



CLI 2024

Student Handbook

Tashkent, Uzbekistan

Table of Contents

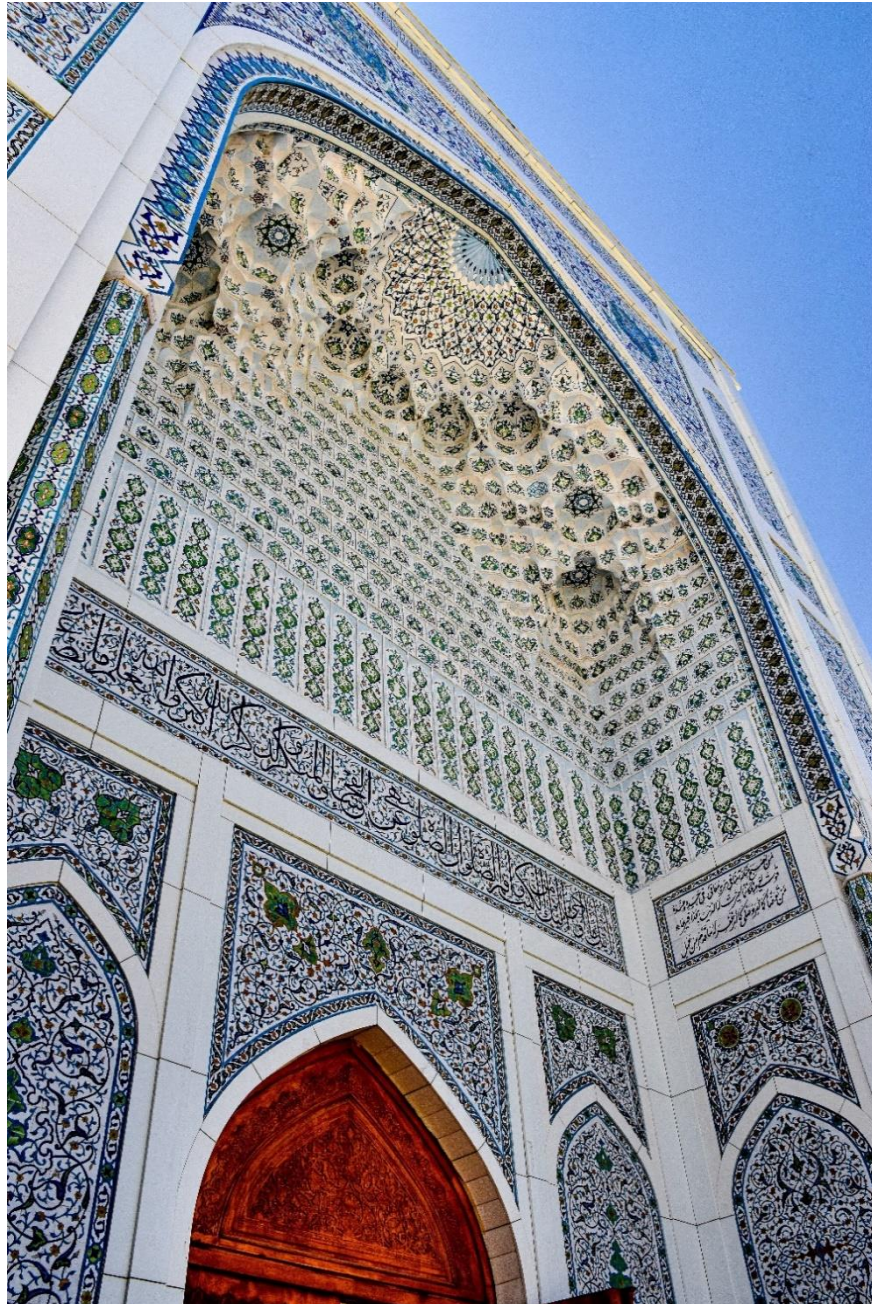
Table of Contents	2	Printing	13
General Information	3	Mailing to and from Tashkent	13
CLI Tashkent Important Contacts	4	Transportation	14
Your Course	5	Banks and ATMS	14
Important Dates	5	Credit Cards	14
Arrival and Departure	5	Currency	14
Books and Computers	6	Embassies and Consulates	14
Academic Load & Extracurricular Activities	6	Electricity Conversion	15
Travel and Visas	7	Souvenirs, Museums, Theaters, etc.	15
What to Pack	7	General Health and Safety	16
Visas	9	Safety	16
Pick-Up	9	Privacy	16
Carrying Your Passport	9	Medical Care and Medications	16
Foreigner Registration	9	Drinking Water	16
Financial Matters	10	Fitness	16
Billing Schedule	10	Personal Illness	17
Insurance	10	Emergency Health Care	17
Academic Information	11	Natural Disasters, Civil Unrest, and Public Health Crises	17
Transcripts, Credit Transfer, Auditing	11	Evacuation Locations	17
Your ASU Student Account	11	APPENDIX A Detailed safety and security	18
Dormitories	11	Pre-Departure Preparation	18
Cell phones	11	ASU Risk Monitoring	18
Code of Conduct	11	Student Safety Precautions	18
About the Location Region, Safety, Etiquette,		Your Travel Safety	19
Resources	12	While You Are Abroad	19
Tashkent State Pedagogical University	12	Personal Safety	19
Uzbekistan	12	Safety Tips	20
The City of Tashkent	12	Road Safety	20
Culture Shock	12	Water Safetyi	21
Meals & Lunch Options	12	How to Avoid and Survive Rip Currents	22
Time Zone	13	Safety and Diversity	23
Calling to Uzbekistan	13	Compliance with Local and National Laws	
Calling from Tashkent	13	Abroad	23
Internet	13	Make Copies of Important Documents	23

