# **Summer 2019 China Student Ambassador Program Important Information**

<u>Tour Dates: July 12 to July 26</u> (some groups may leave 1 to 2 days earlier and return 1 to 2 days later).

# **Itinerary**

	Morning	Afternoon	Evening
Day1	Flight departs SFO (approximately 12 hour flight to Beijing)		
Day 2	Flight arrives in Beijing & travel by bus to a hotel approximately midway to Anshan/Linfen		Arrive at hotel in evening & rest
Day 3	Arrive at Anshan/Linfen	Welcome activities & introductions	Opening Ceremony
Day 4	CCC Course/Language & culture classes w/ Chinese students	Cultural scavenger hunt with Chinese students	Sports/Games with Chinese students
Day5	CCC Course/Language & culture classes w/ Chinese students	Visit historic Buddhist Temple	Shopping/sightseeing in City
Day 6	CCC Course/Language & culture classes w/ Chinese students	Learn traditional Chinese arts. Play Chinese games.	Watch or play table tennis games
Day 7	CCC Course/Language & culture classes w/ Chinese students	Visit Chinese nature park	Make and eat Chinese dumplings
Day8	CCC Course/Language & culture classes w/ Chinese students	Play traditional U.S. games/practice for talent show	Shopping/sightseeing in City
Day 9	CCC Course/Language & culture classes w/ Chinese students	Practice for the Talent Show and Class Performances	Talent Show
Day 10	CCC Course/Language & culture classes w/ Chinese students	Farewell Activities/practice for Class Performances	Farewell Party
Day 11	Closing Ceremony	Travel to Beijing Area	Stay in hotel/rest
Day 12	Visit Great Wall	Visit Great Wall	Watch Chinese movie in theatre
Day 13	Visit Forbidden City	Visit Tiananmen Square & Wang Fu Shopping Center	Return to hotel
Day 14	Visit Summer Palace	Visit Beijing Zoo (time permitting)	Closing dinner
Day 15	Fly from Beijing Airport -SFO		

<sup>\*</sup> All itineraries and activities subject to change for logistical reasons and/or the benefit of cultural exchange.

# 1. Participating organizations:

- 1) PCC—U.S. coordinator and sponsor.
- 2) Today's Focus—Chinese sponsor and coordinator.
- 3) Linfen and Anshan High Schools

# 2. Purpose:

- 1) To promote cultural exchange between U.S. and China.
- 2) To create regular annual activities between the secondary schools of WCCUSD/Contra Costa College and schools in China.

#### 3. Itinerary

15 days from 7/12/2018 to 7/26/2018.

Note: itinerary may start and/or end later based on flight availability

# 4. Cost for each participant

- a) \$690 per student includes round-trip air ticket, all transportation in China, food and accommodations in China. Note that applications must be received by May 3 for the \$690 price. The price increases to \$800 for applications received after May 3.
- b) Teachers/chaperones: \$275 per person.
- c) The payment schedule is as follows:

\$100 due with application Balance due by May 23<sup>rd</sup>

No refunds will be given after May 30<sup>th</sup> (this is the date your non-refundable air tickets will be purchased)

All payments may be made online at pccedu.org/ambassadorprogram by logging on to your account that you used for your online application. This is the preferred payment method.

Payments may also be made by mailing checks payable to PCC Education to:

**PCC** Education

1290 24th Avenue

San Francisco, CA 94122

NOTE: You must write in the check memo participant's name and "China Trip" or your payment may not be credited correctly.

d) Scholarships available based on financial need (email info@pccedu.org for more information)

**5. Number of participants:** 100 students from district high school and middle schools (preference will be given to middle school applicants who are currently 8<sup>th</sup> graders)

#### 6. Accommodation:

Participants may stay in a dormitory or hotel when travelling.

#### 7. Language: primarily English

Each participant will communicate with others in a friendly manner to share information about the school life in U.S.

