

Arabic Language & Culture in Morocco

PROGRAM HANDBOOK 2019–20



LEARNING ABROAD CENTER

UNIVERSITY OF MINNESOTA

Important Names & Addresses

In the United States

University of Minnesota Learning Abroad Center
230 Heller Hall
271 19th Ave. S.
Minneapolis, MN 55455-0430
Phone: 612.626.9000
Fax: 612.626.8009
Toll Free: 888.700.UOFM
Email: UMabroad@umn.edu
Website: UMabroad.umn.edu

Contact Prior to Departure:

Kate Johnson, Enrollment Specialist
Phone: 612.625.6076
Email: foste287@umn.edu

Ryan McCarthy, Associate Program Director
Phone: 612.626.9373
Email: mccar313@umn.edu

Peggy Retka, Program Director
Phone: 612.626.7134
Email: retka@umn.edu

Emergencies

In case of emergency, contact the Learning Abroad Center at 612.626.9000 at any time. If it is after business hours, a recording will give you a number to call. The Learning Abroad Center has someone on call to deal with emergencies and can contact the on-site director if needed. Once overseas, you should contact your in-country program staff.

In Morocco

Note: Please direct pre-departure questions to the Learning Abroad Center, not to the on-site staff.

During your stay in Fez, mail should be sent to you at the following address:

Your name (clearly spelled out)
c/o The Arabic Language Institute in Fez
B.P. 2136
2 Rue Ahmed Hiba
Fez, Ville Nouvelle 30000 Morocco

On-Site Office

The Arabic Language Institute in Fez (ALIF)
2 Rue Ahmed Hiba, Fez
Phone: (212.535) 62.48.50
Email: info@alif-fes.com

Resident Director

Abellatif Jai
The Arabic Language Institute in Fez
2 Rue Ahmd Hiba, Fez
Phone: (212.535) 62.48.50
Mobile: (212.66)16.16.013
Email: abdellatifjai@aca.org.ma

David Amsler, Director, ALIF

Telephone Codes

011	International access code from the US. The code from other countries will probably be different.
212	Morocco's country code used for dialing from outside Morocco.
35	Fez city code. Not necessary for calls within Fez. Cell phones have a different code.
00	International access code from Morocco.

Time Differences

Morocco is five hours ahead of Minnesota during the winter and six hours ahead during the months when the US is on daylight saving time.

Program Health & Safety

Program health and safety information is available at global.umn.edu/gosafe/index.html.



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Introduction

Purpose of This Handbook

Before you leave the country, make sure that you have read and understood the information in your Confirmation Checklist, the Health & Safety Online Orientation (available in your confirmation checklist), and the information outlined in this handbook. These materials will guide you on a safe and successful learning abroad experience.

Valuable resources for your friends and family members can be found at UMabroad.umn.edu/parents. It discusses topics such as health and safety, program prices, logistics, and travel.

Overview of the Program

Letter from the On-Site Director

Dear Arabic Language & Culture in Morocco Participant:

As the Director of ALIF (The Arabic Language Institute in Fez), I look forward to welcoming you to Fez and our program with the University of Minnesota. Fez is known as the cultural capital of Morocco and was historically the country's capital city. Fez enjoys a rich cultural life including concerts, festivals, and a strong intellectual university presence. ALIF enhances these activities with additional concerts, performances, and literary readings that program students and members of the Fez community attend and enjoy.

Fez's historic walled city is a world UNESCO site, and students have the opportunity to live with homestays in this unique cultural setting and experience the daily outdoor market in the medina that is considered the oldest medina in the Arabic-speaking world. ALIF is located in the Ville Nouvelle, or new city, which was built by the French and is filled with tree-lined boulevards, a new deluxe shopping mall, and even a McDonald's restaurant that is a popular meeting place for "Fassis."

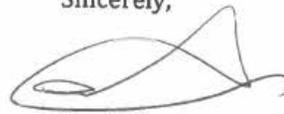
ALIF offers intensive Arabic language courses as well as Arabic and English-taught topics courses in small group settings to allow for individual attention. We supplement the academic program with excursions to the desert, neighboring imperial cities, and cultural activities just for students on this program. In addition, ALIF offers English language classes to over 10,000 Moroccans annually, which provides US students with opportunities to have language partners and be immersed in a center that has local and international diversity.

Abdellatif Jai, the University of Minnesota's resident director, is a senior staff member at ALIF and has visited Minnesota and the United States several times. Abdellatif works closely with ALIF staff to ensure a meaningful and supportive study abroad program for US and other

international students. Abdellatif is also a teacher and an English-Arabic translator, and lives in Fez with his wife and three children.

I have lived in Fez for nearly 20 years and originate from Chicago. Abdellatif, the ALIF staff, and I look forward to introducing you to Fez, Morocco, and our program.

Sincerely,



David Amster
Director, ALIF



Abdellatif Jai
Resident Director

Preparation & Planning

Documents

Passport

A valid passport is required to enter Morocco. If you don't have a passport, you should apply for one right away. Passports can take 4–6 weeks to process, so it's important to begin this process early. More information is available at UMabroad.umn.edu/students/travel/passports.

Embassy Contact Information

Always keep your passport in a safe place. If your passport is lost or stolen, contact the local police, the American Consulate or Embassy, and the on-site staff. To identify the consulate or embassy nearest you, consult usembassy.gov.

Visa/Immigration Documents

Students traveling on a US passport do not need to apply in advance to study in Morocco. The on-site staff will assist in getting students the proper documentation to remain in country for the duration of your program as necessary. ALIF staff will discuss visa requirements at the orientation in Fez.

It is possible that some airline ticket agents may erroneously ask you to show a copy of a student visa to travel to Morocco at the US airport. Be sure to print and bring with you a copy of the Embassy of Morocco's visa page at moroccanconsulate.com/visa.cfm.

Non-US Passport Holders

Students who are not traveling under a US passport may need to follow different visa procedures in order to enter Morocco.

Power of Attorney

We encourage you to consider designating someone as your Power of Attorney while you are abroad. Your Power of Attorney can act as your legal representative in a number of situations, including banking and tax issues. For more information, review the information at UMabroad.umn.edu/students/policies/finances/powerofattorney.

Safekeeping Important Documents

Copy all of your important documents and store the copies separately from the originals. Leave an additional copy with someone in the US and keep an electronic copy in a secure location.

Coordinated Group Flight

Purpose & Benefits of Village Travel

The LAC arranges an optional coordinated flight in consultation with Village Travel, a local travel agency. This flight confirms the official arrival date and time. The program staff will meet this flight at the airport. Village Travel will contact you directly when this information is available. Information, booking, and payment are handled directly by Village Travel. Consult Village Travel's website for information on the coordinated flight: villageinc.com.

The coordinated flight cost is designed to be competitive, but priority is placed on services such as routing, ticketing flexibility, and the ability to make group reservations and reserve specific travel dates. Travel can be arranged from any location in the US or internationally and every attempt will be made to connect with the coordinated flight. While you are not required to choose this group flight, it is designed to offer travel in the comfort of other participants in the program.

If you make your own flight arrangements, select a round-trip flight that has a flexible return date, since most students change their return date. Flying standby is not allowed.

If for any reason you choose not to book your flights through Village Travel, you must provide the LAC with a copy of your itinerary by the following dates—August 15 for fall semester, December 15 for spring semester, May 1 for summer session I and the 9-week summer intensive

program, or June 1 for summer session II—so that we can notify the on-site staff of your itinerary.

It is generally considerably more expensive to fly directly to Fez, so most often the designated flight will be to Rabat or Casablanca. Students who arrive on the group flight will be picked up and driven, as a group, to Fez. If you elect not to take the coordinated flight, you must arrive prior to the coordinated flight in order to travel with the program-arranged van to Fez.

For students who fly into Rabat outside of the coordinated flight time, a taxi to the Rabat Ville train station is around 200 dhs. A train to Fez will cost around 80 dhs for second class and 120 dhs for first class. Several trains run daily to Fez from Casablanca through Rabat, and the trains are comfortable and safe. The travel time from Rabat to Fez is approximately 2 hours. When you arrive at the Fez train station, you can take a taxi to ALIF, which costs about 15 dhs.

If you fly into Casablanca, you can take the train from the airport to the main train station and then change to the train to Fez. The travel time from Casablanca to Fez is approximately 4 hours.

Arriving Early

If you will arrive in Fez prior to the official program start date, the on-site staff can make a reservation for you at the program orientation hotel. The cost is approximately \$40 per night, and you will be responsible for this cost. Contact the LAC program staff if you would like the on-site staff to reserve a room for you.

If you elect to find your own housing, be certain to transfer to the orientation hotel on the official program arrival date.

Staying after the Program

If you intend to stay in Morocco after the program ends, you are responsible for your own housing and your transportation arrangement when you depart. You can inquire with the on-site staff whether you can store a small amount of luggage at ALIF, but this is not guaranteed. It is not acceptable to remain in your homestay after the program, unless the on-site staff authorizes it. In all cases, you must pay for any lodging after the program ends.

If you are departing on the official group flight on the program end date, ALIF will arrange transportation if there are at least four students traveling together to depart for the group flight. In all other cases, you are responsible for your own arrangements to the group flight in Casablanca, Rabat, or Fez. ALIF will be able to assist making arrangements, but ultimately they are your responsibility.

It is wise to ensure that you have a printed copy of your return flight itinerary and your electronic ticket number to confirm that you have paid for your ticket. Royal Air Maroc and other non-US airlines might not be able to look up your reservation by your last name and will not allow you to board without a confirmed ticket or ticket verification.



Round-Trip Airline Tickets

Round-trip tickets are the best option, since many countries require travelers to purchase a round-trip ticket as part of the visa process. In addition, one-way tickets can be expensive, and it is extremely difficult to find a return flight to the US.

Academic-year students should purchase a ticket that allows them to change the return date (usually includes a fee), since spring program dates may not be fixed before a ticket must be purchased.

Packing

Think about laundry. Lighter colors help you stay cool, but darker colors show dirt less; you might wish to strike a happy medium. Include lightweight fabrics that can be easily hand washed, can hold up to repeated washing, and do not need ironing. A key question for choosing clothes: How long does it take to air dry?

Pack clothing that is relatively new, both to be sure it lasts through your time overseas and because you will feel uncomfortably out of place if you wear ripped, baggy, or faded clothes. This is especially true for women.

While many Americans think of the hot, dry heat of the Sahara Desert when they think of Morocco, few foreigners realize that Morocco is more than capable of some truly cold weather. During the winter months, it is not uncommon for Morocco to see sharp drops in temperatures accompanied by biting winds and rain. Since many Moroccan households are open air and central heating is rare, it is important for you to bring some warm clothing, especially those who will be studying abroad during the spring semester. Academic-year students should be sure to pack warmer clothes for the period between fall and spring semester when winter is at its coldest. See the packing list for suggestions. In addition to cold weather, rain seen during the spring months can bring a great deal of humidity to Fez. Due to this humidity, you may wish to bring an airtight container for storing important documents that may be damaged by the humidity.

