



*UCSB Summer Sessions 2003*

*Travel Study in Greece  
Student Guide*



*April 18, 2003*

*Dear Students,*

*There is one thing that characterizes all students I have interviewed for this very special summer program to Greece – eagerness and enthusiasm! The time is short, but we will stretch time to learn as much about Greek antiquity as we can. If you help me, I will show you many of the splendors of Greece, and I will be your mentor and your guide to some aspects of a civilization we have all inherited. Together we shall constitute a small, yet powerful, educational force which will be out there to learn and to promote good will. Fun will not be forbidden. After all, ancient Greece is the only place that institutionalized comedy and provided it with our art form.*

*Together we shall succeed,*

Program Director  
Athens & Paros, Greece Summer Program

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## *Welcome to the UCSB Summer Sessions Travel-Study Program*

We are pleased to invite you to join us on a travel-study to Athens and Paros Greece. It is a perfect place to learn more about the friendly and warm Greek people, culture, and the wonderful antiquities. This beautiful location provides a perfect backdrop for your studies.

We have written this Student Guide to provide you with more detail about the program in Greece. It includes requirements for the program, accommodations, descriptions of the program including courses, faculty, and field trips, plus many helpful hints about your travel and stay in Greece. We hope your stay in Athens and Paros is pleasant and you come back with a better understanding of the rich Greek culture and language.

After reading the Guide, we hope you decide to join the Program and experience Greece first hand; if so, please read and return the Student Agreement and Waiver of Liability Form by May 1, 2003. We look forward to receiving your documents and we are here to assist you with questions you may have in preparing for your trip.

### *Important Dates*

**May 1**—\$200 deposit, Student Agreement and Waiver of Liability due

**May 30**—Orientation meeting TBA

All forms are due in the Summer Sessions Office before or at the orientation meeting.

You will need to provide the following documents:

- 2 Copies of Passport
- 2 Passport Photos
- Flight Itinerary
- Health Clearance Forms
- International Student Identity Card from STA Travel

**June 5**—Orientation meeting – TBA

**June 30** - Day you should arrive at the school in Athens, Greece. Plan to be there no later than 5:00 pm to meet the director.

**July 12** – Day you will depart from your accommodations in Athens, Greece to travel by boat to Paros, Greece. Meet at the CYA school. TBA

**July 24** – Day you should depart from your accommodations in Paros and go back to Athens for trip home.

### *Curriculum*

Classics 39 – Women in Classical Literature (4 units) Study of the portrayal of women in selected Greek and Latin authors from the eighth century B.C. to the second century A.D. and this portrayal's relationship to the literary, historical, and social backgrounds of the works concerned.

*Instructor:* \_\_\_\_\_, University of Pennsylvania, James and Sarah Argyropoulos  
Professor in Hellenic Studies. Department of Classics. Specialities: Classical Linguistics, Greek Poetry, Greek Mythology.  
- Paros Travel Study and  
he will also teach Classics 104 an Undergraduate Seminar which is limited to ten students only.

Classics 100A – Greek Civilization with an emphasis on Athens and the Aegean (4 units) Introduction to the various aspects of Greek civilization such as art, education, daily life, festivals, law, religion, science, and sports. CLASS GOALS: This course will try to match what you read in the books with what was and is in Athens.

*INSTRUCTOR:* \_\_\_\_\_, *University of Oxford, Professor, College Year in Athens.*  
*Specialities: History and Epigraphy of Classical Athens.*

CLASSICS 104 – Seminar on the Poetry of Archaic Greek (This class is limited to 10 students) Work will begin for this course before you go to Greece. Students will be given the opportunity to write brief pieces of poetry and prose inspired by the readings and their experiences in Greece. Each student will be given an assignment before he/she leaves the U.S. to go to Greece. This course will be taught in Greece as part of the summer curriculum offered by the Classics Department. Selections from Homer, Hesiod, the Homeric Hymns, and Greek lyric will be read as poetry related to the Greek land as well as to religion, politics, and temperament. The readings will be in translation.