#### 8. Conditions

- 1) Middle school 8<sup>th</sup> graders and high school junior and senior students (11<sup>th</sup> and 12<sup>th</sup> graders) are given preference, but not a requirement. Contra Costa College students also invited to attend in separate group.
- 2) Participants are required to enroll in Contra Costa College and register for the 3 credit college course
- 3) Participants will provide health information, including but not limited to medicine being taken and any allergy information (food, animal, etc.)
- 4) Student participants and chaperones must be willing share with Chinese students about American culture and how they would prepare for college and career. This may include making presentations to Chinese school classrooms or in other groups. They must also be open to learning about Chinese culture and on their trip.
- 5) Participants should observe the same standards of behavior as Chinese students in terms of their interaction with their teachers, other faculty and the school governing bodies.
- 6) Each participant will write a short essay about his/her experience in China.
- 7) In the event, the participant will be interviewed by media. The media may use the information and any recordings to promote cultural exchange and international education.
- 8) In the event of photo-taking, participant will allow the coordinator and school to use the pictures for the promotion of cultural exchange and international education.

#### 9. Publication

Participants and/or their families will allow the schools and coordinators to use all photo materials and information created during this event for publication in school activity information bulletins, websites, news release, etc. to promote cultural exchange and international education.

#### 10. Weather: Average Temperatures

• 90□ High, 60□ Low, Possible Rain

# 11. Forms and Other Items to upload to your PCC account by May 30 (if you are accepted)

- Color photo copy of participant's passport photo page
- Photo copy of participants China visa
- Photo copy of middle school or high school student ID (applies only to WCCUSD students)
- Copy of WCCUSD study trip permission slip signed by parent/guardian or by participant if age 18 (applies only to WCCUSD students)
- Copy of the completed Contra Costa College course registration form that you submitted to Contra Costa College (PCC & WCCUSD cannot register for you)

**12. Packing**: Students need to be able to carry what he/she brings. Student's full name should be placed on ALL personal items.

#### **Essentials to Pack:**

- Passport with China Visa
- Anti-bacterial hand gel
- Disinfectant wipes
- Sunscreen
- Travel alarm clock or watch with alarm
- Money belt or pouch (Fanny packs are not recommended)
- Backpack for day trips
- Rain gear (rain coat and/or umbrella)
- Individual-sized tissue packages (to also be used as toilet paper when necessary)
- 2 gifts for hosts (see below for suggested gifts)

#### **Recommended Clothing:**

- Daily outfit combinations
  - o At least 5 shirts (short/long sleeve)
  - o At least 5 pairs of pants
  - o At least 1 outfit that can get dirty
- 1 nicer outfit
  - o Nice pants, button down shirt or nice sweater (boys)
  - o Skirt, dress, nice pants, nice shirt or sweater (girls)
- 15 pairs of socks
- 15 pairs of underwear
- Pajamas or something appropriate to sleep in
- Indoors slippers (optional)
- 2 pairs of good, comfortable closed-toe walking shoes (no flip flops)
- Flip flops (for dorm showers)
- A light jacket/hoodie (for weather  $70\Box$   $85\Box$ )

#### **Toiletries**

- Toothbrush, toothpaste, dental floss
- Soap, shampoo, conditioner

- Hair brush or comb
- Deodorant
- Eye drops
- Lip balm
- Shaving supplies
- Skin moisturizers or lotion
- Extra glasses or contact lenses
- Contact lens solutions and spare contact lens cases
- Bath towel (thin bath towel for use in the dorm)
- Feminine hygiene products

## **Other Items**

- THREE color copies of participant's passport photo page
- THREE copies of participant's China Visa
- Travel journal & pencils/pens
- Money for souvenirs, snacks and misc., if desired. Recommended that students bring no more than \$200. U.S. bills need to be crisp and new.
- Air pollution mask (recommended if student has asthma)
- Medication: Over-the-Counter or Prescription (if necessary)
- A watch (optional)—if you don't bring a watch, you should have a way to keep track of time
- Luggage lock (recommended to use while in China)
- Pepto Bismal (optional)
- Over the counter cold medicine (optional)
- Camera, memory cards and charger (optional)
- plug adaptor for anything with 3-prongs (optional)
- Books to read or e-books (optional)
- Deck of cards/ travel games (optional)
- Cell phone (optional). Be sure to contact your cell phone provider prior to the trip to set up an international calling plan and to confirm costs for data/calls to and from China.

#### **DO NOT Bring**

• Expensive jewelry or other unnecessary expensive personal items.

#### 13. Baggage

Please review the Airline Baggage Website for information on what size baggage your child may bring and the associated costs with excess baggage. Please also review **TSA Security Screening** for restrictions for Carry-on Baggage. Make good decisions about what items will go in your Carry-on Baggage and what items will go in your Checked-Baggage.