General Information

Welcome to Tashkent!

Congratulations on being selected to study Uzbek in the Arizona State University Critical Languages Institute Uzbek program in Tashkent, Uzbekistan. Housed at the Tashkent State Pedagogical University, this immersive program helps students progress from intermediate to advanced levels of Uzbek in 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.



The Entrance of Tashkent's Minor Mosque, opened in 2014

CLI Tashkent Important Contacts

The Tashkent program is a cooperative effort of two organizations: The Arizona State University Critical Languages Institute (CLI) and Tashkent State Pedagogical University (TSPU). You will work with staff from each of these organizations during your time in Tashkent. If you are ever unsure who is responsible for any aspect of the program, please contact CLI.

CLI Staff

CLI Main (Arizona) Office

Phone: +1 (480) 965-4188
Email: cli@asu.edu

James Edmonds

CLI Director
Phone: +1 (480) 965-5128
WhatsApp, Viber, Signal: (803) 370-3794
Email: jedmond@asu.edu

Jafar Zadeh

Program Coordinator
Email: jshokrol@asu.edu

Theresa Zimm

Sr. Program Coordinator
Phone: +1 (480) 965-7705
Email: Theresa.Zimm@asu.edu

Tashkent Contacts

Tashkent State Pedagogical University Main Office

+998-71-202-44-21

Nargiz Rakhmankulova

Vice-rector for International Affairs
Phone: +998 71 276 82 25
Email: nargizxr@mail.ru

Shukhrat Mingboev

Head of the International Department of TSPU
Tashkent city Chilanzar district
Bunyodkor street, 27. 100185
Fax: (8371) 2767651

Shakhzod Saydullaev

CLI Resident Director
Turkiston, Yunusobod
6 block, 26/18, 100093
Phone: +998 91 553 0077
Email: saydullaev0077@gmail.com

Emergency Numbers

- Fire.....101
- Police.....102
- Ambulance.....103
- Gas Leak.....104

Your Course Spans Multiple Summer Sessions

8-week courses in Tashkent take place over two summer sessions as shown in the table below. You will receive two grades, one for each session. You will take final exams at the end of each session.

7 + 4-week hybrid courses (Tempe followed by Tashkent) take place over three summer sessions, as shown in the table below. You will receive three grades, one for each session. You will take final exams at the end of each session.

NOTE: CLI Session dates do not match ASU Summer Session dates. Please use the dates above, **not** the ASU-wide Summer Session dates published by the ASU registrar's office.

Important Dates

7 + 4-week hybrid classes	Date(s)
Return all CLI forms	March 15, 2024
Arrive in Tempe	May 26
CLI Summer Session A	May 27 – June 19
Add/Drop for Session A	May 29
No Class; Memorial Day	May 27
CLI Summer Session B	June 20 – July 12
Add/Drop for Session B	June 22
No Class; National Holiday	July 4
Travel to Tashkent	July 13-14
CLI Summer Session C	July 15 – August 09
Add/Drop for Session C	July 17
Last day of class	August 09
Depart Tashkent	August 10
8 weeks in Tashkent program	
Return all CLI forms	March 15, 2024
Arrive Tashkent	June 16
8-week course Session A	June 17 – July 16
Add/Drop for Session A	June 19
8-week course, Session B	July 17 – August 09
Add/Drop for Session B	July 19
Last day of class	August 09
Depart Tashkent	August 10

No class in Tempe on:

May 27th – Memorial Day

July 4th – National Holiday

Arrival and Departure

CLI students arrange their own travel.

