medicine or vitamins. There are easily available in Denpasar.

Drinking Water

As in most parts of the world, tap water in Denpasar and vicinity should NOT be considered safe. Please drink only bottled water or water that has been boiled. Do not drink beverages with ice cubes. Avoid shaved ice desserts. Be careful not to consume tap water when brushing teeth (use bottled water). When in doubt, err on the side of caution.

Fitness

There are numerous public gyms and pools available for your use, at your expense. The nearest gym is *Fortuna*, very close to Ngurah Rai. For more information on health and fitness in Denpasar consult Ngurah Rai or CLI staff.

Personal illness

In case of personal illness, contact your resident director or your local health contact. (See contacts at the beginning of this book. Your resident director or health contact will accompany you to the doctor's office.)

For treatment at any of the below listed facilities a case should be opened with CISI On Call so that a Guarantee of Payment (GOP) can be placed for treatment. You can call CISI On Call at +1 (603) 952-2660.

- Bali International Medical Center (Jalan Bypass Ngurah Rai, 100 X, Kuta, 80361 Indonesia

- BIMC: Jl. By Pass Ngurah Rai No.100X, Kuta, Kabupaten Badung, Bali 80361, Indonesia. [Phone: +62 361 761263](tel:+62361761263)

- BIMC: Kawasan ITDC Blok D, Jl. Nusa Dua, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali 80363, Indonesia. Phone: [+62 361 3000911](tel:+623613000911)

Emergency health care

If you need emergency health attention, call an ambulance, then call your resident director or local health contact. All numbers are indicated on the “Important Contacts” page at the beginning of the book.

Natural disasters, civil unrest, and public health crises

In case of natural disasters, civil unrest, or public health crisis, you may be required to evacuate. Follow the following steps:

1. Contact your resident director or local health contact for instructions.
2. If you cannot make contact by phone, e-mail or smartphone app, gather your belongs and proceed to the primary evacuation location.
3. If the primary evacuation location is unsafe, proceed to the secondary evacuation location.

Evacuation locations

- Primary evacuation location: Campus Main Gate just next to Postgraduate Building, not far from your regular class rooms
- Secondary evacuation location: the Vassini Hotel, address Jalan W.R. Supratman No 288

APPENDIX A

Detailed safety and security

Pre-Departure Preparation

Your safety and security abroad begins with intentional preparation prior to your departure. This handbook has outlined a number of these preparations already, including storing important phone numbers and contact information to take with you and being prepared ahead of time for potential emergencies. In this section, you will learn a little about the steps ASU takes to maximize the safety of our study abroad programs, as well as steps you should follow to take your safety and security into your own hands.

ASU Risk Monitoring

The ASU Study Abroad Office (CLI) uses various sources of information to assess risk pertaining to overseas study, including in areas of political or social unrest, terrorism, and the threat and actions of war. These sources include, but are not limited to, the following:

- U.S. Department of State (DOS) - the Study Abroad Office monitors U.S. Department of State travel advisories and warnings and regular consults the DOS Country-Specific Information to identify known risks in all ASU study abroad program locations.
- My ASU TRIP – ASU's enterprise travel software provides the Study Abroad Office with robust health, safety and security information about every country around the world.
- Overseas Security Advisory Council (OSAC) - ASU is a member of OSAC, a division of the Bureau of Diplomatic Security in the U.S. Department of State. This gives us access to daily international news digests, as well as a direct line of contact to the U.S. Department of State's regional security analysts.
- ASU Study Abroad Health and Safety Committee - Representatives from the Office of the Provost, General Counsel, and Risk and Emergency Management regularly review study abroad programs in locations of concern, advising CLI on issues related to travel in risky locations.
- PULSE – ASU coordinates with this consortium of security professionals from more than 50 other institutions.