#### Carry-on Baggage

Passengers are allowed 1 free carry-on baggage. A backpack is recommended. Recommended items to pack in your carry-on baggage:

- 1 change of clothes, limited toiletries (follow the 3-1-1 liquids rule) and anything else necessary to survive for a day or two in case your checked-baggage goes astray
- Sweatshirt or light jacket (to keep you warm during the flight)
- Prescription medicines (especially if you may need this on the plane or soon after arriving in China)
- Camera
- Money belt/pouch with Passport and money. You should carry your money on your person at all times, worn under your clothes.

#### **Checked Baggage**

Passengers are allowed 1 checked baggage. International flight weight limit is 50lbs and domestic flight weight limit is 44lbs. Mark every piece of your luggage with your name, phone number, e-mail address and home address. It is also helpful to make printouts of this information to put inside your luggage. Experienced travelers recommend that it is best to bring only as much luggage as you yourself can carry. Most people end up taking too much luggage to China.

In general, travel in China can be fairly hard on luggage and we recommend tough and durable bags. Many participants purchase souvenirs and gifts during their stay in China. For this reason, a soft-sided expandable bag can be invaluable.

Luggage locks can be useful for storing valuable items while in China. Using a combination lock removes the risk of losing the key to your lock.

# 14. Passports

Passports must be valid for six months beyond your travel dates. Please make three color copies of your passport and three copies of your China Visa. Leave one at home, keep one in your checked-baggage, and turn one in with the rest of the paper work. That way, you will have a back-up in the event that a passport is lost.

Passports will be held by the chaperones when they are not actively needed for airline check-in and entry into the country.

#### 15. Vaccinations

Before going to China, you should consult your physician about updating vaccinations. Some physicians recommended that you have a hepatitis inoculation (A and B) and it is very important that your immunizations for diseases such as tetanus, diphtheria, measles, mumps, polio, and rubella be up to date. The most recent information on China from the Centers for Disease Control can be found at: http://wwwnc.cdc.gov/travel/destinations/china.aspx. We recommend that you read it carefully.

# 16. Air Pollution Masks

The air quality in the areas we are visiting can at times cause health and breathing challenges for some of our students, especially those that have asthma. Please review the air quality index of these cities to decide if an air pollution mask is necessary for

you child. Please review the Buying Guide for more information about purchasing the right breathing mask.

## **17. Money**

Students can bring cash for souvenirs, snacks and other miscellaneous items (recommended to bring *no more* than \$200). Please do not bring Traveler's Cheques. Banks in China will accept only crisp, clean bills. If your money is even slightly worn or torn or marked in any way, you may have trouble changing it. Some ATMs in China accept debit cards from U.S. banks. Please note, however, that the group WILL NOT be able to make a special trip to find an ATM for you.

#### 18. Communication with Parents

For communication with your family, students and parents are encouraged to download the WeChat application on their mobile devices, which is free as long as wifi is available. All chaperones should download this application and subscribe international roaming service with the phone service provider. All chaperones will have their regular mobile phones available for parents to contact them in case of emergencies.

#### 19. Getting Lost – Emergencies

During our stay in China, students will have emergency cards with contract information for District and PCC Education staff. If students are separated from the group, they are instructed to call the PCC Education main number immediately. Students will each have a "buddy" they are responsible for and students will always travel together in pairs, no matter if they are using the restroom or if they are going for breakfast in the hotel. Additionally, each chaperone will be "assigned" to a group of 9 to 10 students. Chaperones will always travel with these students and account for these students at all times.

#### 20. Hotel/Dorm Expectations

- Students are not permitted in the hotel/dorm rooms of students of the opposite sex unless given explicit permission by a chaperone °
- Students may not switch rooms; they must stay in the room they are assigned.
- Students must keep their rooms locked at all times.
- Students are not allowed to deface the hotel/dorm or remove hotel/dorm property. Individual students will be held responsible by the hotel/dorm for any damages. Students and their parents will be billed for damage fees not collected at checkout.
- For safety reasons, students may not remove any structures from the hotels/dorms. Fines may be assessed for such violations for which the students or their parents will be responsible to pay. Students who repeat such offenses will be sent home at their parents' expense.
- Prior to checkout at the hotel/dorm, students must clean out their rooms.
- Students must adhere to all hotel and dorm regulations with regard to food and beverages in rooms and lounges.
- No burning of any item is permitted.