*INSTRUCTOR:*

CLASSICS 170A Greek Archaeology) Classical and Aegean Archaeology (4 units) Monuments of the Archaic and Classical Periods in the Greek world (including south Italy and north Africa).

*INSTRUCTOR:* \_\_\_\_\_, *PhD, Princeton University. He has taught at the University of Ottawa (Canada), at the University of Lecce (Italy), and at the University of Rome Tor Vergata. He is now President of the Paros and Cyclades Institute of Archaeology as well as the Director of the Second Ephorate of Antiquities in Athens. Speciality: The archaeology of Paros. At the moment he also directs an ongoing excavation in Athens (Mycenancan times).*

## *Program Information*

Important web sites for you to read as you prepare for the trip to Greece:

<http://www.lonelyplanet.com/destinations/europe/greece/> — Good information on traveling abroad.

<http://travel.state.gov/asafetripabroad.html> — This information is full of tips for traveling abroad.

<http://www.state.gov/travel/> — The U.S. Department of State has provided information on travel and living abroad.

<http://travel.state.gov/greece.html> — The U.S. Department of State, Bureau of Consular Affairs has the most current information on travel warnings and related updates. Summer Sessions requests that you please monitor this site to see the latest updates on travel abroad.

[http://travel.state.gov/travel\\_warnings.html](http://travel.state.gov/travel_warnings.html)

<http://www.gnto.gr> — The Greek National Tourism Site has good information to review

<http://www.greekembassy.org> — This is the site for the Greek Embassy

[http://www.travel.state.gov/passport\\_services.html](http://www.travel.state.gov/passport_services.html) — This is the site to apply for a passport

<http://www.studyabroad.com/handbook/> — You will want to take a look at this good information about traveling abroad.

## *Your Travel Documents*

Students are responsible for obtaining all necessary entry documents before departing the U.S. Students who fail to obtain the proper travel documentation before departure may be denied admittance to the host country. Please note: there are no special visa requirements for Americans who study in Greece.

If you do not have a current passport, apply now as it takes a long time to get a passport. All students should sign their passport immediately upon receipt and make two copies of the first two pages to give to Summer Sessions along with an emergency contact person at home.

Students should check with the nearest embassy of the host country about passport requirements. Please check the web site for a passport and application or renewal forms at the Department of State website: [http://www.travel.state.gov/passport\\_services.html](http://www.travel.state.gov/passport_services.html)

If you are applying for a passport for the first time, you will need to apply in person at the County Clerk Recorder-Assessor's Office Annex at 1100 Anacapa St in Santa Barbara. Students should apply as soon as possible as it will take time to process.

A US passport will allow you to travel to Greece for a stay up to 90 days. If you are a US citizen you will only need a passport and you will not need a visa. If you would like to stay longer, you will have to obtain a permit from the Aliens Bureau when you are in Greece.

Greece will refuse entry to anyone whose passport indicates that, since November 1983, they had visited North Cyprus. If you have a North Cyprus stamp in your passport, apply for a new passport. New passports don't have any stamps in them, and there will be no evidence of your previous travels.

If you are not a US citizen, please contact the Greek embassy or your nearest Consulate to find out what additional documentation you may need.

Consular Section of the Embassy of Greece:  
2221 Mass. Ave., N.W., Washington, D.C. 20008  
(202/939-5818 or 5800)

Consulate: SAN FRANCISCO GREEK CONSULATE: 2441 GOUGH STREET, SF, CA 94123 TEL. (415) 775-2102—HOURS ANSWER PUBLIC M-F 10-2.  
CA, Los Angeles (310/826-5555), GA (404/261-3313), IL (312/335-3915 or 17), LA (504/523-1167), MA (617/543-0100), NY (212/988-5500) or TX (713/840-7522).