When packing footwear, keep in mind the streets of Fez vary greatly. The medina, as a purely walking city, has only streets of packed earth made smooth from centuries of use, with an occasional old cobblestone pathway. Footing may be tricky, and reliable walking shoes are advised. Also noteworthy are the sidewalk conditions in the Ville Nouvelle. The sidewalks often stand a foot higher than the paved road and are made of glaze clay tiles, some cracked or broken. The sidewalks are slick in any condition but very slippery when it rains. For safety reasons, make sure you pick shoes with plenty of traction.

Be conservative. Some clothing that is common on a US campus would be considered provocative in Morocco. If you wish to pack a running outfit, choose athletic pants or shorts that extend to the knee. Do not plan on using shorts except when you go to the beach. You should wear short-sleeved

shirts or shirts with sleeves that reach the elbows. Women tend to wear skirts in rural areas of Morocco, and although you may wear slacks without offending, in some rural settings you may look a bit out of place.

Choose your luggage wisely. Most students prefer backpacks to suitcases. Buy a high-quality backpack/daypack. Can your smaller backpack/suitcase nest inside a larger one? Will your carry-on double for weekend travel?

Anticipate possible delays (or even losses) in checked baggage when packing your carry-on. Pack in your carry-on anything that you would need during your first two or three days in country, including prescription drugs, as well as small items that are fragile, irreplaceable, or of significant monetary value. Do not take scissors, knives, etc., in your carry-on.

Remember you can buy things in country, including clothing. You will find many clothing items to be cheaper in country than in the US. However, other products, such as batteries, personal hygiene products, feminine products, etc. that you are accustomed to are often more expensive in these countries and not always readily available.

Don't take the kitchen sink. The most consistent hindsight of returned students is, "I took too much." Be selective. Decide what and how much is really essential to you. Try to get by with one large backpack and a carry-on. Many savvy travelers recommend that you pack once, try walking around the block with all your belongings, and then begin eliminating things until you can do the walk comfortably.

Refer to the packing list at the end of this handbook for more details.

Important Policies

Policies of the University of Minnesota and the Learning Abroad Center exist primarily for the protection and safety of LAC study abroad participants. The LAC expects all participants to read, understand, and adhere to the University of Minnesota and LAC policies, guidelines, and contractual documents. These include academic policies, finance and cancellation policies, health and safety policies, and student rights and responsibilities: **UMabroad.umn.edu/students/policies**.

FERPA

Under Federal Family Education Rights and Privacy Act of 1974 (FERPA), Minnesota Government Data Practices Act, and University policy, college students are considered responsible adults and are allowed to determine who will receive information about them. As a result, the LAC does not share academic, personal, or financial information with a third party (including parents, spouse, guardians, etc.) without the student's written permission. As part of their application, all students designate two emergency contacts who will receive information only in the case of an emergency.

Official Communications

Your UofM email address is the official means of communication. LAC messages will be sent to your UofM email address.

Health, Wellness, & Safety

Health

Health Information Form

The purpose of the form is to help the University of Minnesota Learning Abroad Center (LAC) to assist you in preparing for your time abroad. It is critical to disclose fully any health conditions or accommodation needs you may have on the LAC's Health Information Form. If your condition changes after completing this form or you realize you forgot to fully disclose anything, contact the LAC and provide the updated information as soon as possible.

Timely disclosure allows the LAC to support your overseas experience effectively. The information provided will remain confidential and will be shared with program staff, faculty, or appropriate professionals only as pertinent to your own well-being.

For more information, visit: UMabroad.umn.edu/students/healthsafety/healthinfo.

Fez has good doctors and medical facilities, and care may be quite satisfactory in some other major cities as well. Only rudimentary levels of care, at best, tend to be available in villages and small towns. It is important that you inform yourself prior to departure what precautions to take while living in Morocco. If you find yourself in need of care, consult with ALIF staff to find qualified, English-speaking physicians in Fez. Remember that with your international health insurance, you will likely be required to pay for all medical services, in cash, in advance, and submit for reimbursement afterward.

A Few Additional Tips

- Take your own medicines with you.
- If you travel to high altitudes, avoid intense exercise until you have adapted. Drink lots of liquids and eat lots of carbohydrates. Monitor any symptoms of altitude sickness, which can include headaches and nausea.
- Do not pet the stray cats in Fez! While they may look cute and cuddly, a bite or scratch may transmit an infection requiring medical attention.

Mandatory Health & Safety

Online Orientation

The mandatory Learning Abroad Center Health & Safety Online Orientation contains important information on health precautions, taking prescriptions overseas, and the

mandatory insurance policy in which you will be enrolled as a program participant. Refer to your online acceptance checklist for the link to this orientation information and contact the LAC with questions.

Health Insurance

US Health Insurance

All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad.

The travel, health, and security insurance coverage through CISI is specifically exempt from the requirements of the Affordable Care Act (ACA) and was not intended to and does not satisfy a person's obligation to secure minimum essential coverage beginning in 2014 under the ACA. The University encourages travelers to consult with their legal counsel or tax adviser for information on their obligations under the ACA.

For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the LAC's US insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurance requirement.

CISI Insurance

In addition to your US health insurance, the University of Minnesota has contracted with Cultural Insurance Services International (CISI) to provide comprehensive international travel, health, and security insurance. This coverage is mandatory for all students and included in the program fee. You are covered by CISI only for the dates of the program and a few days to allow for travel to and from the US. If you plan to travel before or after your program, you should extend your CISI coverage or purchase your own insurance.

CISI does not include any preventive care, and individuals are advised to consult their medical providers for any checkups or preventive care prior to departure.

Your CISI card and insurance policy will be emailed directly to you. Carry the card with you at all times. If you have any questions or need additional information about CISI, visit the LAC's insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance.

Medication Overseas

Prescriptions

Bring all necessary medication (including such items as birth control), for the entire term of your program, with you to your study abroad site and bring it in your *carry-on luggage only*. It is illegal to ship medication overseas and will be rejected at customs. Contact the LAC if you need an enrollment verification letter to submit to your insurance company requesting prescription medication for your entire stay abroad.

Consult with your LAC program contact if you would like to consult with CISI about obtaining any medication once abroad. Some medications, including those that are commonly available over the counter in the US, are controlled or banned substances abroad. The LAC, in consultation with CISI, will assist you in determining if you can travel with your medications or if alternative solutions must be explored.

Vaccinations, Immunizations, & Travel Medicine

The LAC recommends that all students visit a travel clinic before their program abroad. Make an appointment as soon as possible so that you can get a scheduled appointment in time to complete any required and recommended immunization series. Many travel clinics often book far in advance (especially around the holidays), and some immunizations need to be started months in advance of your departure. For more information, visit: UMabroad.umn.edu/students/healthsafety/preplanning.

Review the Centers for Disease Control and Prevention (cdc.gov/travel) and US Department of State (travel.state.gov) websites for general vaccination, immunization, and other travel medical information for the countries you will visit. However, only a travel clinic will be able to make a recommendation tailored for your specific travel plans and health history.

Rabies Vaccination

Consult with your travel clinic regarding rabies vaccination. The rabies vaccine is often recommended for travelers who may come into contact with wild or domestic animals. Keep in mind that it is not possible to initiate the vaccinations in the US and then complete them overseas. Dosage and type of vaccinations differ from country to country. For more information, visit: cdc.gov/travel/diseases/rabies.

Wellness

Wellness & Study Abroad

In addition to any medications and required vaccinations, it is important to plan proactively for how you will maintain healthy habits abroad, both mentally and physically. Consider the following guidelines for your time abroad:

- **Physical self-care:** Be physically active for 30–60 minutes daily, sleep enough to have energy through the day, spend at least an hour outdoors, and eat a balanced and moderate diet mostly of wholesome, minimally processed foods.
- **Emotional self-care:** Talk to your medical provider prior to departure about effective ways to cope with the stress that can arise from experiencing unfamiliar surroundings and lack of family and friend support, as well as to identify new ways of centering and embracing change and new experiences. This is a valuable lifelong skill.

- **Stress reduction practice:** Participate in at least one practice to quiet your mind and body. Examples include deep breathing, time in nature, prayer, journaling, sensory grounding, meditation, yoga, tai chi, qigong, progressive muscle relaxation, autogenic training, biofeedback, imagery work.
- **Hydration:** Be certain to drink sufficient water and nutritious fluids as your body adjusts to a new climate and daily rhythm.
- **Making adjustments:** Monitor your stress levels while abroad and adjust your daily routine (sleep patterns, exercise, food balance, hydration) to meet the needs of your new location.
- **Positive attitude:** Try to keep perspective on the challenges that you may encounter and work toward your long-term study abroad goals.
- **Support structures:** Identify who in country is available to provide support and guidance when you feel confused or challenged.
- **Finding resilience:** Keep in mind that it is important to recover and grow from adversity and navigate difficult challenges with awareness, intention, and skill. Seek out healthy connections to others, focus on balanced self-care, keep an open, engaged mind, and work to address manageable challenges with patience and intention.

The following website provides suggestions: gloaled.us/peacecorps/maintaining-strong-mental-and-emotional-health.asp.

Mental Health

Learning abroad can be both fulfilling and challenging for all students and may present some additional challenges for those with mental health conditions. Even if you have no history of a mental health condition, it is possible that the impact of cultural adjustment or being in a foreign environment can influence your well-being.

The Health Information Form requires you to disclose any past and current mental health issues, family history of mental health, indications of mental health concerns, and current prescription medicines. It is imperative for LAC staff to receive this information before you study abroad to best support you and provide reasonable accommodations.

Past or current treatment for psychiatric and mental health conditions does not preclude you from studying abroad. However, if a healthcare professional recommends no travel or travel under certain conditions that cannot be met at a certain study location, you may be encouraged to focus on your health first and postpone program participation until a later time.

The following steps for managing mental health are important, regardless of where you will be traveling:

- Meet with your mental health professional prior to departure to discuss learning abroad and its

implications, your plan to manage your health while abroad, and access to alternative support networks.

- Discuss a realistic communication plan for your time abroad with your support networks (i.e., family and friends).
- Understand that ups and downs are normal during study abroad. Check in with yourself often and seek support if you are feeling more intense ups and downs than expected.
- Connect with an LAC staff member prior to departure to set up on-site care with a mental health care professional, if required.
- Plan to bring sufficient amounts of prescriptions with you for the entire duration of your program. Work with LAC staff to ensure you can safely bring all necessary prescriptions abroad.

Resources for UofM Students

- Student Counseling Services (counseling.umn.edu) and Boynton Mental Health Clinic (bhs.umn.edu/east-bank-clinic/mental-health-services.htm): Staff in both settings can inform you about treatment options and offer immediate crisis counseling if needed.
- Behavior Consultation Team (BCT) (mentalhealth.umn.edu/facstaff/behavioral-consultation.html): If you are concerned about causing harm to yourself or others, call the University's BCT at 011.612.626.3030.