8-week students should plan to arrive at Islam Karimov Tashkent International Airport, TAS, on **June 16th** or slightly before and to depart on **August 10th** or slightly after.

4-week students should plan to arrive at Islam Karimov Tashkent International Airport, TAS, on **July 14th** or slightly before and to depart on **August 10th** or slightly after.

Islam Karimov Tashkent International Airport lies 7.5 miles from the center of Tashkent and is readily accessible by taxi. You will be met at the airport by a representative of TSPU. There are also alternative transit routes through Istanbul or Dubai.

Books and Computers

Bring a laptop or tablet. Most students find that working from a laptop with a full-size keyboard is much more effective than working from a tablet.

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.

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.

You need a student visa to go to Uzbekistan for this program. The visa takes a minimum of 10 business days to go through. **You should begin this process as soon as you are able.**

If you transit through **Istanbul or Dubai**, you do not require a visa as long as you do not leave the international terminal and **do not check bags**. Participants transiting through **other countries** should check visa requirements and obtain any necessary visas in advance.

E-mail your itinerary to cli@asu.edu as soon as your tickets are booked to ensure airport pick up.

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, nothing over 3 oz, all should fit into 1 quart-sized Ziploc bag

- Reusable Water Bottle (empty)
- Snacks for flight
- Small medicine kit (Imodium, Advil/Tylenol, Pepto Bismol (comes in tablets), several band-aids, thermometer, Neosporin, cold medicine, Benadryl)
- Printed boarding passes (in case your phone is lost)
- Printed flight confirmations
- 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

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 Tashkent)

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

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.

Suggestions

Roll clothes and/or use packing cubes to save space. Don't bring anything you care about and don't over-pack. You'll want some space for souvenirs on the way back and don't want to feel bad if you leave something behind.

Visas

All U.S. citizen travelers to Uzbekistan must possess a valid Uzbek visa and a valid U.S. passport. Your passport expiration date CLI participants will work with TSPU to obtain the appropriate visa. Please begin this process as soon as you are able. Contact CLI@asu.edu to get started.

*Note: If you are ever asked the purpose of your visit in Tashkent, say: “**tourism.**” If you say: “**education,**” you may be asked to produce a student visa. Student visas are for students enrolled in Uzbek universities only. CLI participants are not enrolled in any Uzbek university and therefore have **tourist** status.*

Pick-Up

A TSPU representative will meet you at the airport and take you to your hotel. 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 Uzbekistan. Carry a color copy of your passport and visa (and a note explaining where the original is) with you at all times. You can be subject to fines if unable to produce identification when asked. Document checks can occur at any time, any place. When your documents are checked, give a copy to the policeman, not the original.

Foreigner Registration

The immigration regulations of Uzbekistan require that all foreigners present in Uzbekistan be registered with the local authorities immediately upon arrival in Uzbekistan. CLI students living in dormitories are automatically registered. Be sure to carry your registration slip with you at all times. When exiting Uzbekistan, the passport control officer might also request that you show your registration forms.

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 following schedule:

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 of this session
All fees <u>non-refundable once posted</u>	

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](#). CLI’s health insurance is CISI. CISI has no preferred providers in Uzbekistan.

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.

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.

Vitamed Medical: Shota Rustaveli street, 109a. [Phone: +998 78 129 81 81](tel:+998781298181)
 Shox International Hospital: Kichik Halqa Yuli, 70A. [Phone: +998 71 207 00 17](tel:+998712070017)

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 online).

Academic Information

Transcripts, Credit Transfer, Auditing

Participants in the 8-week 2nd-year Tashkent courses receive 8 credits.

Participants in 4-week courses receive 3 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 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.

Dormitories

You will live in Tashkent in an “Art” hotel which is next to TSPU campus. “Art” hotel will provide breakfast.

The Do‘mbirobod “Milliy taomlar” restaurant (76C5+HC7, Tashkent <https://g.co/kgs/DbcXfD>) which is also next to TSPU campus will provide dinner (except on days when you are on excursions that include meals). You will be responsible for providing your own lunch. There are several options for eating out and purchasing groceries in the vicinity of the TSPU campus.