Internet: <http://www.greekembassy.org>

## *How to Get There*

You will be flying to Athens International Airport <http://www.athensairport2001.gr>. From the airport you can take a transfer bus for 2.90euros (e) or a taxi. Taxis are relatively inexpensive—always check the driver's dashboard for airport pick-up and luggage rates, or check <http://www.gnto.gr> for help with similar questions.

U.S. Department of State, Bureau of Consular Affairs, Washington, DC 20520

## *Consular Information —Greece*

*This information is current as of Monday, Mar 17 10:06:05 GMT-0800 (Pacific Standard Time) 2003.*

**COUNTRY DESCRIPTION:** Greece is a developed and stable democracy with a modern economy.

**DUAL NATIONALITY:** In addition to being subject to all Greek laws affecting U.S. citizens, dual nationals may also be subject to other laws that impose special obligations on Greek citizens. For additional information, see the Citizenship and Nationality section of the Consular Affairs home page at <http://travel.state.gov>.

**SAFETY AND SECURITY:** There is crime in Greece as there is anywhere. Act as you would in any major US city and use common sense precautions. Don't walk alone at night, and try to be inconspicuous. Be discreet about your money and carry it in your front pocket or in a money belt.

Don't bring any valuables or jewelry with you on your trip. Beware of pickpockets! The best way to protect yourself is to secure your backpack (wear it on your front in a crowded situation), put your money in a money belt and pay attention to your surroundings.

**POLICE:** To contact the police dial 100.

**CRIME:** Crime against tourists (purse-snatchings, pick pocketing) appears to be on the rise at popular tourist sites and on crowded public transportation, particularly in Athens. Reports of date or acquaintance rape have also increased, with most of the offenses occurring on the islands. The usual safety precautions practiced in any urban or tourist area ought to be practiced during a visit to Greece.

The loss or theft abroad of a U.S. passport should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest U.S. Embassy or Consulate for assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, to contact family members or friends and explain how funds could be transferred. Although the investigation and prosecution of the crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

U.S. citizens may refer to the Department of State's pamphlet, A Safe Trip Abroad, for ways to promote a trouble-free journey. The pamphlet is available by mail from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, via the Internet at [http://www.access.gpo.gov/su\\_docs](http://www.access.gpo.gov/su_docs), or via the Bureau of Consular Affairs home page at <http://travel.state.gov>.

**TRAFFIC SAFETY AND ROAD CONDITIONS:** While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information below concerning Greece is provided for general reference only and may not be accurate in a particular location or circumstance.

Safety of Public Transportation: Good  
Urban Road Condition/Maintenance: Good  
Rural Road Condition/Maintenance: Fair  
Availability of Roadside Assistance: Poor

Visitors to Greece must be prepared to drive defensively. Heavy traffic and poor highways pose hazards, especially at night. Extreme care is warranted in operating a motorbike. The majority of U.S. citizen traffic casualties in Greece have involved motorbikes. Drivers must carry a valid U.S. license as well as an international driver's permit. The U.S. Department of State has authorized two organizations to issue international driving permits to those who hold valid U.S. driver's licenses: AAA and the American Automobile Touring Alliance. Vehicles may be rented without the permit, but the driver will be penalized for failure to have one in the event of an accident. Fines are high. Small motorbike rental firms frequently do not insure their vehicles; the customer is responsible for damages. Review your coverage before renting.

For additional general information about road safety, including links to foreign government sites, see the Department of State, Bureau of Consular Affairs, home page at [http://travel.state.gov/road\\_safety.html](http://travel.state.gov/road_safety.html). For specific information concerning Greek driving permits, vehicle inspection, road tax and mandatory insurance, contact the Greek National Tourism Office via the Internet at <http://www.gnto.gr>.