For additional resources, visit mentalhealth.umn.edu.

Safety

Travel & Safety Considerations

State Department Travel website

Consult the United States State Department Country Information sheets, travel advisories and travel warnings at travel.state.gov for up-to-date information on travel precautions for the country where you will be studying or traveling.

CDC Information

Review the Centers for Disease Control and Prevention cdc.gov/travel and US Department of State travel.state.gov websites for travel and safety information.

Program-Specific Safety Considerations

As a city that values tradition, Fez has far less to offer in terms of nightlife than cities like Marrakesh or Casablanca. After dark, Moroccans begin to empty the streets, and by about 9 p.m. most stores are shut down. Use caution when going out after dark. While guns are outlawed in Fez, pickpocketing, muggings, and other crimes are not unheard of. Avoid going out alone at night in Fez, and do not loiter. If you need to go somewhere, make sure you're accompanied by a member of your host family or a friend, and go directly to your destination.

A few other tips to help you safely enjoy Fez:

- Travel in groups as often as possible (especially true for females).
- Do not accept "tours" from illegal guides. Moroccan tour guides have official documents distinguishing them from illegal, or faux, guides. While prosecution is rare, it is illegal to accept a tour from an unlicensed guide.
- Do not trust your valuables to anyone other than the administrators at the ALIF center. The ALIF center has a safe where you may store valuables.
- Avoid dark alleyways, and be wary of your valuables in crowded streets.
- Do not give your credit or debit card number to anyone, including your host family.
- If at any time you feel that you are in danger, contact the program administrators at the ALIF center using the emergency numbers provided to you.
- The summer Ramadan period can be stressful for locals, and you should be particularly alert during this period and cautious with your belongings in public.
- Do not display your cell phone or laptop in public places or while walking in the city. If you are confronted, do not resist, since some robbers may carry a knife.

Women's Safety in Morocco

As you venture out on your own, keep in mind the cultural differences of public life in the US versus Morocco. In Morocco, women rarely go out without a companion, either female or male. Moroccan men see no problem catcalling foreign women, approaching them on the street, or attempting to make conversation. However, this is not acceptable, and responding will often lead to more pronounced sexual advances. The best advice is to ignore these attempts, since any acknowledgement will likely encourage them. Looking purposeful, not making eye contact, and wearing dark sunglasses will all help avoid unwanted attention.

While you are likely to stick out as a foreigner no matter what, dressing similarly to Moroccan women will potentially mitigate some of the catcalling in the street. Moroccan women are very conservative, but also very formal. Blouses, dresses, and trousers are their normal attire. **More information on Women in Morocco on pp. 21-22**

Embassy STEP Registration

The LAC will register you with the Smart Traveler Enrollment Program (STEP), which makes your presence in Morocco known to the US Department of State. Once you are enrolled in this program, you will receive the travel updates and information directly as they are issued. Please carefully review these messages and contact the LAC or on-site staff with questions. For more information, visit: step.state.gov/step.

In addition, the local embassy can be a source of assistance and information in the case of an emergency. Each of our programs has information about the local embassy, and you might even have an embassy visitor at your orientation. For more information, visit the Country Information sheet at travel.state.gov for the countries you will visit and study in.

In order to ensure that all official communication from the US Department of State is sent to the correct address while you are abroad, check your official contact information prior to departure. Visit: onestop.umn.edu to verify that the information is correct. If your contact information changes, you must notify the LAC.

Sexual Harassment & Sexual Assault

The University of Minnesota and Learning Abroad Center take the risk of sexual harassment and assault very seriously. This topic will be covered in orientations in more depth, and LAC staff and our colleagues on site are trained and prepared to provide support to victim survivors.

Anyone who experiences sexual harassment or sexual assault while abroad must deal with the stress of this unwanted event in a place and culture that is unfamiliar. Being away from the support and comfort of home can exacerbate feelings of hurt, confusion, anger, and loss of control. This is normal.

Do not tolerate behavior that feels threatening or disrespectful by staff in country, faculty members, or homestay family members. When in any doubt, consult with someone with whom you feel comfortable.

Report any incidents of sexual harassment or sexual assault to in-country or LAC staff so that we can help you understand your options and supports available. The Aurora Center is a fully confidential resource for all students on LAC programs, even if you don't normally attend the University of Minnesota.

For more information on resources, including the Aurora Center, visit: global.umn.edu/travel/assault/index.html.

The University of Minnesota prohibits sexual harassment and retaliation. In compliance with Title IX, the LAC will work with the University's Title IX coordinator on any related inquiries and complaints. For more information, please contact the LAC or visit diversity.umn.edu/eoaa/titleix.

Alcohol & Drug Use

The University of Minnesota Code of Conduct and Code of Conduct for Education Abroad allow for responsible drinking if you are legally allowed to drink in your host country. Illegal, irresponsible drinking and/or misbehaving while drinking are violations of the University's policy.

The University of Minnesota has a no-tolerance approach to drug use while abroad. Students using drugs abroad may immediately be removed from the program at their own cost. You are subject to the laws of the host country while abroad, and penalties for foreigners using or possessing drugs abroad are often very strict.

For more information, visit: UMabroad.umn.edu/students/healthsafety/alcoholdrugs.

Personal Safety

When traveling overseas, there are a number of precautions you should follow in order to travel safely. Consult the US State Department's resources and your orientation materials for up-to-date information on travel precautions for the country where you will be studying or traveling.

For more information on women travelers: travel.state.gov/content/passports/english/go/Women.html.

For more information on students abroad: travel.state.gov/content/studentsabroad/en.html.

For more information on staying safe while abroad: UMabroad.umn.edu/students/healthsafety/safetyabroad.

Emergency Procedures

All students are required to carry a cell phone for use in an emergency. On-site staff will contact you on your cell phone, and you will utilize your phone to contact on-site staff and/or emergency services. In a life-threatening emergency, please seek immediate emergency care; otherwise, please contact on-site staff for assistance and recommendations. On-site staff are trained and have resources available to respond to all types of emergencies including, but not limited to, civil disturbance, natural disaster, illness or injury, hospitalization, robbery or pickpocketing, sexual assault/harassment, hate crimes, and mental health.

The LAC will utilize on-site resources as well as insurance and security resources, including CISI. See more details above on insurance.

For more information, visit: UMabroad.umn.edu/students/healthsafety/emergency.

Independent Travel

Independent Travel Notification

You are encouraged to travel during official program break periods, over holidays, or after the program is completed. During the program, travel on the weekends should be limited to nearby locations to ensure that you are able to maintain good rest, health, and timely completion of all coursework. Students are not permitted to travel during the program dates, including on weekends or vacations, to countries currently under a US State Department Travel Warning. See travel.state.gov for the most up-to-date list.

Consult with the on-site staff, well in advance of your planned travel, to understand if there are other locations, beyond the Travel Warning locations, that you are not permitted to visit within your host country or region. These limitations are put in place for your safety and security

and apply within the program dates. If you choose to visit a Travel Warning or other banned location before or after your program, you do so at your own risk.

All LAC program participants must notify the on-site staff of any independent travel that leaves the program location overnight. The required independent travel form is provided in the appendix of this handbook. Some sites will collect this form and others will have a slightly different way of collecting the same information, so refer to your on-site orientation for more specifics.

Travel Restrictions

During the Program

Students are not allowed to visit any country currently under a US Department of State Travel warning as a part of personal travel. Please visit travel.state.gov/content/passports/english/alertswarnings.html for up-to-date information about travel warning countries. If you have questions about travel restrictions, contact the LAC.

Driving & Renting Vehicles Abroad

It is against University and Learning Abroad Center policy to drive or rent motor vehicles (including motor scooters or motorcycles) while a participant on an LAC program. These limitations extend from the start date to the end date of your program and are put in place for your safety and security. Traffic accidents are the leading cause of injury and death of students abroad.



Arrival Logistics

All students must arrive in Fez by the official arrival date listed on the University of Minnesota Learning Abroad Center (LAC) program website. Students who arrive late without prior approval may be dismissed from the program.

In-country staff will meet the group flight at the airport in Morocco and take you to a hotel. They will hold a sign with the Minnesota name, and you should remain at the airport as a group until you can identify the proper person. If you do not see a staff person when you arrive, stay in the airport and seek assistance from an official airline agent.

If you are delayed or do not arrive in time to meet the group flight, you must make your own arrangements to arrive in Fez. Some students fly to Fez while others take the train from their arrival city. From the airport or train station in Fez, a taxi to the hotel will cost around 120 dhs.

Rabat to Fez: The cheapest option is to take a taxi to Rabat Ville train station (200 MAD), then take the train to Fez (80 MAD 2nd class, 120 MAD 1st class). Our on-site staff can also send a driver to Rabat, which will cost around 1,200 MAD, if the LAC is given advance notice. When you arrive at the Fez train station, you can take a taxi to ALIF, which costs about 15 dhs.

Casablanca to Fez: There is a train that connects the airport to the central train station in Casablanca. A connecting train travels from Casablanca to Fez. The duration is approximately 4 hours, and the trains in Morocco are comfortable and safe.

The trip to Morocco is long and will take you across several time zones. You can reduce the effects of jet lag by avoiding alcohol during the flight and drinking lots of water or other beverages. A light nap upon arrival can help you through the first day, but a long sleep can delay your adjustment to the new time zone.

You may not be able to call home immediately upon your arrival. Telephones are not readily available, you will be exhausted, and orientation will begin quickly. Let your friends and family know that it may take several days for them to hear from you, and you are likely to contact them via email. The in-country staff will notify the LAC if a student does not arrive, and we will call the student's emergency contact, as needed. Remind friends and family members not to contact the on-site staff directly. All contact should be through the LAC.

Initial Arrival Housing

You will stay as a group in a hotel for the first few nights in Fez. These nights are included in the program fee. Contact the LAC program team if you need information about the hotel used during orientation.

Students who arrive prior to the official start date of the program can stay at the designated orientation hotel at their own cost. Notify the LAC in advance if you would like the on-site staff to book a room for you, which you will pay for upon check-in (approximately \$40).

Program Information

Orientation in Country

The first few days give you time to recover from the trip and to begin acquainting yourself with each other before moving to your homestays. The Resident Director will meet students at the hotel shortly after their arrival. During this time, you will receive an orientation to Morocco, the staff, and the faculty. You will also have some opportunities to begin acquainting yourselves with Fez. When it is time to move to your homestay, your host family will come to ALIF to pick you up and take you to your new home.