CLI will distribute housing information during pre-departure orientation, including information about kitchen, laundry and general expectations.

If you have any concerns about your living situation, please do not hesitate to bring them to the attention of the CLI-Tashkent staff.

Cell phones

Each CLI student will receive \$20 per month for a sim card. Tourist sim cards can be obtained easily and will have an international package that can be used to make international calls via apps like WhatsApp and FaceTime. Please be aware that using sim cards for international direct calls can be very expensive (up to \$4 per minute if calling to the United States). CLI-Tashkent 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. (See forms in our study abroad portal.)

About the Location

Region, Safety, Etiquette, Resources

Tashkent State Pedagogical University

CLI summer programs are hosted by Tashkent State Pedagogical University named after Nizami (TSPU), a public university in downtown Tashkent. It hosts a program that specializes in teaching Uzbek to foreigners. The school boasts fully outfitted classrooms, Wi-Fi, and an international staff. CLI works closely with TSPU to ensure a smooth articulation between U.S. and Tashkent-based courses.

Uzbekistan

Uzbekistan is located in the center of Central Asia. Over the course of its long history, it has passed under Turkic, Arab, Persian, Mongol, and Russian cultural influence and rule. Uzbekistan's terrain is mostly sandy desert with broad, intensely irrigated river valleys and semiarid grassland in the east; during the Soviet era, intensive agricultural production has led to the depletion of the Aral Sea, which is now dry, and certain rivers.

Since gaining independence in 1991, Uzbekistan has had two presidents. Islam Karimov led Uzbekistan for 25 years until his death in 2016, and his successor is former Prime Minister Shavkat Mirziyoyev. The current prime minister is Abdulla Aripov.

Uzbekistan's population consists of Uzbeks (83.8%), Tajiks (2.5%), Kazakhs (2.5%), with smaller populations of Russians, Karakalpaks, and Tatars. The most common religions are Sunni Islam (80%) and Eastern Orthodox Christianity (9%). While Uzbek is the only official language of Uzbekistan, Russian is also widely spoken in its cities.

The City of Tashkent

Tashkent is one of the largest and oldest cities in Central Asia and was a center of scholarship and trade on the Silk Road. Tashkent is built on the Chirchik River, on a wide plain. The city sits near the foothills of the Tian Shan mountain range. After a major earthquake in 1966 which destroyed much of the city and its Silk Road architectural heritage, the Soviet government rebuilt Tashkent as a model city. Its Soviet-era metro is one of its famous landmarks.

Many streets in Tashkent have official Uzbek names but are colloquially referred to by their former Russian names. Be sure to know both names of the streets near your dormitory.

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 & Lunch Options

Vegetarian Options:

Uzbek cuisine is meat-heavy, but Indian and South Asian restaurants tend to have vegetarian options. It is not recommended to eat raw vegetables, especially if you are unsure if the water they were washed with is bottled/otherwise treated.

The below website has some recommendations for vegetarian restaurants in Tashkent:

<https://www.happycow.net/asia/uzbekistan/tashkent/>

Time Zone

Tashkent is 5 hours ahead of GMT. During the summer, the time difference from Tashkent to locations in the U.S. is:

Tashkent–Washington	add 09 hours	noon in Washington, DC is 9PM in Tashkent
Tashkent–Chicago	add 10 hours	noon in Chicago is 10PM in Tashkent
Tashkent–Denver	add 11 hours	noon in Denver is 11PM in Tashkent
Tashkent–Phoenix, LA	add 12 hours	noon in Phoenix or LA is midnight in Tashkent

Calling to Uzbekistan

The international telephone country code for Uzbekistan is 998 and the city code for Tashkent is 71. (Cell phones may have different city codes.)

Calling to Uzbekistan from the US & Canada

011 + 998 + city code + number (Example: for the Tashkent State Pedagogical University main office, dial 011-998-71-276-79-11)

Calling from Tashkent

You may make international calls using the TSPU Wi-Fi, although you may find connections faster at “Integro Business Center”, “KFC” across from the TSPU. There are no problems with the Internet, you can talk via Telegram, WhatsApp, Imo, and Messenger. CLI-Tashkent staff will discuss local and international calling in detail during on-site orientation.