**CUSTOMS REGULATIONS:** Greek customs authorities may enforce strict regulations concerning the export from Greece of antiquities, including rocks from archaeological sites. Penalties range from large fines to prison terms. It is advisable to contact the Embassy of Greece in Washington or one of Greece's consulates in the United States for specific information regarding customs requirements. Customs authorities encourage the use of an ATA (Admission Temporaire/Temporary Admission) Carnet for the temporary admission of professional equipment, commercial samples, and/or goods for exhibitions and fair purposes. ATA Carnet headquarters, located at the U.S. Council for International Business, 1212 Avenue of the Americas, New York, NY 10036, issues and guarantees the ATA Carnet in the United States. For additional information call 212-354-4480, send an e-mail to [atacarnet@uscib.org](mailto:atacarnet@uscib.org), or visit <http://www.uscib.org> for details.



**CRIMINAL PENALTIES:** While in a foreign country, a U.S. citizen is subject to that country's laws and regulations, which sometimes differ significantly from those in the United States and may not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the United States for similar offenses. Persons violating Greek laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in Greece are strict, and convicted offenders can expect jail sentences and heavy fines.

**SPECIAL CIRCUMSTANCES:** Labor strikes in the transportation sector (national airline, city bus lines, and taxis) occur frequently. Most are announced in advance and are of short duration. Reconfirmation of domestic and international flight reservations is highly recommended.

The Government of Greece does not permit the photographing of military installations. In 2001, several British and other nationals who photograph military aircraft as a hobby were arrested while taking photographs of aircraft taking off and landing at a military base. Although they were eventually acquitted, the Embassy strongly recommends against participating in such activities.

**EMERGENCY ASSISTANCE:** People traveling in Greece who do not speak Greek may call 112 if they require emergency services. This is a 24-hour toll-free number. Callers will be able to receive information in English and French (as well as Greek) to request ambulance services, the fire department, the police and the coast guard.

**REGISTRATION/EMBASSY AND CONSULATE LOCATION:** Americans living in or visiting Greece are encouraged to register at the consular section of the U.S. Embassy/Consulate General and to obtain updated information on travel and security in Greece. The U.S. Embassy in Athens is located at 91 Vasilissis Sophias Boulevard, tel: (30)(210) 721-2851. The U.S. Consulate General in Thessaloniki is located at Plateia CommercialCenter, 43 Tsimiski Street, 7th floor, tel: (30)(2310) 242-905. The Embassy's web site is <http://www.usembassy.gr>. The e-mail address for the Consular Section is [athensconsul@state.gov](mailto:athensconsul@state.gov). The U.S. Consulate's web site addresses are <http://www.usconsulate.gr> and <http://thessaloniki.usconsulate.gov>. The e-mail address for the U.S. Consulate General Thessaloniki is [amcongen@compulink.gr](mailto:amcongen@compulink.gr).

## *Your Room and Board*

**Athens:** You will be staying in apartments that belong to College Year in Athens (CYA) located in the center of Athens, not too far from the Marble Stadium and in the desirable area of Kolonaki. They are situated at a fifteen to twenty minute walk from College Year in Athens. The area is called Kolonaki.. This area is on the foothills of Lykavittos, which is a pleasant wooded hill with a jogging track, picnic benches, and a restaurant with a spectacular view over Athens.

The neighborhood has small food shops, bakeries, dry cleaning stores, and banks, as well as a "people's market" every Friday morning selling fresh vegetables, fish, fruit and flowers. The typical apartment has two or three double study-bedrooms, a common area, kitchen, bathroom and balcony. The apartments are furnished in a simple manner and they are equipped with a mobile phone. One of the advantages that this type of accommodation has over a "dorm" is that students have a greater opportunity to interact with their Greek neighbors and generally live like Athenians do.

The accommodations include housing with breakfast and a main meal daily except Sunday July 6. The dining room is part of College Year in Athens.

Meals: In Athens, dinners are on your own at local restaurants or cooked in your apartments. (All meals on Sunday July 6 are your own creation!)