Moroccan culture is much less schedule-driven than US culture. If you ever have any questions about when and where the next orientation activity is being held, don't be afraid to ask Mr. Jai or Ms. Bouchard. Also, be prepared to deal with some ambiguity and uncertainty during orientation week. ALIF will be receiving many new students during the week, and the ALIF center will be buzzing with activity. If you have questions about when and where you should be, ask. Additionally, 1–2 weeks prior to departure, the LAC will email the on-site orientation schedule to your UMN email address. Be sure to print this schedule and bring it with you to Morocco. Please note that the order of orientation events is subject to change, but that all pertinent information and orientation aspects will be covered.

Program Excursions

Excursions include a day trip to Volubilis and Meknes and a weekend trip to the desert. Keep in mind that the desert trip hotel has an indoor/outdoor swimming pool, so you should pack a swimsuit. You will also need mosquito spray and a fleece jacket for the evenings.

A break period is provided between the two six-week language terms. The length will vary from a few days to one week, depending on the schedule for that term. Refer to the LAC website for details on the break for your term in Morocco.

Academic-year students also have a break after fall and winter terms and can elect to stay in their housing over the break periods. This cost is included in the total program fee.

In-Country Staff

Resident Director

The resident director for the Arabic Language & Culture program for the University of Minnesota is Abdellatif Jai. He will be your main contact throughout your stay in Fez. He is available for any questions or concerns you may have. Mr. Jai is assisted by a number of support staff including Linda Bouchard (registrar), Faisal (the housing coordinator), Abdellali (coordinator for the language buddy program and the service learning volunteer opportunities), and a reception staff. David Amster, the director of ALIF, is also available to assist you. You should take the initiative to contact them by cell phone or email whenever you have questions or need assistance. ALIF staff will likely not have regularly scheduled office hours posted, but they are always available to assist when asked.

Program Center

The ALIF office has a library, study space, garden, snack bar, and wireless access, as well as classrooms on site where you will take their classes. Also familiarize yourself with the whiteboard near the ALIF center's front door. The whiteboard includes information on upcoming events, activities, announcements, and important messages. Check it frequently. Additionally, ALIF has an active Facebook page where events and activities are shared and continually updated. There are Western-style toilets on the first and second floors and next to the courtyard.

ALIF offers a language buddy program, internships, and a volunteer community engagement program. Consult with Abdellatif if you are interested in taking advantage of these options to practice your Arabic and meet local people and students. Additionally, ALIF hosts language lunches throughout each week with the focus language alternating between English, Fusha, and Darija.

ALIF also owns a riad in the medina for students living outside the Ville Nouvelle. The riad includes computer terminals, wireless Internet access, kitchen facilities, a large-screen television, and a student lounge. ALIF organizes many cultural activities such as concerts and film showings at their riad. It is also a place to study in the evenings. Students have access to the riad on a set schedule during the week and weekends.

The on-site orientation includes activities designed to familiarize students with Fez. All students must pay a small, refundable library use deposit at ALIF.

Computers

ALIF has approximately 20 computers available for student use, although not all machines have Internet access. You are encouraged to bring along a laptop to use for completing assignments, and the program office is wireless. Bring an adapter to plug in your computer, and remember that laptops are easily stolen. Be mindful when storing your

laptop and traveling with it. Never put these kinds of valuables in your checked luggage. ALIF typically closes during the lunch hours, so if you plan to use ALIF computers, check the schedule and plan accordingly. Do not expect your homestay family to have Internet access in their home. Some homestays will have access, and some will not. In addition to Internet access at the ALIF center and the ALIF riad in the medina, Fez has a number of inexpensive coffee shops and Internet cafes where you will be able to go online. Past participants recommend bringing an external CD drive if your laptop does not have an internal one. There are CDs that go along with some of the textbooks.

Housing Considerations

Accommodations

In order to integrate students as much as possible into daily Moroccan life and to provide the greatest level of safety, homestays in Fez are the standard housing placement. Fall, spring, and academic-year students have the option to find independent accommodations after the first six weeks of the program, but neither ALIF nor the LAC has oversight over independent housing. ALIF has a list of possible landlords, but ultimately it will be your responsibility to find your own housing. You will be required to sign a housing release form if you leave the homestay option. For students leaving their homestays and taking private apartments, a portion of the housing fee will be refunded to use toward rent in Fez. Expect to pay more for an apartment than for a homestay.

The in-country staff strives to match students with families that meet as many of the characteristics as possible that students have requested on their forms. However, it is often not possible to find a family that meets all the criteria a student has listed.

The LAC typically receives basic information about your homestay family (name and address) approximately one week prior to the program start date, and we will send the information to your University of Minnesota email account. However, last-minute changes occasionally occur, and some semesters we may not receive accurate homestay information until your arrival in Fez.

Since you may not know much about your host family prior to departure, we encourage you to bring a range of inexpensive, generic gifts (T-shirts, baseball caps, desk calendars, etc.) to give as gifts. Gifts specific to your home institution or state are also appropriate.

The in-country staff will outline for you and the family your respective rights and responsibilities in the homestay. The family is told that for the most part your presence should not lead them to change their customs, operating rules, or food.

ALIF will not inform your host family the exact dates of your program to give you the opportunity to confirm that the host family is a good match for you. You can share

your program dates with the host family when you meet them and settle in. You will also need to tell them about any excursion dates when you will be away. ALIF does not share this information in case you choose to stay in Fez and would need housing.

The program ensures that any student needing housing during break periods is provided with housing arranged by ALIF. There is no cash stipend for housing or other needs during break periods.

You should bring a lightweight body towel with you and then purchase a good quality one at the modern shopping mall in Fez. You should also bring a small bar of soap until you can shop the many nice olive oil soaps available in Fez. It is not considered hygienic to share towels or soap in Morocco. For a long shower, ask your host family about the public *hammams* (steam baths), which are the appropriate place to get thoroughly cleaned and refreshed.

Medina

The Medina is the old walled city of Fez (UNESCO World Heritage site) and is usually the preferred place to live for our students. Living in the Medina offers you a greater opportunity to be immersed in the local culture, and it offers a unique experience that would be difficult to replicate elsewhere. The Medina is about a 30-minute walk to ALIF, where classes are held, but students often just take a taxi, which is about 5 minutes and 5–10 dirham. When you first enter the Medina, it can seem maze-like and a bit overwhelming with all of the shops, markets, restaurants, and people. It also tends to be a bit more noisy due to the level of activity.

Ville Nouvelle

The Ville Nouvelle is the “newer” part of town and is where ALIF is located. Homestays here tend to be more modern and are more similar to apartment living in the United States (more so than the Medina). The Ville Nouvelle has more of a city feel because it is not walled off like the Medina. Since students usually elect to live in the Medina and ALIF hosts evening and weekend events at their Riad in the Medina, you may feel less connected if you live in the Ville Nouvelle and will need to travel a greater distance to participate in cultural events.

Meals

Homestay families provide breakfast and dinner daily and all meals on the weekends for students who choose to stay in town over the weekend. Some families may welcome students to return home for lunch, but lunch is not automatically provided by the host family. Most students purchase lunch at ALIF, which offers hot meals, snacks, refreshments, and coffee in their outdoor garden cafeteria, at subsidized prices.

Tips for a Successful Homestay

The in-country staff seek families eager to incorporate US students into their lives. Host families are generally warm

and welcoming and will want their students to participate in social events with friends and extended family. When you are placed with a family, you will probably get more than the family itself. You will get a wide range of friends, not to mention information, coaching, advice, and endless opportunities to practice your language skills. If you and the family are both willing to throw yourselves into making the experience a rich one, you are likely to look back on your homestay as a highlight of your time in Morocco.

A successful homestay requires consideration and cultural sensitivity. At times, your cross-cultural skills and insights will be stretched. The in-country staff will supplement this with initial support and ongoing coaching to create a smooth linkage between you and your family. Staff are always available to assist and sort out cultural adjustment problems as they arise. Ask staff and faculty questions to help process your experience.

You will find your homestay parents and siblings very concerned for your well-being. They will be good sources of information and advice about negotiating the transportation system, understanding safety precautions, etc. At the same time, their concern might occasionally seem to border on overprotectiveness, especially if you are a woman. Understand that the family is not trying to control you but to fulfill its inescapable responsibilities for the welfare of its US daughter or son.

In most cases, your family will do your laundry. But Moroccan families do not typically do laundry every week. It may be two to three weeks between laundry cycles, so plan accordingly. For some homestay placements, it may be appropriate to wash your own undergarments by hand. This could be a case-by-case situation, since some host families will do all laundry and some may find it inappropriate to wash your undergarments. Take note early on to navigate this situation and connect with Faisal, the housing coordinator, if you have questions or concerns. It is also culturally polite to purchase some laundry detergent for your family at some point during your stay to recognize the additional work and utility use involved in doing your laundry.

When you leave the house, it is important to let your host family know where you expect to be, what time you plan to return home, and whether or not you will miss any meals. This also includes weekend travel outside of Fez. Never stay overnight elsewhere without notifying your family.

In Morocco, lunch tends to be the biggest meal of the day and is typically served at noon or shortly after. Breakfast is light. Dinner is also light and is often served very late (10 or 11 p.m.). You will eventually acclimate to this schedule, but it may be difficult to adjust to at first. Be sure to eat enough during the day to keep your energy up and stay alert.

In case of minor illnesses, your family will help you seek medical attention. In case of more serious problems, you and your family are expected to notify the ALIF and LAC staff immediately to coordinate the best possible treatment.

Most families are conservative about relations between men and women. You are not allowed to have overnight guests of the opposite sex or to receive visitors in a closed bedroom.

Be judicious in your use of alcohol. Your host family and Moroccan friends will disapprove of substance abuse, and drunkenness could irreparably damage your relations with people who are important to you. If your behavior is deemed disruptive, you may be expelled from the program.

It is important not to abuse hospitality. Remember to ask the family for permission to bring friends over, and be ready to cover extra expenses when inviting them.

Keep your room tidy and be respectful of the common spaces in the house. Since you are a guest in the home, your bedroom should be kept in a manner that shows your respect and appreciation. In Morocco, the notion of personal and private space does not exist in the same manner as in the US, and your room in your host family is not the same as having your own room in the US. Do not leave your clothes strewn on the floor or leave personal belongings around the house. Do not put your shoes on furniture, including your own bed. However, Moroccans often wear slippers, or "house shoes," and you will likely be expected to do the same.

Keep in mind that US students tend to use more toilet paper than Moroccans. Purchase toilet paper at some point during your stay to give the host family to recognize this difference. Host families receive a modest stipend to host you in their home, and this additional gesture is important.

If you have questions about your homestay experience, speak to the on-site staff. As in the US, it is not acceptable for you to be asked, for example, to assist with caring for a host family member on a daily basis, be exposed to drunken or rude behavior, or tolerate any sexual advances. Although it is extremely rare for a host family experience to involve any of these, speak to the on-site staff immediately if you have any concerns.