Internet

The TSPU and ART hotel provide Wi-Fi in its facility, although bandwidth is limited. Numerous internet cafes and restaurants provide free Wi-fi in the city. Almost every cafe and building have Internet. (Do’mbirobod kafe, “Integro Business Center”, KFC, and LOOOK cafe are the nearest ones to TSPU.

Printing

TSPU does not provide printing services. If you need to print, you can take advantage of any of the numerous, inexpensive copy shops in the city. <https://uz.yellowpages.uz/rubrika/poligrafiya-xizmatlari/toshkent/chilonzor>

Mailing to and from Tashkent

The post office is centrally located at every district. You can purchase stamps and mail letters there.

<https://www.yellowpages.uz/rubrika/pochtovye-otdeleniya/tashkent/chilanzarskij>

Courier services are reliable.

Emu Mail Universal (24\7)	BTS (24\7)
100117, Tashkent, CHILONZAR -5, Katortol Street	100115, Tashkent City, Uzbekistan, Chilanzar-2
E-mail: info@emu.uz	E-mail: info@bts.uz https://bts.uz/
+998 93 3811785	1230 , (998-71) 207-08-09

Transportation

Public transportation in Tashkent consists of a metro system and buses (including minibuses, also called marshrutkas). The metro is fairly clean and affordable, and features armed police surveillance. Authorities usually search personal items, and it is common for guards to review identification documents. Buses are generally crowded in the morning (but in summer will be free) and offer pickpockets easy targets.

The U.S. Embassy advises to use radio-dispatched, app-dispatched, or well-marked taxicabs, and to avoid unregistered cabs.

TSPU is located next to the metro station Chilonzar. You can get anywhere in Tashkent by subway or bus cheaply and safely. In addition, Yandex, InDrive, and my Taxi offer safe and convenient taxi services and can be ordered online. Yandex taxi is similar to Uber in the United States and the average cost in the central Tashkent area is not more than \$2.50-\$3 per trip. Taxis can fit up to 3 people comfortably and can be ordered via an official app. It is safe and insured by Yandex itself, which is similar to Google in Russia. However, you may also purchase a monthly pass for local transportation, which will allow you to use the metro and bus. This pass costs \$15 per month (for an 8 week stay in Tashkent, you can budget \$30 for this).

Banks and ATMS

ATMs are plentiful in Tashkent and they are connected to most major networks. Most students carry cash enough for a week or two, but rely on ATMs to “recharge.” Only use ATMS that are located within banks, and be sure to bring a color copy of your passport with you. Contact program staff if you have concerns about your bank’s network being present in Tashkent. Banks and vendors frequently reject U.S. cash that is wrinkled, marked, or dirty.

Avoid black market currency exchanges; risks include counterfeit bills, detainment, interrogation, or arrest.

Be sure to tell your credit card company that you are traveling to Uzbekistan. 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 yours does not, call the customer service number on your card to notify them.

The banks and ATMs nearest to TSPU campus are Ipak yuli, Davr, and Turon, (“Chilonzor” Branch). Program staff will point it out to you. If you are exchanging money in the bank, be sure to bring a copy of your passport with you. Program staff can provide directions. <https://goo.gl/maps/dyKWdBvgmQLBGKEh8>

Credit Cards

Although credit cards are accepted in some locations, Tashkent 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 Tashkent. 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 Uzbekistan is the Uzbek *so'm* (sum). The exchange rate as of November 29th, 2023, was 12,294.00 UZS to \$1USD.

Embassies and Consulates

U.S. Embassy Tashkent

3 Moyqorghon Street

5th Block, Yunusobod District, 100093 Tashkent

Phone: (+998 71) 120 54 50

Fax: (+99871) 120-6335

E-mail: ACSTashkent@state.gov

Electricity Conversion

Uzbekistan has a 220 v/50hz current and uses a two-pronged “Type C” CEE 7/16 Europlug and “Type F” Schuko plug.

You can find ADAPTERS, (from US\UK\Other to local) in some Uzbek stores. 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. The local 220 volt/50hz current can burn up your devices if a converter is required.

Most laptops and tablets can run on both American 110v/60Hz and European 220 volt/50hz. Consult the documentation that came with your equipment to be sure. Even if your equipment supports 220 volt/50hz, you will probably need an adapter for the plug.

Souvenirs, Museums, Theaters, etc.

Wikivoyage provides an excellent and up-to-date guide to Tashkent: <https://en.wikivoyage.org/wiki/Tashkent>

Please be aware that during museum visits, students are responsible for covering the additional cost of camera charges. Similarly, during excursions to parks, students are responsible for covering the cost of attractions, exhibits, and food.