**Paros:** You will stay in the Aegean Village, an attractive hotel built to look a bit like an Aegean village. The hotel accommodations include studio rooms for two or three students and apartments for three, four, and five students. The studio accommodations have an open plan with kitchen facilities, telephone, private WC/Shower and may have a balcony or verandah. The apartments for four people have two separate bedrooms, one private WC/shower, kitchen facilities, telephone, balcony or verandah. The apartments for five people have two separate bedrooms, and one stonebuilt canapee in kitchen area, one private WC/shower, kitchen facilities, telephone, balcony or verandah. Most of the accommodations have an air-conditioner.

**Meals:** All meals are on your own. The director has arranged for one or two restaurants to serve meals at discounted prices.

**Laundry and Costs**—You should be prepared if need be to wash your own laundry; however there are Laundromats near by in Athens and the Aegean Village.

**Linens and Towels**—Linens and Towels will be provided.

**Phones**—There will be a direct line in your room. Make sure that you bring a discount calling card with you so you can have it handy. It is very easy and not expensive to buy calling cards in Greece.

**Computers**—If you would like to use a computer it would be best to visit an internet café. Both schools will have available a few computers with limited hours of availability.

## *Contact Information*

Address in Athens: College Year in Athens (CYA)  
2 Vassileos Constantinou Ave  
GR-11635 Athens, Greece  
Telephone: 30207560744 (from the U.S. dial 011 first)  
Fax: 30207561497  
Email: programs@dikemes.gr

Address in Paros: The Aegean Village  
Paroikia  
Paros, Greece  
Telephone: 302003022840  
Fax: 302284023880

## *Early Arrivals and Late Departures*

Your accommodations are only booked for the specific dates of the program. You should arrive in Athens in time to meet at the College Year in Athens (CYA) school by 5:00 pm on June 30 and plan to leave CYA on the morning of Saturday, July 12 for a boat trip to Paros. You will check out of the Athens apartments between 7:00 am and 10:00 am to meet at the CYA by 10:30 am. The students will go as a group and take a bus provided by the school. The bus trip is approximately 60 minutes to the port in Athens and the boat trip to Paros takes about five hours.

If you are planning to arrive early in Athens, you can make arrangements to stay in a nearby hotel or hostel. Additional local accommodation information will be provided later.

Your accommodations for Paros book you in the Aegean Village Hotel on Saturday, July 12 and departure on Thursday, July 24th. If you plan to stay longer, you will need to make your own arrangements with the hotel or somewhere else. Also, if you want a private room, please let us know and make your own arrangements to pay the additional cost to the hotel directly.

## What to Bring

This should not be taken as a comprehensive list. The final decision on what to bring is up to you. If you need to bring a hairdryer, it is usually better to just buy one when you get there rather than trying to find a converter that can handle the high wattage.

- Your textbooks
- Your student ID
- Your passport
- Sun protection (hat, sunblock, sunburn medicine)
- Sunglasses
- Toiletries
- Basic medicine kit (aspirin, Band-Aids, Imodium, wound disinfectant)
- Earplugs
- Motion sickness pills
- Towel, Bathrobe
- Contraceptives
- Insect repellent
- Prescription medication (clearly labeled and in original containers)
- Contact lens solution
- Comfortable walking shoes
- Rolls of film
- Travel alarm clock
- Backpack for fieldtrips
- Casual, comfortable washable clothes
- Laundry detergent and some twine to use as a drying line
- A mid-weight jacket
- 1 nice outfit (*may be needed if you go to a fancy nightclub, disco, or restaurant*)
- Women should bring a dress with short sleeves or top with short sleeves and skirt (*nothing too short*) for visiting churches.
- Men should have a shirt with sleeves and collar and long pants for visiting churches.

## Weather

It will be summer in Greece, hot and dry.

## Communication

Call your parents / significant others when you get there!

## Telephone

You will most likely have a phone in your room while you are staying in Greece. On the islands there are phone centers called "OTE" that contain 6-8 telephone booths where you can make phone calls, and pay the cost immediately to the cashier once you are done. You may also purchase OTE calling cards and use them in the many outdoor booths. This way you can call whenever you want and not only when the OTE center is open (OTE = Greek Telephone Company).