Speak to the staff promptly regarding any questions or concerns so that these can be addressed. Morocco is a different culture from the US, and it is important that you discuss your questions and concerns promptly so that the on-site staff can address any situations promptly. The LAC and ALIF strive to facilitate positive homestay experiences for all students.

Liability Insurance

Regardless of your housing arrangement, consider your insurance coverage and needs. Does your renter's or homeowner's insurance cover your items if they are lost or stolen abroad? You may also wish to buy additional insurance in case you accidentally damage your accommodations, since any damages will be yours to pay.

For more information, visit: global.umn.edu/travel/insurance/outgoing.html#personal-tab.

Visitors

Program Housing

Students' personal guests (e.g. friends, family, etc.) are not allowed to stay overnight in program housing, including apartments, dorms, and homestays.

During Program Period

Friends or relatives may visit during official program breaks or before or after the program, but not while classes are in session. Visits during this time interfere with your ability to focus on the program and host culture. Visitors are not allowed to stay with you in your official program housing.

Academics

Students are responsible for understanding and adhering to the academic policies for study abroad as published on the University of Minnesota Learning Abroad Center (LAC)'s website: UMabroad.umn.edu/students/policies/academic-policies.

Courses

Program Enrollment Options

You will take a language placement test upon arrival to determine which of ALIF's levels is most appropriate for you. There is some flexibility to move up or down a level during the first few days of class, but because of the short-term and intensive nature of courses, students are typically locked into their language level after the first week of class. If you feel you were placed in a level too high or too low for your abilities, speak to your instructor immediately.

All students on summer, semester, or academic-year programs are required to take the *Morocco in Context* course, which combines cultural learning from the language courses with walking tours, discussions, and guest lectures. Weekly class meetings, short reflective papers, and short oral presentations help students reflect on and understand their experiences in Morocco.

UMTC students are able to have one hour per week of tutorials if placed in a lower course than anticipated when originally registered.

All language courses at ALIF are intensive in nature. Expect class four hours per day, five days per week (20 hours per week). Language classes typically run in two-hour blocks, one in the morning (8–10 a.m. or 10 a.m.–12 p.m.) and one in the afternoon (2–4 p.m. or 4–6 p.m.), with a break in between for lunch. Class sizes may range anywhere from two to 10 students per class, depending on the level and demand.

Topics courses meet less often (usually once or twice per week) and are scheduled around your language courses.

Summer Programs

There are two summer options for students: two 6-week summer session options and a 9-week intensive program.

Students participating in a six-week session register for one Arabic language course for 6 credits and the required *Morocco in Context* course for 1 credit. The language course can be Modern Standard Arabic or Colloquial Moroccan Arabic. Students register for a total of 7 credits. Students cannot register for both 6-week sessions because the program timelines overlap.

Students participating in the 9-week intensive summer program register for one track for a total of 11 credits. Each track includes two Modern Standard Arabic language courses (10 credits total) and the required *Morocco in Context* course for 1 credit. The track combines a full language course (from the descriptions on the program webpage) with the first half of the next course sequence.

Academic-Year Program

All students on an academic-year program will register for two Arabic language courses each semester (six credits per course). Students can choose from *Modern Standard Arabic*, *Colloquial Moroccan Arabic*, and special Arabic-taught topics course, if at an advanced level (5 credits). Students will take the required *Morocco in Context* course during fall semester. Additionally, students will register for one of the English-taught electives per semester and take one Arabic language course during the semester break. Students can choose to take a 3-credit internship or research course during spring semester. University of Minnesota–Twin Cities students interested in doing research may be eligible for an International Undergraduate Research Program (I-UROP) Scholarship: UMabroad.umn.edu/students/finances/scholarships/urop-scholarship. Total registration will equal 16–19 credits per semester, depending on language level. See course descriptions on the website.

Students on an academic-year program can enhance their winter break language course by participating in a community-engagement activity offered by ALIF.

Semester Program

Courses Offered

All students register for a total of 16–19 semester credits. Complete course descriptions are included on the website.

All students register for two Arabic language classes, the required *Morocco in Context* course, and one topics course.

Topics Courses

In addition to *Morocco in Context*, semester and academic-year students will choose between *Morocco: Changes & Cultural Identities* and *Islam: Past & Present* as their other topics course.

Morocco: Changes & Cultural Identities explores interrelationships between gender, modernization, and social change in postcolonial Morocco with emphasis on

social institutions, religion, development, traditions, and contemporary issues.

Islam: Past & Present examines Islam and its influence in Morocco. Students will study Islam's historical roots and contemporary manifestations through a discussion of historical works, literature, and film. The course will provide a perspective on the different ways Islam is realized in Moroccan life including religion, customs, and politics. It will also address the Moroccan perception of Islam and its representation in the West.

See the Full Course List webpage for additional information on the English-taught and Arabic-taught topics courses, including full syllabi: UMabroad.umn.edu/programs/africa/morocco/academics/full-course-list.

Language of Instruction

All language courses in Morocco will be taught in Modern Standard Arabic, unless noted that the course is Colloquial Moroccan. Topics courses will be taught in English except for advanced Arabic topics courses offered by ALIF.

Global Identity

Global Identity: Connecting Your International Experience to Your Future

This optional, one-credit course will provide opportunities for you to “make meaning” of your learning abroad experience and prepare you to communicate your intercultural competence to future employers, graduate schools, or law schools. As global connectivity becomes increasingly important, you are asked to think beyond the borders of your own perception and better understand the world based on the new ideas and experiences to which you are exposed. Your ability to work in a multicultural setting and succeed in different cultural contexts is vital to your future. This course will help you apply these skills to your post-graduation plans.

For more information, visit: UMabroad.umn.edu/students/academics/globalidentity.

Internships & Community Engagement

Academic-year students can participate in a credit-bearing internship during the spring semester. Details on these opportunities will be provided to students during the on-site orientation. It is very important that students who select this option complete their weekly hours at the internship site. Make sure to discuss the requirements with Abdellatif before making a commitment.

Research

Semester students can combine the *Morocco in Context* course with a directed research project for a total of 3 credits.

A three-credit research project, with the heavy ALIF courseload, will be a challenge and likely best suited for those who are confident in their language skills and have a clear sense of a potential research topic or willingness to commit to the internship hours. University of Minnesota–Twin Cities students completing a research project are eligible to apply for the I-UROP scholarship: UMabroad.umn.edu/students/finances/scholarships/urop-scholarship.

Academic-year students can select a research project or an internship during spring semester.

Volunteering

Students can volunteer for a few hours each week with a social service organization. It is important to consider this option after you have adjusted to the program course load and determined that you can meet the weekly commitment. If you are interested in this option, consult with Abdellatif once you are in Fez.

Registration

Registration through the UofM

University of Minnesota–Twin Cities Students

Before registering, you should meet with your academic adviser(s) to discuss the courses you plan to take and complete the Academic Planning form. All University of Minnesota Twin Cities students will be responsible for registering themselves using the University of Minnesota online registration system. Prior to departure, you will receive an email with all the necessary information for registration. Do not look for your class number to appear on the class schedule on the MyU website. The numbers required for registration can only be obtained from the LAC. If you register for a course that is listed online, you



have registered for the wrong course and may be subject to tuition charges. Complete your registration by the stated deadline in the registration instruction email from the LAC. Check online for holds or required registration approvals that would prevent you from registering for classes and clear them before the registration deadline. The LAC cannot remove holds on student accounts. Failure to complete registration may result in late registration fees and may delay or prevent financial aid disbursement. If you do not register for study abroad, your grades cannot be processed. Failure to register before departing for study abroad may result in no credit for your study abroad program.

UMN System Students

Students from the University of Minnesota—Morris, Crookston, Rochester, or Duluth will be set up as a multi-U student by their home campus. Please contact your study abroad office to verify that your multi-U status has been set up. You can then register as a UMTC student (see above).

Non-University of Minnesota Students

Students from other institutions will be registered by the Learning Abroad Center and do not need to register themselves through the MyU website.

Maintaining Full-Time Status

Students are required to maintain full-time registration status as defined by their individual program throughout the duration of their study abroad program. Dropping or withdrawing from a class will not be allowed if it will bring a student below the required full-time enrollment.

Post-Program Registration

While abroad, University of Minnesota students and most other students will need to register for classes for the following term on their home campus. You must make any necessary arrangements prior to departure so that you are able to register while overseas. In many cases, students are able to register online.

Course Drop/Add/Withdrawal

Course Changes

These must be made in consultation with the on-site staff and per the deadlines as outlined on the LAC's Academic Policies website. Students must notify the resident director by the second week of class whether taking the *Morocco in Context* course for 1 or 3 credits.

UMN 13-Credit Policy

University of Minnesota students are required to maintain a minimum enrollment of 13 credits per semester or maintain the minimum credit enrollment determined by their study

abroad program, whichever is greater. For certain semester programs, 12 credits is considered a full-time course load.

Academic Culture

Academic Rigor

The program is designed to be academically rigorous, and it is each student's responsibility to maintain good study habits and complete assignments on time.

Language classes are 3–8 students, providing plenty of opportunity for students to engage in the class materials. The topics courses are also small in size, and students should be prepared to engage actively in course discussions.

Books & Materials

All books and materials can be purchased on site, and ALIF utilizes the *Al Kitab* series by Georgetown University Press as its textbooks. Students can bring their own copy of *Al Kitab* for use in the language classes. Paper items are a bit more expensive in Morocco, so you may want to bring notebooks or folders.

ALIF has a wonderful bookstore on the property, which has a large selection of books about Morocco and by Moroccan authors. All books are offered at a discounted rate and are a valuable way to deepen your understanding of the culture you are experiencing.

Grades & Transcripts

Grades will be posted to the University of Minnesota transcript 6–8 weeks after the LAC has received them from the program. Grades will be converted into US equivalents, if necessary, prior to being posted on the University of Minnesota transcript. The LAC will provide one free transcript to the home institution of all non-University of Minnesota students. Additional transcripts can be ordered separately on the One Stop Student Services website: <http://onestop.umn.edu>.

All courses must be taken for A/F credit. The LAC does not permit S/N (pass/fail) registration. The University of Minnesota's A/F grading scale includes grades of A, A-, B+, B, B-, C+, C, C-, D+, D, and F.

Incompletes

This program does not grant incompletes. Rare exceptions can be requested in cases such as serious health problems or family emergencies. These exceptions must be approved in advance by the on-site director.

Grade Appeals

If you wish to question a grade issued for a particular course after the program is completed, you must provide evidence that the professor made an error in his/her grade calculation. The following are **not** reasonable grounds for grade appeal:

- Differences between US and host country educational systems
- Personal disappointment in the grade outcome
- Comparison with one's own prior academic record/GPA
- Failure to complete one or more assignments
- Minimum grade requirement of college/department or home university
- Health concerns/missed classes

Consult with your program contact in the LAC if you believe an error has occurred and you wish to complete the Grade Petition Form.