General Health and Safety

Safety

Violent crimes against tourists are rare, but pickpocketing and other forms of theft are common in crowded places and in more impoverished areas of Tashkent, including some parts of Sergeli, Chilanzar, and Hamza districts, as well as around the Chorsu Market in the Old City. Locals may perceive foreigners to be wealthy and target them for theft. Nightclubs frequented by foreign clientele are targets for illicit activity, and often become the focus of law-enforcement operations.

Avoid walking alone after dark, and take normal precautions; don't flash cash, don't dress ostentatiously, etc.

The Embassy also recommends that you change your route and routine frequently, and that you pay close attention to your surroundings.

Privacy

Visitors and residents have no expectation of privacy. Security services monitor foreign visitors closely and may employ surveillance practices. It is reasonable to expect that authorities may monitor hotel rooms, offices, cars, taxis, gyms, and other public places on site or remotely. Do not expect privacy in communications via phone, Internet, or fax. Authorities may search personal possessions without your knowledge or consent. Maintain direct control of all electronic devices while traveling in country.

Medical Care and Medications

Keep a copy of your insurance card with you at all times. 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).

Inform CLI staff immediately if a medical situation occurs

Emergency assistance is available 24/7.

Bring any and all prescription medications with you. If you typically take a controlled narcotic or psychiatric medication as a prescription you must declare your medicine on the customs form and also be prepared to present the actual medicine to the customs agent.

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

Drinking Water

As in most parts of the world, tap water in Tashkent 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, as well as raw fruits and vegetables. 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 many fitness clubs near TPSU which you may visit in your free time. There is a small fee to use the clubs, but if necessary the local coordinator can help offset this cost. Nearby clubs include Land Fitness, Gym Fitness, Gold's Gym, Afina, Sher, Wellness, and others.

<https://www.google.co.uz/search?q=chilonzor%20fitnes>

Personal Illness

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

The clinic most Americans utilize in Tashkent is the Shox International Medical Clinic. It is not part of the CISI preferred provider system, so you will need to retain receipts and then process them for reimbursement after the program’s end.

“Shox” tibbiyot markazi	+998 71 202 02 12	call center: 1183
“Shox” xalqaro kasalxonasi	+998 71 207 00 17	call center: 1183
"Sog'lom oila" klinikasi	+998 71 207 10 51	call center: 1183
Vitamedical	+998 78 129 81 81	O‘zbekiston, Toshkent, ko‘ch. Shota Rustaveli, 109A

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.

Uzbekistan is located on a major earthquake fault line. If you are indoors during an earthquake, crouch down and cover your head with your arms. Shelter under furniture such as a desk or chair if possible.

View the Department of State’s instructions on Central Asia Earthquake Preparedness ahead of time: <https://www.osac.gov/Content/Report/edd52ac0-443c-4f05-aeb2-15f4aea4a6fe>

Evacuation Locations

- Primary evacuation location:
- Secondary evacuation location:

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, using your CISI insurance, assessing your personal health, 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 regularly consults the DOS Country-Specific Information to identify known risks in all ASU study abroad program locations.
- iJET – the Study Abroad Office receives helpful, timely, and actionable intelligence information from this third-party travel risk management company.
- Concur – 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 [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 any poor choices you make that may 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 drastically different than your own. Both before you leave and once you arrive at 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.
- Each ASU study abroad program will be a little different, but in all cases, 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).

Safety Tips

- 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 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 at home (USA) 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.
- Walk with a purpose; try to avoid using maps while walking around – prepare your route before you begin your journey.
- Do not be tied/chained to your smart phone – Look up from your phone, make eye contact, note driver, car, 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 taxicab
- 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.

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 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. Oftentimes individuals from non-coastal areas lack experience in assessing ocean currents for riptides and other water hazards related to coastal life. 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, ask 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 particularly dangerous for weak or non-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
- 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 following 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 become a victim too:

- 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

The 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 foreign culture than in the US. Be aware of how you identify yourself or are identified (women, religious affiliation, LGBTQIA, race, etc.), and educate yourself as to appropriate behaviors in your host country. Find out what non-verbal messages (eye contact, tone, gestures, dress) to avoid, and strive to blend in and be discreet.

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 provoke the situation. If you feel harassed and ignoring does not help, 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 GeoBlue 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