



**UNIVERSIDAD
DE IBEROAMERICA**
Costa Rica



Vicerrectoría de
Estrategia Global

San José, Costa Rica
2016





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Please download
Whatsapp

We will provide any necessary
information in a group
conversation during your visit.



ARRIVING TO COSTA RICA

- ▶ A representative of UNIBE will be waiting for you at the airport with a sign.
- ▶ Look for this sign:



DOCUMENTS

- ▶ Passport
- ▶ Visas
- ▶ Travel insurance
- ▶ Health Clearance: Immunizations
- ▶ Medication if your taking any
- ▶ Leave a copy of your itinerary and contact information with family or friends at home: Prior to departure you will be provided with the address and telephone number of where you are going to live



ALCOHOL MISUSE

- ▶ Missing scheduled events, becoming ill, being disrespectful to others, engaging in inappropriate and destructive behavior, breaking the law and causing embarrassment or danger to the other members of the group, the faculty member(s) or the host family as a result of alcohol consumption will not be tolerated
- ▶ Students that encourage or ignore a fellow student who is misusing or abusing alcohol and/or transport quantities of alcohol to program sites.
- ▶ **You will be sent home at your own expense for misusing alcohol while abroad.**



DRESS CODE ON CLINICAL SETTINGS



REMEMBER: You are under the same academic integrity requirements as you would be for an on-campus program

DO's

- ▶ Scrubs or long pants like khakis, capris
- ▶ Sleeveless shirts are fine for women
- ▶ Closed shoes/ small jewelry
- ▶ White coats
- ▶ Long hair in pony tails or a bun

DON'Ts

- ▶ Shorts
- ▶ Skirts or dresses shorter than the white coat
- ▶ T-shirts for women, no tank tops
- ▶ Beach sandals (flip-flops), sneakers
- ▶ Baseball hats



ILEGAL DRUGS

- ▶ UNIBE has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by our students and those participating in study abroad programs. If you are caught using illegal drugs on-site by host-country personnel, you will be immediately dismissed from the study abroad program.
- ▶ Authorities will also carry out an investigation and you will have lawful consequences.



FEELING SICK?

- ▶ Report any illness to your local host coordinator, roommate, USF or local faculty and ask for assistance.
- ▶ Bring all medications in original bottles with back-up prescriptions. Remember this goes for vitamins, supplements and over-the-counter drugs too.
- ▶ Prescription glasses (2 sets preferred), contact lenses and contact-lense solution can be difficult to find in many countries so bring more than you would normally use just in case.
- ▶ Bring a Mini First aid kit.



CELL PHONES

- ▶ You can bring your own, but keep in mind the following details:
 - ▶ You can purchase a SIM card only if your cell phone is unlocked. Contract phones are usually not (i.e. Verizon, AT&T, etc.).
 - ▶ Some students have found easy to buy a small cheap phone that costs around \$20-30. It is not recommendable to do this at the airport, the best is to wait and on the first week see if it is really necessary to buy or get a phone line.
 - ▶ Even when you do not have a SIM card, you can still use the Wi-Fi to communicate while on campus or any other place with internet connection.
 - ▶ **DO NOT USE CELL PHONES IN HEALTH SITES.**
 - ▶ **DO NOT TAKE PICTURES IN HEALTH SITES.**





MONEY



- ▶ Before you go:
- ▶ Call your bank and credit card companies to let them know that you will be travelling. You can also ask if there are banks which do not charge a transaction fee.
- ▶ Make sure that you have made arrangements for your bills to be paid while away.
- ▶ Have a source of funds for emergencies: extra credit card, back-up ATM card, ways that parents or friends can put extra cash into your checking account or wire to you if needed.





MONEY



\$1 = ₡540 colones approx.

The exchange rate fluctuates everyday, to verify the rate visit Banco Central de Costa Rica:

<http://indicadoreseconomicos.bccr.fi.cr/indicadoreseconomicos/cuadros/fmvercatcuadro.aspx?CodCuadro=400>

On Monday, we will go to the bank to exchange Dollars into Colones . It is not convenient to do this at the airport.



Have a safe flight and
see you very soon!