Student Grievances

Academic grievances are complaints brought by students regarding the provision of education and academic support services affecting their role as students. For grievances concerning University of Minnesota Learning Abroad Center or affiliated programs offered through the LAC, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the LAC, the Assistant Dean for Learning Abroad, the Student Conflict Resolution Center, and the Office of the General Counsel. For complaints concerning non-University of Minnesota programs, students should make appeals to the program sponsor.

Living in the Host Country

History Resources

We encourage you to read about Morocco's unique history through books such as *Morocco: From Empire to Independence* or even guidebooks to provide you with an understanding of the culture you will be experiencing. One historical note of particular relevance to the US is that Morocco was the first country to recognize the newly independent colonies, and the US and Morocco have sustained close political relations throughout the centuries. Morocco is also credited with introducing additional forms of diversified political representation even while sustaining the kingdom, as an alternative to the Arab Spring protests that destabilized the Middle East countries.

Climate

In general, Fez is quite hot and dry in the summer and cold and damp in the winter, with nights dipping to 30°F (January–April). This cold has a particular chilling bite indoors because most of the buildings are made of concrete, tile, and marble and lack any insulation or heating to speak of. Layer your clothes to be prepared for the intense midday sun, which creates extreme changes in

temperature from day to evening. Most evenings will be cool and will require a light jacket.

You can find up-to-date weather at www.accuweather.com/en/ma/saiss-airport/3860_poi/weather-forecast/3860_poi.

The Linguistic Situation in Morocco

For those students who have never lived or studied in an Arab country, a word of explanation is in order. While Moroccan Arabic (CMA/Darija) are largely derived from the same basic source (so-called "Classical Arabic"), they are in many ways two distinct languages. MSA is the language of the news media, written correspondence, official documents, literature, and formal speeches. As strange as it might sound, MSA is not a language spoken fluently by the majority of Moroccans (or Arabs, for that matter). Though few educated Moroccans have difficulty reading Arabic and understanding Arabic news broadcasts, few of them feel truly confident in using it as a means of oral communication. To further complicate matters for students wishing to practice their MSA outside of class, many Moroccan professionals have been educated in France, so when discussing more intellectual or technical topics they may have difficulty expressing themselves without turning to French. It is not uncommon for a foreign student trying to make conversation with a Moroccan in MSA to be answered in French. Obviously, if you don't know French, the Moroccan in question will be forced to express himself or herself in as correct a variety of MSA as he/she can handle. It bears pointing out that for most Moroccans, MSA spoken in day-to-day situations has an almost comical quality about it, comparable perhaps to the effect of speaking Shakespearean English with a regular person on the street. However, it is important for students to learn to communicate in the larger Arabic-speaking world by learning MSA.

Food Considerations

Safe Eating

Avoid eating in restaurants with poor hygiene or buying food from street vendors, particularly melons and cherries. Ensure that the food is well cooked. Avoid uncooked fruits or vegetables unless you can peel them yourself.

- Wash your hands frequently.
- Tap water is not recommended to drink in Morocco. Tap water in Fez's Ville Nouvelle is usually safe, but tap water in the medina should not be consumed. Drink boiled or bottled water (either carbonated or non-carbonated). Soft drinks are usually safe, but beware of juices that may be diluted with tap water. When purchasing bottled water from street vendors, check to make sure the safety seal is unbroken.
- Ice is as unsafe as water. Never add it to drinks unless it has been made from boiled or bottled water.

Utility Usage

Morocco is primarily an arid climate. It is important to be thoughtful about water and electricity use, which is expensive. Morocco's modern society and solid infrastructure ensures that electricity and water are available and reliable.

Relationships

Relations between men and women in Morocco differ considerably from those in the US. Try to be sensitive to these differences because misunderstandings can lead to hurt feelings, resentment, and, occasionally, physically threatening situations. Strong, non-romantic friendships between members of the opposite sex are far less common in Morocco than in the US, and these are generally formed and maintained within the structure of family gatherings, work, or school. The occasional couples you will see walking together or in cafés are most often married or dating—a practice which is still not as common or open in Fez as in other major Moroccan cities. This is not to say that male-female friendships do not exist, however, because many students have developed many lifelong friendships in the ALIF garden and through their families.

Should you be interested in something more intimate than a platonic friendship, whether you're male or female, make sure you know what you're getting into. Outside of schoolyard flirtations, much of the dating that does go on in Fez occurs with marriage as the eventual aim. Some couples, in fact, are not allowed to date until after their engagement. If you have no intention of getting married, it's wise to make sure that the other interested party (and his or her family) shares your feelings.

Dating Apps

Be cautious when considering online dating applications or other venues for meeting people. This is particularly important when seeking to meet new people because there are different cultural norms and values that surround relationships of all kinds. What might be considered a casual drink or meal with a person of interest can have a much more significant meaning in a different cultural context. Online dating applications can carry different connotations or serve different purposes than they do in the United States. It is important to remember that it is very difficult for you to safely determine who might be genuinely interested in you and who has ulterior motives (such as stealing your passport or money, or seeking a visa to the US). Given the significant cultural differences between the US and countries abroad, the Learning Abroad Center strongly encourages students to prioritize their academics and be mindful to seek out cultural experiences that are safe, such as through homestays, local staff, and program activities.

Living in Morocco

The following information is also provided in ALIF's student handbook that you will receive upon arrival. In addition to general information about Morocco, it contains helpful travel tips and other valuable guidelines.

Morocco is one of the most functionally modern and open countries of the Arab world and, at the same time, one of the most traditional. Fez is a city where you can enjoy the best of both worlds. City-dwelling Moroccans, led by His Majesty King Mohamed VI, move from ultra-modern to ancient modes of doing things with the same ease and dignity that they shift from French to Arabic. It is a country of pronounced tolerance where foreigners are normally held in high esteem and made to feel welcome. Though rural people's hospitality is often as spontaneous as it is genuine, urbanized Moroccans typically don't open their doors readily to foreigners without some sort of preliminary introduction or after repeated contact that gives them time to size you up. Generally, doors to Moroccan contacts are not opened through casual encounters in public places. The people of Morocco have a distinct and age-old cultural-religious heritage of which they are justifiably proud. They cherish deep-rooted values and norms that may not coincide with your own. It therefore behooves you to be adequately informed about Moroccan culture and, while you are not expected to agree with all of its attitudes and conventions, you will do well to either express appreciation or to at least reserve judgment and negative comment.

In fact, the Moroccan who approaches you in a friendly way in the street is more often than not a hustler who wishes to sell something or make a commission on you from someone else who has something to sell. Many young enterprising Moroccans have turned to being unofficial guides or hustlers in order to earn money, despite the government's recent campaign against these activities.

Islam

Though Morocco is, legally speaking, a secular state, Islam remains the official state religion and 98% of Moroccans are at least nominally Muslim of the prevalent Sunni school (rather than the Shī'a as in Iran). It is indicative that among the titles of His Majesty King Mohamed VI of Morocco is "Prince of Believers" (Amir al-Mu'minīn), an ancient title used by the early Caliphs of Islam. While "Islamic fundamentalist" political movements have not gained a widespread foothold in Morocco, violence has occurred, and you should keep informed of daily news and political events.

Keep in mind that proselytizing is illegal in Morocco, and you must be careful about your conversations. Although Moroccans have different degrees of adherence to Islamic religion, nearly everyone is religious and it is best to be evasive about your religious or non-religious beliefs.

Visiting Muslim Places of Worship

In Morocco, non-Muslims are not allowed to enter mosques, mausoleums, or other religious shrines. This interdiction does not include the theological colleges (*medersas*), which are among Morocco's most splendid historic monuments. However, Moroccans are fairly tolerant of non-Muslims peeking respectfully into mosques from the doorway.

Ramadan

During the month of Ramadan, the vast majority of Moroccans fast (from early dawn to sunset) and those who don't are very circumspect about eating, drinking, or smoking. Cafés remain closed all day and open about an hour and a half after sunset. As for restaurants, most close down for the month with the exception of a few located in hotels. Students residing with Moroccan host families are not expected to fast, and some provision will be made for their breakfasts and lunches; however, the main meal will be in the evening. Just as host families are asked to be understanding that students may or may not observe Ramadan, it is expected that students respect the fasting their host family will observe during Ramadan.

It is highly advised that you eat the food provided by your host family during Ramadan, as well as eat extra food at ALIF if needed, to tide you over until the main evening meal. If your host family is not providing a premade lunch for you to bring to ALIF (because they will likely not be eating lunch at home during Ramadan), please let the ALIF and LAC staff know.

Navigating needs and expectations during Ramadan can be sensitive, and the ALIF staff is very skilled at being sensitive to all involved. Please also consult with the LAC staff.

Dress

The strictest Islamic prescriptions require that a Muslim woman be completely covered except for her hands and face and that a Muslim man be covered from his navel to his knees. However, there are many pious women throughout the Muslim world who adopt this form of dress for prayer but wear Western-style clothing for work or leisure. There are many variations in the personal interpretation of what is "proper" clothing for a woman. Here, too, most city-dwelling Moroccans are fairly tolerant in their attitudes and do not expect foreigners to adhere to local dress codes, which often vary dramatically from person to person anyway. However, this does not mean that anything goes. Few Moroccan men wear shorts apart from sporting activities which require them, nor do they go bare-chested except at the beach. Foreigners who do this are usually tolerated but stick out like sore thumbs. Female students are encouraged to dress in a way that balances their need for comfort with a basic minimum of modesty to avoid attracting attention to themselves as objects of sexual desire. This does not mean you are expected to wear headscarves or long dresses, but you should avoid mini-skirts, tight pants, shorts, and low-cut tops. Modest tank tops can be worn with a light scarf to

cover the shoulders. Young Moroccan women do wear tight-fitting jeans, but foreigners will draw attention to themselves in this kind of attire.

Alcohol

Drinking alcohol is expressly forbidden in Islam and its negative social connotations derive largely from this interdiction. While Fez does have several bars, hotels, and restaurants that serve liquor, most Moroccans do not drink. Those who do are often not the best elements of Moroccan society. Therefore, students—especially women—are cautioned about social drinking with Moroccans, since this can sometimes lead to unpleasant and, occasionally, even dangerous situations. If you drink, it is recommended that you do so in hotel lounges or restaurants rather than in bars, which tend to be quite seedy in Morocco.

Transportation

Students take buses or taxis from their homestay to ALIF, which is typically a 15-minute ride. Both buses and taxis are inexpensive and reliable. Some students are also able to walk to ALIF.

Communication

Email & Internet

ALIF has wireless access, and students are encouraged to bring their own laptops to use at ALIF or the ALIF riad in the medina. Homestays may or may not have Internet access.

Social Media

Not all countries share the same laws about freedom of expression that we have in the US. Keep in mind that derogatory comments, especially on social media, can result in legal claims and have extended legal implications even after you have returned to the United States.