- Students are guests of the hotels/dorms and must behave with respect and proper manners. Unnecessary noise, improper language and reckless behavior will not be allowed. Respect for other students, the staff, and local citizens are expected and necessary for a successful trip.
- Students should walk on sidewalks at all times instead of in the streets (unless told otherwise).
- PCC Education Corporation/school is not responsible for loss or breakage of personal items, monies or valuables.

# 21. Violation of rules and expectations

Violations and consequences are separated into two categories:

- Minor violations could result in restricted free time, prohibited participation in certain activities, adjusted curfew or other possible actions deemed appropriate by the adult chaperones.
- Major violations could result in multi-day suspension of the days' activities, an earlier trip home at the parents' expense or other possible actions deemed appropriate by the chaperones. Violations include but are not limited to: curfew violations, being in prohibiting places (not in your own room, any restricted areas), leaving hotel/dorm room after curfew, property damage, violation of hotel/dorm regulations, use of tobacco, alcohol or drugs, arrests, disobeying or disrespecting adult chaperones.

#### 22. Additional Travel Information

#### **Learning Experience**

Embrace this study tour as a learning experience. Have fun, try new foods and enjoy new experiences. Be okay with ambiguity and unknowingness. Pay attention to what is happening around you so you know how react appropriately.

Sometimes, you will need to be flexible and be able to "go with the flow" while at other times you will be given explicit information and will be expected to follow it exactly. There will be times where we have to wait (for a bus, for an experience, for our buddies, for our classmates, for our food) while other times you will be asked to rush and to move quickly. This is the nature of traveling. Be okay with chatting quietly with friends or being asked to silently and quickly complete a task. Pay attention.

#### **Dress Code**

Prepare to dress on the conservative side -- low-cut tops and tank tops worn without sweaters are seen as inappropriate. Women's or girl's shorts and skirts that reveal too much leg (i.e. "short shorts") should be avoided. In the same respect, casual open-toe sandals and flip-flops are not appropriate. Use your own judgment with jeans. People have found that jeans are, for the most part, too heavy to pack in luggage. Jeans should not be worn for nice events. Distressed-style jeans/jeans with holes are not appropriate. Clothing worn should be in good shape. The Chinese teachers and students will take great notice of what you are wearing. Avoid clothing that is falling apart with visible signs of wear and tear. Your choice of wardrobe will reflect your respect towards our hosts, and moreover, your seriousness towards being a student of Chinese and Chinese culture. Make sure that your clothing is in good condition.

Footwear is of special importance. In China, everyone does a great deal of walking on every possible type of surface. All participants should bring 2 pairs of good, comfortable walking shoes with water-resistant soles. Flip-flops will be uncomfortable for trekking long distances in the city. Chinese roads and sidewalks are not always level – it is quite easy to trip and fall without the right footwear.

Travelers stress the importance of packing light and mixing and matching tops and bottoms. Most Chinese value quality much more than quantity in clothing and tend to have fewer outfits than most Westerners.

#### **Electric Adaptors and Converters**

Electrical appliances must be able to operate on 220-volt current. If such appliances cannot be found, you will need a suitable transformer and adapter to convert 110 volts to 220 volts. Adapters and converters/transformers can be purchased at most hardware stores or travel stores.

#### **During your flight**

- Bring books, magazines, and snacks for your flight(s)
- Be respectful of others and don't spend time in the aisles
- Seats will be pre-arranged by the travel agent. Permission may be granted by chaperones to switch seats.

#### **International Insurance**

PCC Education Corporation will purchase the Global Package insurance through Navigators or similar. This insurance will cover emergency injuries and sickness for all students during the China Study Tour (a co-pay/deductible may be required for some injuries which the participant will be responsible to pay)

#### Health

Because of the busy daily schedule and the fascinations of a different culture, you may be tempted to pay less than usual attention to your health. It is especially important, however, that you maintain a reasonable diet and regular sleeping habits while in China. If you do not, it is very easy to become run down to the point of exhaustion or illness. Colds and flu are notoriously easy to get and hard to shake in China. Please let any of the chaperones know immediately if you are not feeling well.

It is important that students drink lots of water and stay hydrated. Also many students don't get enough sleep and feel as if they are sick when they are in reality tired and dehydrated.