Student Safety Precautions

- Prior to your departure, register for the State Department's [Smart Traveler Enrollment Program \(STEP\)](#). This free service is specifically geared toward students living or traveling in a foreign country. STEP allows you to enter information about any upcoming trips abroad so that the Department of State can better assist you in an emergency. Also, by providing your email address, you will be added to a consular listserv to receive local security updates related to road closures, transportation strikes, civil unrest, etc.
- Review travel websites, consular reports, and the Department of State [country information](#) before traveling. Be mindful that a normally peaceful place can erupt in violence due to protests, elections, or other current events. Public opinion about Americans can change quickly around the world depending on current events and U.S. actions, so keep up on what is going on around your region of the world and back home in the U.S.
- Inquire with the U.S. Consulate before you leave home or as you enter a large city about any local unrest or for advice about areas to avoid.
- If you have the opportunity to travel during your program, e-mail your travel itinerary and details to your Faculty Director and to your Study Abroad Office International Coordinator. If you realize that you will not be back at the time stated on your itinerary or if you get stuck somewhere, contact your

Faculty Director and, if applicable, your host family, and inform them of the situation. If necessary, call the Study Abroad Office or the Study Abroad Emergency Hotline.

Your Travel Safety

ASU takes all reasonable steps to help students be safe during their study abroad program. However, the most important person responsible for keeping safe is you, the student.

- You are responsible for reviewing the safety information provided to you by ASU and your program leaders, providers, and host institutions.
- You are responsible for handling the advice provided by local staff about how to stay safe abroad, particularly when on your own.
- You are responsible for choices you make that may reasonably jeopardize your health or safety, or the health and safety of those around you.

While You Are Abroad

While traveling to another country is not inherently dangerous, it is important to be cognizant of your surroundings and to understand that your host culture might be very different than your own. Both before you leave and once you arrive in your program's location, your program leaders will facilitate an orientation, which will offer tips and suggestions for staying safe in your particular location. Though you will often be traveling as part of a group, we hope that you will find time to travel independently, whether that be before, during, or after the official program dates. In this section, we include general safety advice to prepare you in advance for your time abroad.

Personal Safety

- Be informed. Watch and learn what the locals are doing, and follow their lead. If you have questions pertaining to safety issues in your host country, ask your Faculty Director or Program Assistant.
- Learn the local equivalent to "911" in your host country.
- Exercise extreme caution when swimming abroad, particularly in developing countries where emergency services may not be readily available. In locations that experience heavy seasonal rains, currents can rapidly change in strength and speed. Swim only at designated beaches with clear warning systems, and never swim alone. Swim between the flags only where a lifeguard is present and heed all warning signs/flags. Never consume alcohol before or during swimming activities.
- Keep your passport, credit cards, and travel documents in a safe place. Depending on the situation and your program leader's advice, this might mean keeping these items in a money belt or inside pouch. In other situations, it may be safer to keep these items in a hotel safe and carry copies of these documents instead. If you are unsure, ask your program leaders.
- When traveling on your own, try not to arrive at an unknown town late at night, especially if you haven't made arrangements for spending the night. Make sure you have a reservation before arriving at a hotel or hostel because space can be limited.
- Avoid demonstrations. In many countries around the world, demonstrations occur frequently (sometimes without warning) and can escalate into violence. You are best advised to avoid any demonstration that you may come across while traveling abroad – better to be safe than to be caught in a violent protest (or a violent response from local authorities).
- If traveling on your own before or after your program, be sure to reference the [CLI website](#) for tips on safe housing abroad.

Tips for Personal Safety

- Be aware of your surroundings at all times! Anything that could distract your attention (someone asking the time, asking directions, spilling something on you, etc.) is an opportunity for theft.