Phones

The LAC requires all students to have a working cellphone at which students can be reached at all times. As a participant in the Morocco program, you will receive an inexpensive local phone to use during the semester because this is safer to use in public places where smartphones are seen as an easy target for thieves. You can bring your smartphone from home and are encouraged to use it in safe locations while connected to Wi-Fi (ALIF, ALIF Riad, and most cafes). Your local phone will be charged with a moderate amount of credit to get you connected to your host family, your group, and the ALIF staff right away. You will be responsible for maintaining a credit balance on the phone so that you can be reached at all times. Data and call minutes are inexpensive to top up in Morocco, and you should expect to spend about \$10 USD per month.

At the end of the program you will be able to return your phone to the ALIF staff to be reused for future groups, and you will receive the \$25 USD deposit for the phone assuming it is in good, working condition.

Mail

Morocco's mail system is relatively reliable, and airmail will arrive in approximately 10 days. Keep in mind, however, that materials that are derogatory towards the kingdom may be confiscated.

Money Matters

Credit Cards

A credit card is a good resource for emergency situations and for obtaining cash advances, including cash for emergency situations, as long as you have a personal PIN. It is important to know your PIN in both letters and numbers. Please note that some ATMs require that the card have a metal "chip" visible on the front for added security. Many US credit cards now have this chip, but it is wise to ask your credit card company whether they can issue you a "chip credit card" if you do not yet have one.

Keep in mind that you may incur fees for using your credit card abroad. Be sure to notify your bank and credit card company that you will be traveling abroad for the semester/summer. If you do not, they may assume your foreign transactions are fraudulent and may deny further transactions.

Financial Planning

Refer to the program Cost Estimate for a listing of personal expenses. Morocco is generally quite affordable, and additional discounts are obtained by bargaining prices for products in the medina shops.

Extracurricular Activities

There are many historical places of interest to visit in Morocco during the breaks or before or after the program. During the program period, students take advantage of the many concerts and festivals in Fez as well as the special cultural activities, lectures, concerts, and performances that ALIF organizes at its riad in the medina.

Social & Cultural Adjustments

Student Identity

As a foreigner in Morocco, you will need to take the initiative to meet people. Don't be afraid to start a conversation with others.

Race & Ethnicity

Race can influence students' perspectives on their host country. Past participants of color tell us that the differences between their experiences and those of Euro-Americans included both advantages and disadvantages. Students of color often learn a great deal about their identity as a US

citizen through an experience in a foreign country, and they sometimes find the new cultural context quite liberating. On the other hand, they occasionally encounter new forms of prejudice and discrimination. It is important that participants of all races avoid projecting American assumptions and attitudes about race onto the host culture. For example, definitions of racial categories, if they exist at all, may be very different from those in the US.

It is difficult to generalize about the overt and covert levels of racism that may or may not exist in any given culture, or to predict what a particular student's personal experience will be. Any experience abroad will be a combination of circumstances, attitude, and coping skills. Some study abroad offices have put together resources for students of color who are preparing to study abroad. Contact your own study abroad office or a member of the Arabic Language & Culture in Morocco staff for additional information.

Students traveling to a location related to their ethnic heritage might wish to examine critically their expectations in advance. If part of your reason for enrolling in Arabic Language & Culture in Morocco is to explore your own identity, be careful not to romanticize what you might find. Students often discover that local people perceive them much more in terms of their American identity than their racial or ethnic background. You may gain rich insights into your roots, but be conscious of your expectations.

You may wish to consult the resources available at the University of Minnesota Learning Abroad Center (LAC) related to students of color and learning abroad. For more information, visit: UMabroad.umn.edu/students/identity.

Women in Morocco

You will see women in Fez dress ranging from very modern and Western to very traditional and conservative. However, as mentioned earlier in the section on Islam, dressing modestly is an important factor for mitigating unpleasant situations. Avoiding deserted places, walking purposefully, and realizing that it is inappropriate to talk to unknown men in the street—no matter how persistent they may be—will spare you a lot of headaches.

Women should never attempt to go to bars unaccompanied. This is partially true for cafés, too, which tend to be male-only gathering places. However, the more elegant pastry-shop or juice-shop cafes are usually acceptable places for women, especially sitting inside or upstairs with a companion.

Naturally, foreign women have a certain leeway that "respectable" Moroccan women do not share. However, even this cultural license has its limitations and its price. Smoking in public by women is still considered somewhat risqué.

The place women are accorded in Moroccan society has seen significant transformation in recent years. By way of example, two women were recently elected to the Moroccan Parliament (one of whom is from Fez), and classes at Morocco's universities are attended by men and women in nearly equal numbers. More and more women are joining

the work force in professions that were once the exclusive domain of men. Nevertheless, traditional attitudes among both men and women concerning the role of the latter are still much in force and differ considerably from those in other societies and, viewed from a Western perspective, the constraints placed upon women often seem extreme. For example, certain public places, such as bars and some cafés, are considered inappropriate for women, and unmarried women (even if they are over 21) may have strict parental restrictions on when they can leave the house.

The culture differences in Morocco can be more challenging in certain respects, and potentially more challenging for women. An open-mindedness is crucial for getting the most out of Morocco; however, resilience can help in challenging circumstances as well. Women's status in Morocco's social sphere is much different than is often experienced in the US, and there will be a different level or hassle on the streets, but understanding the cultural differences can help.

The most common problems female students will encounter are catcalls from men on the streets, generally consisting of little more than "bonjour" or "hello." Although it is appropriate and sometimes effective to yell back or respond to catcallers in the United States, never respond to catcallers in Morocco. Don't worry about being "rude" since it is not impolite to ignore a stranger's greetings or questions in the street; to respond—even in a negative way—is to offer them reason to continue bothering you and may create an unwanted or dangerous situation.

It goes without saying that invitations from unknown men to "meet their families" should be flatly refused. If anyone becomes particularly persistent, rude, or difficult to avoid, call him to someone else's attention. Other Moroccans—both men and women—are often more than willing to intervene when they see someone in need of help and won't hesitate to chastise someone whom they see behaving shamefully. If you are ever followed more than once by the same man, contact the on-site staff rather than trying to deal with him on your own.

By far the best way to ensure your safety in Morocco is by avoiding deserted places and sticking to areas where there are plenty of people around to help should you have any difficulties. Women in Morocco, more often than not, go out of the house in pairs or groups, and you will rarely find a woman on the streets by herself after dark. While this is by no means necessary for foreign students, having a Moroccan companion to show you around the city, at least initially, will go a long way toward making your stay in Fez an enjoyable experience.

Sexual Orientation

Attitudes toward sexuality vary greatly from country to country. Some cultures are open about homosexuality, and strong gay communities exist in many cities. However, some cultures and peoples are intolerant of different sexual preferences, and strict taboos or laws against such

relationships may exist. As a result, it is important to disclose to the program staff either through the program housing form or by contacting the LAC program staff directly for guidance. For more information, visit: UMabroad.umn.edu/students/identity.

In Morocco, homosexuality is illegal, and public displays of affection or relationships are not allowed. It is thus best practice to focus on the academic and cultural program and resume any personal relationships once you have returned to the US. If you have questions during your stay, both Abdellatif Jai and David Amster are open-minded and supportive to assist you in processing your experience.

Disabilities

Many of the disability accommodations or services that are provided at US universities may be different or unavailable overseas. Being in a new environment can also be stressful, and accommodations that you may not have needed at home may become necessary in an unfamiliar setting. Participants with any kind of disability, whether apparent or non-apparent, should contact the LAC early in the process to discuss their particular needs. Students should plan to submit their Accommodations Request Form at least eight weeks before the start of the program. For more information, and to download the form, visit: UMabroad.umn.edu/students/identity/disabilities. Given the historic nature of Fez, mobility disabilities can rarely be accommodated, and the ALIF building is not accessible. Course accommodations, such as extra time on tests or a quiet testing environment, can be accommodated if the on-site staff are notified in advance of the program.

Religious Identity

Islam and Judaism are the only recognized religions in Morocco. Your program stay will become a unique opportunity to understand Islam from the perspective of a contemporary, modern society with strong secular values. Host families will incorporate Islam into their daily lives while also enjoying modern values and contemporary attire. This blend of the secular and religious is one of the unique aspects of Morocco as an Arabic nation. Students from different religious backgrounds (Judaism, Christianity, Islam, etc.) participate in our program without challenge. For students of the Jewish faith, there is a synagogue in Fez located near the ALIF center.



Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks, or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another, or you may skip a step entirely.

Initial Fascination: On arrival, your surroundings seem glamorous and exotic. You feel like the focus of attention and activity.

Initial Culture Shock: The initial fascination and euphoria fade as you settle in and you enter an emotional decline.

Surface Adjustment: After the initial “down” (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you’ll feel less fatigued. Often you’ll be forming a small group of friends at this stage as well.

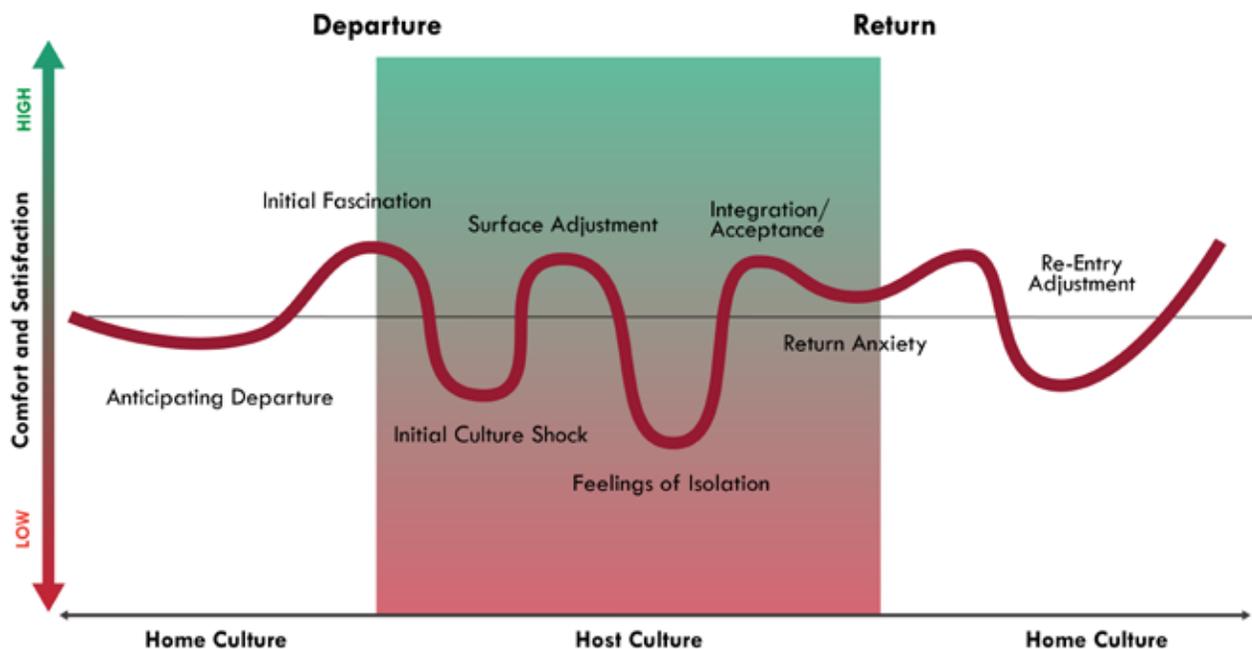
Feelings of Isolation: Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the process. A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, and professional and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.