# **Water Quality**

Students should not drink water from the tap.

#### 23. China Information

#### **Being a Guest**

o Shoes

o When a Chinese person visits someone's home, it is customary for him/her to remove his/her shoes when entering. This is to help keep apartments and homes clean. Given all the dust in the air, Chinese homes are remarkably clean. Of course, your host/hostess may tell you to keep them on in such cases, but you should insist unless you see that the students are also wearing their shoes in the room. Also, when visiting a Chinese temple, you may or may not be expected to remove your shoes when entering certain rooms. Basically, just do what you see others doing.

#### o Gifts

- o Giving gifts is important to Chinese and gift giving is widespread—this is a very appealing part of Chinese culture. It is also customary to present gifts as a token of appreciation for an invitation. Rarely will a Chinese person arrive at someone's home or apartment empty-handed.
- o Do not give a clock or watch as a gift since it is considered bad luck. In Chinese, saying 'giving a clock' (送钟 sòng zhōng /song jong/) sounds exactly like the Chinese words for 'attending a funeral ritual' (送终 sòng zhōng) and thus it is bad luck to gift clocks or watches.
- o You are highly recommended to bring at least 2 gifts for students you will interact with. Some gift ideas include postcards or photo-books of Oakland, Berkeley, or San Francisco; playing cards, magnets, bookmarks, pens, key chains featuring images of US cities or culture; or quality chocolate or other sweets.

#### o Tea

o When a guest comes to visit, a Chinese person will bring the guest a drink without stopping to ask whether the guest would like one or not. It will almost invariably be tea, although carbonated drinks and juice are becoming more common. It is polite to accept what you are offered rather than asking for an alternative.

#### o Meals

- o Most of our meals will be at restaurants. Usually the menu will be predetermined by our tour guide.
- o Some of our meals will be at the schools. They will be buffet-style. We may also have some meals that are family-style. Always wait for our host to start whether it's serving or taking the first bite. Remember to be polite. Take-turns. Wait for others to serve themselves first.
- o To serve yourself, you take small portions with your own spoon, or take only a bite or two at a time from communal dishes or soup. Don't be surprised if others fill your bowl with food, they are trying to be generous.
- o The amount of food and which dishes you choose to eat will be closely watched by your hosts as they are eager to make sure you're satisfied. If you eat too little, they might assume you don't like the food and might even offer to cook something else. One cultural difference to be aware of: always cover your mouth with the other hand when using a toothpick. Also, never point at someone using your chopsticks.
- o Seating at a banquet is very important: the host is always seated facing the door and the most honored guest sits to the right of the host. A banquet is often held in a room separate from other diners. Many dishes are served, but

people are not expected to eat heartily of every one. (Warning: gobbling down food to please your hosts will backfire; whenever your plate is empty, the Chinese will heap it high with the delicacies you so obviously enjoyed! The same is true of tea. Keep in mind that the food will often appear very strange, or even very unappetizing, but that it is very important to at least try things so as not to offend your hosts.

#### **Safety and Security**

Crime, particularly crime that targets foreigners, has risen noticeably in major Chinese cities. While China is still relatively safe, it is always wise to take precautions. Never leave valuables in your room. Americans and other foreigners have always been noticeable "others" in a society that has traditionally valued conformity and the collective. One needs to be wary of pickpockets in crowded vehicles and in busy markets and train/bus terminals. Pay attention to your items (wallet, backpack, purse, etc.)

Observe traffic lights and regulations. Drivers in large Chinese cities are aggressive and often erratic. Pedestrians never have the right-of-way. Never assume that a car will stop for you or steer out of your way. Stay on sidewalks away from the curb, and walk facing oncoming traffic whenever possible. Be especially careful around aggressive taxi drivers.

#### **Crowds**

Keep an eye on your purse, bag, or wallet, especially in crowded public areas such as public transportation, crowded sidewalks, markets, and metro stations. Be aware of our group and always travel with at least a partner. You should never go anywhere alone.

# **Dealing with Different Cultural Perceptions**

The following comments on aspects of daily life in China and the cultural tips given focus largely on the differences between life in the Unites States and in the People's Republic. Different does not necessarily mean troublesome or problematic—and it certainly does not mean better or worse.