- Always have everything of value (passport, money, important documents, etc.) on your person in a money belt or inside pouch, and never leave your bags unattended. *Do not carry your passport or large amounts of money in your purse or backpack.*
- When sleeping on a train, keep your backpack by you and wrap the strap around your arm or leg.
- Be especially careful in crowds where pickpockets are likely to gather.
- Leave any expensive or irreplaceable jewelry in the US as well as any other items you would be devastated to lose. Avoid wearing expensive jewelry or clothing, and try not to provide any overt indication of wealth (including a visible smart phone).
- Be cautious of anyone asking you for money. Giving money is a personal decision, but use common sense. If you are in an uncomfortable situation, say “no” forcefully and leave.
- Follow the advice of local and international authorities.
- Avoid the vicinity of any public demonstrations.
- Avoid overnight travel by road.
- Avoid travel to any location where the U.S. government has restricted or forbidden U.S. government personnel from visiting. **Avoid Central Sulawesi and Papua, where ongoing violent demonstrations and conflict pose a danger to U.S. citizens.**
- Walk with a purpose; try to avoid using maps while walking around – prepare your route before you begin your journey.
- Do not be tied to your smart phone – Look up from your phone, make eye contact, note driver, car and license, be aware of the logistics, people meeting you, where you are going etc.
- Do not accept rides or drinks from strangers.
- Travel with someone, whenever possible – avoid walking around alone in an unfamiliar environment, especially after dark.
- Do not be complacent (even if you have been there before, know everyone etc.) - treat each trip as if your first, be aware of surroundings, know your plans for logistics, etc.;
- Consider removing any banking apps from your smart phone (consider also removing any passwords or other sensitive information stored on your phone).
- Consider editing your contact list in your phone (if using personal phone) in case of a lost or stolen phone.

Road Safety

Traffic accidents are a leading cause of death of Americans abroad, particularly among college students. Contrary to popular belief, this is not just a risk of the developing world

- 85% of fatal crashes occur in industrialized countries, according to the Association of Safe International Road Travel (ASIRT). Travelers can minimize their risk by assessing the road culture in travel areas and implementing safety precautions before traveling by road.

ASIRT suggests that travelers:

- Select the safest form of transportation in the travel area
- Avoid late-night road travel in countries with poor safety records and/or mountainous terrain
- Understand how seasonal hazards affect road conditions
- Know the dates of local holidays (when road accident rates rise) Additional

Suggestions for pedestrians are:

- Be aware of traffic patterns in the travel area (they may be very different from those in the U.S.)
- Be especially alert at intersections

- Wear reflective clothing if jogging at dusk or dawn (especially in locales where jogging may be uncommon)
- Do not walk where pedestrians cannot easily be seen
- Remember that most road fatalities are pedestrians
- Avoid hitchhiking

Additional suggestions for passengers are:

- Avoid riding with a driver who appears intoxicated, irrational, or over-tired
- Always ride in the back seat of a taxi cab
- Wear seat belts whenever possible

While many travelers may be tempted to rent cars, mopeds, or motorbikes during their time abroad, they often do so without regard to the risks of driving in a country whose rules of the road are unfamiliar. Although it may seem fun or convenient to travel this way, ASU strongly recommends against students renting or driving any kind of motorized vehicle abroad.

Rest assured that your program leaders carefully consider road safety when determining modes of transportation to/from any program activities. Road travel in some developing countries poses additional road risks. Public transportation in some areas may consist of overcrowded, overweight, and top-heavy minivans or buses. Taxis may not appear to be in good condition, and drivers may or may not be licensed. Sidewalks may or may not be lit, or exist at all.

More information about safe road travel is available on the [ASU website](#).

Water Safetyⁱ

River and ocean currents have the potential to be swift and dangerous. There may be no lifeguards or signs warning of dangerous beaches. It is critical that you exercise extreme caution when swimming abroad, particularly in places where emergency services may not be readily available. In locations that experience heavy seasonal rains, currents can rapidly change in strength and speed. Individuals from non-coastal areas often lack experience in assessing ocean currents for riptides and other coastal water hazards. When possible, swim at designated beaches with clear warning systems. Swim between the flags only where a lifeguard is present, and never swim alone. You should not consume alcohol before or during swimming activities. If you are unsure which locations you should avoid, consult your program leaders.