It is a good idea to get a calling card with special rates from a long distance provider (Sprint, MCI, AT&T etc) before you leave. Shop around for the best rates and the most convenient plan for you. This way you can call home from your room without incurring additional charges at the hotel.

To call Athens from the USA dial (011) outside access (301) country code (0) city code for Athens - then the number, ( ) city code for Paros - then the number.

Within Athens for local calls dial 0 + 10 + number

To direct dial the USA from Greece dial (00) - (1) - (area code) - (number)

**Emergency Phone Numbers:**

166- Ambulance  
100- Police  
199- Fire

## *Internet*

There are plenty of places to get internet access in Greece. A couple in Athens are the Skynet center, on the corner of Apolonos and Voulis (across from Mazarakis Flocati and Brooklyn Pizza) and the Museum Internet Cafe on 46 Patision street, next to the National Museum of Archeology. The CYA has an e-mail facility and will be open for our students to use from 8:00 am to 5:00 pm. In Paros, the email facility and hours will be provided later.

## *Mail*

Mail should take 1-2 weeks either way. We recommend that you don't have mail sent to you on this program; you will be in two places and it will probably miss you.

## *Money*

**Basics**—Greece is one of the twelve European Union countries, along with Belgium, Germany, France, Spain, Ireland, Italy, Luxembourg, The Netherlands, Austria, Portugal and Finland that adopted the Euro as its national currency in January 2003. Greek Drachma are no longer valid for public use, but can be exchanged for Euros at banks.

Euro notes come in denominations of 500e, 200e, 100e, 50e, 20e, 10e and 5e. Coins come in 2e, 50eurocent, 20eurocent, 10eurocent, 5eurocent, 2eurocent, and 1eurocent.

You can check current exchange rates at [www.oanda.com](http://www.oanda.com)

**How much you should bring?** —You should plan on spending about \$600-1000 while you are in Greece. This figure includes money that would be spent on food, transportation (not your airfare), and incidental costs such as class supplies, toiletries, etc. Of course some people spend more and some people spend less. You should do some research on your own about costs, think about what how you usually spend money when you are traveling and create a realistic budget for yourself. It is always better to over-budget than to under-budget.

**Bringing Money**—ATM cards, MasterCard and Visa are widely accepted in Greece and will give you the best exchange rate. Traveler's checks such as American Express will also be accepted at banks and currency exchanges, but be prepared to pay a commission fee. There is an American Express office in Syntagma Square that offers the best rates on traveler's checks. We recommend that you don't rely solely on one method of getting money, so have a back up.

**Tipping**—A 15% service charge is added onto your bill at restaurants, but it is customary to leave a tip of up to 10% if your service was to your liking.

**Emergency Cash**—Western Union ([www.westernunion.com](http://www.westernunion.com)) is able to send cash instantly throughout the world. You can also set up access for a family member to make deposits in your bank account, so you can get money with your ATM card.

## *Food and Drink*

**Costs**—Meals in Athens are provided except the dinner meals daily and all day on Sunday, July 6. Meals in Paros are not included. We recommend that you budget at least \$20-\$30 a day for meals. Costs for meals depends on where you eat. You will be able to find inexpensive meals at take-away vendors.

**Water**—The water in Greece is safe to drink.

## *Practical Notes*

- Greece is metric, so start thinking in Kilometers and Celsius.
- Greece is 10 hours ahead of Pacific Standard Time
- Greece runs on 220v— If you need a hair dryer or some other small electrical appliance, we recommend you buy an inexpensive one when you get there; it will be cheaper than buying all of the different converters you will need before you go.
- Greece is on the PAL video system, which means videotapes and DVD's bought there won't play on your VCR or DVD player at home and vice versa.

## *Transportation*

Public transportation in Athens has gone through some major changes recently. You will be among the first to experience their new metro system. There are several bus lines, the new metro, and the old train system (only one line). Taxis are also plentiful and inexpensive.