# "Polite" Topics of Conversation

Every people, every culture, has topics of conversation that can be openly discussed in polite society and others that cannot. In many parts of China, complete strangers will offer unsolicited advice on a wide range of topics having to do with health: Don't sit in a draft; button up your coat; don't wash your hair every day; and so on. Also, direct questions about money—how much one earns, how much rent is paid, what an article of clothing costs—are common in Chinese conversations. On the other hand, Chinese will shy away from conversations about politics and religion with foreigners, so you may not want to raise these topics.

Chinese people also often comment about the physical attributes of others. While jokes about weight and comparisons of beauty or other qualities may be difficult to become accustomed to, these comments are not meant maliciously. Being called "fat" in China is not the insult that it is in America; it is sometimes considered a compliment, especially when applied to small children. Chinese are particularly interested in the physical differences between foreigners and themselves. These conversations can be uncomfortable for foreigners (Americans in particular); there is

a lot of pressure in Western society that forces individuals to conform to a certain sort of body image. For most men and women, this image is often unattainable. Conversations about body size and shape consequently only serve to remind many Westerners of their own personal insecurities. Be aware of these differing cultural notions of weight, and prepare yourself to deal with them.

#### **Closeness**

Many Americans who have lived in China have been struck by—and some put off by— how frequently people touch each other, especially among members of the same sex. Family members and friends touch each other frequently and may sit closer to each other, for example on a sofa, than many Americans are comfortable with. On public transportation it is common, and not considered inconvenient by most Chinese, to be touching people on all sides. In shops, businesses, and queues, Chinese will intrude on an American's standard of "personal space." Casual touching with members of the opposite sex, however, is to be avoided. Emotions

Chinese consider public displays of emotion, particularly negative emotions, to be in poor taste. You should endeavor to control your own emotions in public, too. Try to remain calm even in the most frustrating situations. If you lose your cool, raise your voice or indicate impatience or displeasure in any way, you may lose the respect of those around you and may never have the chance to get it back again. [One caveat to this: foreigners are granted a bit more leeway in terms of showing anger. Even so, it is not a good idea to show your frustration regularly.] And besides, in most cases showing anger won't change a thing, so why bother?

#### **Indirectness**

Indirectness is almost an art form in China. This is not done out of any desire to deceive or mislead you, it is more to do with a cultural belief that direct criticism or rejection is completely improper. For example, a complaint or story about someone else or something seemingly irrelevant may be intended to inform you about your own behavior. An offer of something may be a prompt to you to offer or attend to something you have missed. Likewise, effusive praise may not always be entirely what it seems. But as with most things in China these days, this rule is somewhat flexible; for example, Chinese who are accustomed to dealing with foreigners tend to be more direct. It may be bewildering and occasionally frustrating, but do your best to observe and figure out what others are doing.

#### Laughter and Humor

When a Chinese person does something wrong, they may laugh. This may indicate willingness to admit error, or embarrassment, rather than anger or disrespect at the person criticizing her/him. Sometimes when a foreigner speaks Chinese, it will be met with kind laughter (as likely as not, the foreigner used the wrong tone and was inadvertently rude). Do not be offended, it is not meant spitefully. More often than not, any attempt at speaking Chinese will generate the same reply: "Oh, your Chinese is so good." Accept it in the spirit in which it was meant —an exaggerated compliment, made partly because most Chinese people do not expect foreigners to be able to speak any Chinese.

#### **Culture Shock**

Culture shock is not quite as shocking or as sudden as many people expect. It is part of the process of learning a new culture and most people experience some discomfort before they are able to function well in a new setting. This discomfort is the "culture shock" stage of the adaptation process. The main thing to remember is that it is a very normal process that nearly everyone goes through – even those who have traveled abroad many times. Just as you will bring with you to China clothes and other personal items, you will also carry "cultural baggage" when you travel. That baggage is not as obvious as the items in your suitcases, but it will play a major role in your adaptation abroad. Cultural baggage contains the values that are important to you and the patterns of behavior that are customary in your culture. The more you know about your personal values and how they are derived from your culture, the better prepared you will be to see and understand the cultural differences that you will encounter in China. Some surprises will await you in China. People may walk and talk with a different cadence, traffic patterns may be confusing, and buildings may look different than expected. Such differences are easy to see and quickly learned. Your housing arrangements, the manner in which classes are taught, and other procedures may seem strange or very confusing. It's important to be open to these cultural differences and see them as part of the travel experience.