Consider the following in order to keep safe:

- Be clear about your swimming abilities
- Stay in areas designated by program leaders
- Heed all warning signs/flags
- Do not swim in unfamiliar bodies of water or at isolated beaches
- Never swim alone
- Never swim while under the influence of alcohol or drugs
- Never dive head-first
- Check local information for details of tides, currents, and pollution
- Rip currents and undertows can be very common at many beaches
- Do not swim where there are no lifeguards present, whenever possible.
- Check for possible hazards from jellyfish, sea urchins, coral, sea snakes, sharks, and venomous fish. Saltwater crocodiles live in coastal estuaries in many countries.
- Human sewage and animal feces make some beaches no-go areas for swimming or even wading
- If you find yourself unable to reach shore, wave your arms and yell for assistance

How to Avoid and Survive Rip Currentsⁱⁱ

Rip currents are strong and narrow currents of water which move away from the shore. They are dangerous even for strong swimmers. Rip current speeds are typically 1-2 feet per second. However, speeds as high as 8 feet per second have been measured; this is faster than an Olympic swimmer. Thus, rip currents can sweep even the strongest swimmer out to sea. The following tips will help you swim safe.

When at the beach:

- Whenever possible, swim at a lifeguard-protected beach
- Never swim alone
- Learn how to swim in the surf. It is not the same as swimming in a pool or lake
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, do not go out!
- Obey all instructions and orders from lifeguards. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water. This is part of their job.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist alongside these structures.
- Consider using polarized sunglasses when at the beach. They will help you to spot signatures of rip currents by cutting down glare and reflected sunlight off the ocean's surface.
- Pay especially close attention to children and elderly when at the beach. Even in shallow water, wave action can cause loss of footing.

If caught in a rip current:

- Remain calm to conserve energy and think clearly
- Never fight the current by swimming directly against it.
- Think of it like a treadmill that cannot be turned off; instead, you need to step to the side
- Swim out of the current in a direction parallel to the shoreline.
- When out of the current, swim at an angle -- away from the current -- towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help

If you see someone in trouble, do not put your own life in danger:

- Get help from a lifeguard.
- If a lifeguard is not available, have someone call 9-1-1 or the local emergency number
- Throw the rip current victim something that floats -- a lifejacket, a cooler, an inflatable ball
- Yell instructions on how to escape
- Remember, many people drown while trying to save someone else from a rip current

Safety and Diversity

CLI is proud to send a diverse population of ASU student ambassadors abroad, but we want you to recognize that certain groups of people may be treated much differently in a different culture than in the US. Be aware of how you identify yourself or may be identified as by people in your host country (gender, religious affiliation, LGBTQIA, race, etc.), and educate yourself as to appropriate behaviors. Find out what non-verbal messages (eye contact, tone, gestures, dress) to avoid, and strive to follow the etiquette of your host country.

Always socialize in pairs or groups, be aware of your surroundings, and have the phone number and enough money for a taxi home.

If you are verbally hassled on the street, doing anything but ignoring it may worsen the situation. If you feel harassed and ignoring does de-escalate, if you are touched, or if your safety is threatened, it may be appropriate to yell out, defend yourself, and inform the local authorities and your program leaders. Again, your program leaders will cover issues relating to safety and diversity at both your pre-departure and on-site orientations.

Additional advice for various diverse populations is available on the [CLI website](#).

Compliance with Local and National Laws Abroad

Students must comply with local rules and expectations as with national laws. Most host countries have laws similar to the laws governing the U.S., and law-abiding students need have no fears. However, law enforcement and court procedures may differ sharply, and students should not assume that offenses largely ignored in the U.S. are also taken lightly abroad. Some laws (often drug laws) are more strictly enforced for foreigners than they are for locals, and harsh penalties often govern drug possession and trade. American students may be particularly vulnerable to accusations. Those who sell drugs to Americans are often those who inform. Punishment for drug offenses that may be considered minor by U.S. law may be as severe abroad as life in prison or death!

Make Copies of Important Documents

One more way to help protect your security prior to departure is to make copies of your important documents including your passport, visa (if applicable), credit and debit cards, your CISI insurance card, and any other necessary travel documents. Leave one set of these copies at home with a loved one, and take one set with you in case you lose one of your important documents.

ⁱ Water Safety information from Northwestern University and the University of California Education Abroad Program. ⁱⁱ Additional Water Safety information from http://www.weather.com/activities/recreation/boatandbeach/ripcurrents_avoid.html