Return Anxiety: Just when you feel at home in the new country it’s time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you’ve changed as a person, and apprehension grows when you think about people at home who may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases, you may experience changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating, or lack of appetite.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment; however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your program’s on-site support staff.



Adjusted from Oberg (1960) and Gullahorn (1963)

Cultural Adjustment Curve

Looking Ahead

Career Relevance

Learning abroad can help you develop and enhance intercultural competencies that are appealing to potential employers and graduate schools. Think about your academic and career goals before, during, and after your experience abroad. For more information, visit: UMabroad.umn.edu/students/career-rel.

Re-Entry

Students often find that it is just as difficult, if not more difficult, to readjust to life in the US after studying abroad. You may find that your perspectives have changed significantly and that you may not connect with friends and family in the same way you did before going abroad. The LAC offers a variety of resources and opportunities to help you readjust to life in the US. For more information, visit: UMabroad.umn.edu/students/process/reentry.

Appendix

Since you will be carrying your own luggage during the trip, often for long stretches in airports and bus and train stations, it is important that you pack sensibly. Take only as much as you can carry easily by yourself. One way to measure what is easily carried is to pack everything you would like to take, pick it all up, and walk around the block. If you are not comfortable doing so, you may want to reevaluate what you've packed.

Important: Take clothing that needs a minimal amount of care (this is especially important if you plan to do any independent traveling). You may have to go a couple of weeks without fresh laundry, especially at the beginning of the program.

Many travelers find that the most practical solution is to wash all underwear by hand and to take only such outer clothing as can be worn many times without showing soil.

Keep in mind that you cannot ship materials to the program in advance. Any items you wish to mail should be sent by friends or family members after your arrival.

Suggested Packing List

These are only suggestions; you should adjust accordingly to your own personal tastes and style. This list is typical for a four-month stay.

- Underwear (lots of underwear, durable bras)
- Socks (winter months)
- 4 shirts
- 2 lightweight sweaters
- Tank tops with modest neckline
- 2 pairs of jeans or pants
- Scarf (accessory)
- 1 nice outfit
- 1 pair of pajamas (lightweight)
- Comfortable walking shoes
- 1 pair of dress shoes
- 1 pair of flip-flops for showers
- 1 swimsuit plus a beach towel
- Jacket for cool weather (lightweight)
- Wool scarf and hat (winter months)
- 2 pairs of shorts (men only) or 2 skirts (to the knees)
- Yoga pants (for lounging at the homestay)
- Leggings (for under skirts)
- Long underwear (winter months)
- Wool sweater (winter months)

- Fleece pajamas (winter months)
- Slippers (winter months)
- Gloves (winter months)
- Packable lightweight down jacket (winter months)
- Sunglasses and sun hat
- Accessories

Other necessary items may include:

- Toothpaste and toothbrush
- Comb/brush
- Dental floss
- Shaving kit
- Deodorant
- Feminine hygiene products
- Washcloth and lightweight body towel
- Temporary supply of soap and shampoo (in unbreakable containers)
- Aspirin or other painkiller
- Supply of prescription medicine
- Extra pair of eyeglasses or contact lenses
- Sewing kit
- Safety pins
- Umbrella
- Arabic phrase book
- Arabic-English dictionary
- Grammar review book for easy reference
- Waterproof container/folder for storing documents
- Small lock to secure belongings in suitcase while abroad

- Camera with charger and/or replacement batteries (and all necessary equipment)
- Electrical adapters and converter
- Travel alarm clock (battery operated)
- Small gift for host family
- Water bottle
- Insect repellent (at least 21% DEET)
- Vitamins
- Sanitary wipes
- Hand sanitizer
- Eye drops, contact lens-cleaning supplies
- Earplugs
- Flashlight
- Sunscreen
- First-aid kit
- Thermometer (to detect fever)

Most of the above personal items can be found in Morocco; however, you may want to bring enough of your favorite brands to last you during your stay.

Also bring along the following:

- A supply of any prescription medication you take, sufficient for the duration of your time abroad. Contact CISI for help if you are unable to obtain a sufficient supply in advance.
- A copy of your insurance policy number and medical information concerning allergies, medications, blood type, immunization history, eyeglasses, or other prescriptions
- CISI card and brochure
- Photocopy of your passport and visa (scan your passport and email a copy to yourself)
- Photocopy of front and back of any credit/ATM cards you bring with you
- Handouts from the online orientations
- This Morocco program handbook
- Important phone numbers and email addresses of advisers at your home university
- Printout of the Embassy of Morocco's visa page for use at airport, if asked
- Printout of the on-site orientation schedule you received via email prior to departure



Cultural Resources

Fiction

- The Sheltering Sky (Paul Bowles)
- The Spider's House (Paul Bowles)
- Let It Come Down (Paul Bowles)
- Dreams of Trespass (Fatima Mernissi)
- For Bread Alone (Mohamed Shoukri)
- The Game of Forgetting (Mohamed Berrada)
- Hideous Kinky (Esther Freud)
- Hope and Other Dangerous Pursuits (Laila Lalami)
- Secret Son (Laila Lalami)
- The Moor's Account (Laila Lalami)
- Wedding By the Sea (Abdelkader Benali)
- The Tenth Gift (Jane Johnson)
- Leaving Tangier (Tahar Ben Jelloun)
- Year of the Elephant (Leila Abouzeid)
- Return to Childhood (Leila Abouzeid)
- The Last Chapter (Leila Abouzeid)
- Horses of God (Mahi Binebine)
- The Last Patriarch (Najat El Hachmi)
- The Elusive Fox (Mohamed Zafzaf)
- This Blinding Absence of Light (Tahar Ben Jelloun)
- Salvation Army (Abdellah Taia)
- Another Morocco (Abdellah Taia)
- Welcome to Paradise (Mahi Binebine)
- Larabi's Ox: Stories of Morocco (Tony Ardizzone)
- The Bottom of the Jar (Abdellatif Laabi)
- The Road to Fez (Ruth Knafo Setton)
- Yesterday and Today (Larbi Layachi)
- Marriage with Papers (Mohamed Mrabet)
- A Moroccan in New York and Sea Drinkers: Two Novellas (Youssef Amine Elalamy)
- The Polymath (Bensalem Himmich)
- My Torturess (Bensalem Himmich)
- A Rare Blue Bird Flies with Me (Youssef Fadel)
- The Final Bet (Abdelilah Hamdouchi)
- Films
- The Jewel of the Nile
- Hideous Kinky
- The Wind and the Lion
- Marock

- Horses of God
- Death for Sale
- Legionnaire
- The Man Who Knew too Much
- The Sheltering Sky
- A Door to the Sky
- Ali Zawa
- Casanegra

Travel Literature

- In Morocco (Edith Wharton)
- The Voices of Marrakesh (Elias Canetti)
- A Street in Marrakesh (Elizabeth Fernea)
- Morocco that Was (Walter Harris)
- Travels: Collected Writings (Paul Bowles)
- The Caliph's House: A Year in Casablanca (Tahir Shah)
- Travels with a Tangerine: From Morocco to Turkey in the Footsteps of Islam's Greatest Traveler (Tim Mackintosh-Smith)
- The Pillars of Hercules: A Grand Tour of the Mediterranean (Paul Theroux)

History and Social Sciences

- Master and Disciple (Abdellah Hammoudi)
- Gender on the Market: Moroccan Women and the Revoicing of Tradition (Deborah Kapchan)
- Voices of Resistance: Oral Histories of Moroccan Women
- Two Thousand Years of Jewish Life in Morocco (Haim Zafrani)
- The Conquest of Morocco (Douglas Porch)
- Morocco: From Empire to Independence (C.R. Pennell)
- Morocco since 1830 (C.R. Pennell)
- A History of Modern Morocco (Susan Gilson Miller)

Websites

- friendsofmorocco.org/links.html
- moroccoworldnews.com

Social Media Hashtag Guidelines

Basic guidelines

- Keep hashtags on topic, always related to the post
- Place hashtags at the end of the post
- Always add a geotag based on the photo location
- Capitalize multiword hashtags for clarity

Number of hashtags to use

- Facebook: 0
- Twitter: 1–2
- Instagram: 9–11

Required hashtags

- #UMabroad
- #UMNProud
- (NOT #UMNabroad)

Recommended hashtags

- #communityengagement
- #globalseminar
- #goglobal
- #internabroad
- #internationaldevelopment
- #lifeonthemove
- #studyabroad
- #studyabroadlife
- #theworldasaclassroom
- #workreadyworldready

Program-specific usernames

- @accentflorence
- @accentrome
- @alc.fes.alif
- @capalondon
- @capasdney
- @cemanahuac
- @fogaargentina
- @fomtoledo
- @idsithailand
- @warawarc

Program-specific hashtags

- #LACFSA
- #MSIDEcuador
- #MSIDKenya
- #MSIDSenegal
- #MSIDThailand

STUDENT INDEPENDENT TRAVEL FORM

This form must be completed for all independent travel as indicated by the release and waiver you signed prior to participation. Failure to complete in full and submit prior to departure will be grounds for review and sanctions as outlined in the Policy on Student Conduct in Education Abroad Opportunities (UMabroad.umn.edu/assets/files/PDFs/policies/rightsResponsibilities/Student_Conduct_17_web.pdf).

Note:

1. You are not allowed to travel to a country or region under US State Department Travel Advisory Levels 3 and 4 or a country or region not recognized by the US government (e.g., North Korea) without prior approval. A copy of the suspension committee approval is required with this form.
2. Independent travel should not interfere with academic work, classes, or events. On-site staff has the authority to deny travel due to such conflicts.
3. Failure to return on time may be subject to dismissal. Travel with your program contact details and keep the staff updated on any changes to your plans.

Complete one form per student, per trip.

Student name _____ Cell phone (if applicable) _____

Proposed destination(s) _____

Departure date _____ Return date _____

US emergency contact name, email, and phone number _____

Contact information while traveling (below):

Dates at this location	City and country	Name of hotel or host	Phone number	Email address

Transportation Information:

Additional Information:

Signatures

Student Signature _____ Date _____

Authorized On-Site Staff Signature _____ Date _____

Acknowledge receipt: The form must be signed and dated by both the student and the authorized on-site staff person prior to travel and kept on file for the duration of program period.