## *Health*

[http://www.travmed.com/thg/travel\\_health\\_guide.htm](http://www.travmed.com/thg/travel_health_guide.htm)— Please check this web site for good health information

**Precautions**—The most important thing you can do to stay healthy is to use your common sense. Knowledge is the best form of prevention. Make sure to bring enough prescription medicine for your whole trip and to keep the medicine in the original containers. We also advise that you get a prescription for the medicine from your doctor, just to make extra sure you won't have any trouble at customs. You should also bring a prescription for your eyeglasses or contacts, in case you need an emergency pair.

If you have a special medical condition, be sure to let your instructor, the Summer Sessions Office and the people whom you are traveling with know about it.

## *What to Expect*

**Jet Lag**—Airline travel is exhausting. You are going to feel less than “refreshed” when you arrive in Athens, especially with the 10 hour time difference. We recommend that you go to bed during the normal time according to local time so you can get yourself on a “normal schedule” as soon as possible. Avoid coffee and alcohol on the flight and drink a lot of water during the flight; it helps tremendously with jet lag.

**Intestinal and Stomach Problems** — Many travelers will have some type of stomach “bug” when they travel to a different country and encounter a different climate, additional stress and different types of food. The best way to protect yourself is to bring along some medication and to be careful about what you eat. If you have diarrhea accompanied by severe abdominal cramps, blood in your stool or fever, these are signs of something serious and you should contact a doctor immediately!

**Sunburn and Heat**— You will be in the sun a majority of the time and you need to prepare by wearing a hat, using sun block, and wearing UV blocking sunglasses. If you get a sunburn, be sure to cover up any affected areas when you go outside.

Make sure you drink lots of fluids. If you feel dizziness, exhaustion, cramps and headaches, you may be dehydrated. Excessive sweating, extreme headaches and disorientation leading to possible convulsions and delirium are the symptoms of heat stroke, which can be fatal. If you have any of these symptoms **GET TO A HOSPITAL IMMEDIATELY!** While waiting for the ambulance, a heat stroke victim should be put in the shade, covered with a wet cloth and continually fanned.

For other dangers, use the same precautions that you would in the USA. Don't go around hitting wasps' nests with sticks, picking up spiders, petting stray dogs, etc.

## *Vaccinations*

This is another issue where the ultimate decision is up to you. The Greek government does not require you to get any shots to enter the country. However, we strongly recommend that you speak with your doctor or a travel nurse to discuss your vaccination options, including but not limited to a tetanus booster and a Gamma Globulin vaccination (Hepatitis A). You need to make an informed decision considering risks, cost and what is right for you. Check out <http://travmed.com>, they have an online medical travel guide which is very helpful with tips about everything from jet lag to infectious diseases. We recommend that you print out the pages that you think are important and bring them with you on your trip.

## *Emergency Care*

In the case of a medical emergency, call an ambulance and go to the nearest hospital. If you think that you are seriously ill, make sure tell your instructor and the director of the program. If your instructor is not available, bring a friend from the program and go to the hospital.

## *Health Insurance Information*

Each student must show proof Medical/Accident Travel Insurance which you can purchase at The STA Travel office on campus. STA sells the International Student Identity Card plan which includes minimal accident and medical insurance for \$22.00. This is not comprehensive insurance; coverage is for emergency illnesses, injuries or repatriation while you are on the program. You will be asked to purchase this ID card and show us the card before leaving. Application forms for the ID/Medical/Accident Travel Insurance will be available at the next information meeting or you can pick up one from the STA Travel Office at the UCen. We must have proof of your insurance and your student travel card.

If you have a UCSB insurance policy, it does cover you through the summer months and covers you worldwide. The plan year dates are September 17, 2002 through September 17, 2003. You will most likely have to pay for the services and then file an insurance claim for benefits. You should carry a claim form with you when traveling. You also have a medical evacuation expense benefit. If you are hospitalized for five or more consecutive days and if it is deemed necessary by a physician, the insurance will pay for evacuation to your country of regular domicile or to a medical facility operated pursuant to the law of your country of regular domicile. The maximum lifetime benefit is \$7,500 for evacuation. This service is arranged by calling PIA at the number on your insurance card.

All registered UC students are required to have major medical health insurance while attending school. Student Health Directors and University administrators determined that the best way to ensure that all students have health insurance was to implement a process through which all students would be covered by campus-sponsored plans unless they could demonstrate adequate private health insurance. Waiver request forms must be submitted to Student Health each year prior to the posted deadlines. Once a waiver has been accepted, it is good for the rest of the year (through the following September.) Insurance information, including the Brochure, Waiver Request form and Claim form, is available from the Student Health Service (SHS) website at [www.sa.ucsb.edu/Studenthealth/Payment](http://www.sa.ucsb.edu/Studenthealth/Payment).

**MEDICAL INSURANCE**—The Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad to confirm whether their policy applies overseas and whether it will cover emergency expenses such as a medical evacuation. U.S. medical insurance plans seldom cover health costs incurred outside the United States unless supplemental coverage is purchased. Further, U.S. Medicare and Medicaid programs do not provide payment for medical services outside the United States. However, many travel agents and private companies offer insurance plans that will cover health care expenses incurred overseas including emergency services such as medical evacuations.

When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service and that a medical evacuation to the U.S. may cost well in excess of \$50,000. Uninsured travelers who require medical care overseas often face extreme difficulties. When consulting with your insurer prior to your trip, ascertain whether payment will be made to the overseas healthcare provider or whether you will be reimbursed later for expenses you incur. Some insurance policies also include coverage for psychiatric treatment and for disposition of remains in the event of death.

Useful information on medical emergencies abroad, including overseas insurance programs, is provided in the Department of State's Bureau of Consular Affairs brochure, *Medical Information for Americans Traveling Abroad*, available via the Bureau of Consular Affairs home page or autofax: (202) 647-3000.

**OTHER HEALTH INFORMATION**—Information on vaccinations and other health precautions may be obtained from the Centers for Disease Control and Prevention's international travelers hotline at 1-877-FYI-TRIP (1-877-394-8747); fax: 1-888-CDC-FAXX (1-888-232-3299, or by visiting CDC's Internet home page at <http://www.cdc.gov>. For information about outbreaks of infectious diseases abroad consult the World Health Organization's web site at <http://www.who.int/en>. Further health information for travelers is available at <http://www.who.int/ith>.

**MEDICAL FACILITIES** — Medical facilities are adequate, and some in Athens and Thessaloniki are quite good. Nursing care, however, particularly in public hospitals, may be less than adequate.

## *Drugs and Alcohol*

**Alcohol**— Not drinking is the best precaution you can take to ensure that you enjoy your trip and avoid problems. If your drinking becomes disruptive, you can be kicked out of your accommodations for the remainder of the program (see your Student Agreement), or even be expelled of the program. Do yourself a favor and don't waste your time and money on alcohol, when there are so many better things to do when you are in Greece. Drunken behavior is culturally unacceptable in general in Greece.

**Illegal Drugs**— Greece has very strict no-tolerance drug laws. DRUGS MEAN JAIL IN GREECE, NO MATTER WHO YOU ARE.

**Cultural Issues**—Greece is a place rich in history, and they're proud of that; please respect their historical sights and leave everything as you found it. And remember that nothing is worse than an "ugly American," or someone who complains about how everything "back at home" is so much better. If you treat the Greeks with respect, they will treat you with respect.

## *Women's Issues*

Greece is very similar to the USA when it comes to women's issues. However, if you encounter any obnoxious men, no matter where they are, the best call is to ignore them. If you ever feel threatened or seriously harassed, **seek help!**

Also, you may want to bring your own supply of tampons if you use them. They can be difficult to find in Europe.

