TRAVEL HANDBOOK

Russia
Youth Leadership Program
Preparing for Your Trip

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Part 1
Travel Basics

- Pre-Trip Planning
- Passport and VISA
- Safety
- Budgeting
**Pre Trip Planning**
On the following pages are dozens of money- and time-saving tips, as well as essential information on planning an international trip. First-time travelers will want to read this carefully; experienced travelers may want to skim through and read sections relevant to this trip. We would however, recommend that all of you pay special attention to the Safety section of this manual.

**Passport and Visa**
In order to travel to the United States of America you will need your passport or other official document, and a U.S. visa, which is the official permission to enter the U.S. granted by the U.S. embassy.

*Important:* The visa you will be issued to travel to the U.S. to participate in the 4-H/Russia Youth Leadership Program is a J-1 visa. Accompanying this visa is a “two-year rule” that is important for you to be aware of. This two-year rule states that participants in U.S. Government-funded exchange programs MUST return to their home countries and live for a total of two years before they are eligible to receive the kind of visa that allows them to reside in the U.S. or to work in the U.S. In other words, you are expected to return home at the conclusion of the program; the J-1 visa you are being granted does not allow you to reside or work in the U.S. This two-year rule does not mean that you cannot return to the U.S. for travel, study, and other purposes that involve a temporary stay, as long as you are granted the appropriate visa to do so.

**Safety**
In addition, the excitement of travel and the novelty of the environment you are in make it easy to become careless or distracted. While there is no guaranteed way to eliminate risk when traveling, the following list of tips can help increase your chances for an incident-free trip.

1. Protect your valuable documents. Carry these in a money belt or neck wallet under your clothes at all times.
2. Before leaving on your trip, make two sets of copies of all your important documents. Take a set with you, but be sure to keep it separate from the originals. Leave the other set with a friend or family member. Also, remember to make sure you get a police report documenting any losses.
3. Never leave your pack unattended. Be especially careful while transiting and going through airports, train stations, and other public spaces.
4. Avoid illegal drugs. You are subject to the laws of the country in which you are traveling, in this case the U.S. There is little 4-H or your Embassy can do on your behalf in the situation that you break a U.S. law, and the same laws are more severe than at home. Remember, if you are under 21 years of age it is ILLEGAL to consume, purchase or distribute alcohol in the United States. If you are under 18 years of age you cannot purchase tobacco products. Furthermore, the State of Delaware prohibits smoking in any public area. Smokers are required to smoke outside public buildings. Also, most people do not allow smoking in their homes.
Budgeting

In the early stages of planning you’ll want to take time to create a realistic budget, including your pre-trip costs, travel costs, and daily expenses. Pre-trip costs include items like your passport, traveler’s checks, backpack, and other necessary items. Travel costs will be determined by your itinerary, however, the program is covering your transportation, airfare and other related travel expenses. You will be given an allowance of cash once you arrive in the United States. The cash will be allocated to you weekly to insure that you don’t spend it all, lose it or have it stolen. To give you a better idea of the prices in the U.S. here are some examples. A soda/pop (Cola, Pepsi etc.) costs $1.50, a ticket to a movie theatre is $13, a T-Shirt costs about $15, and a meal at a nice restaurant costs about $25. Remember, in restaurants customers usually tip the server about 18% to 20% of the total bill.

A Word on Food

These days, your choices are pretty good of finding hamburgers and soda almost anywhere in the world, but you’ll miss out on one of the greatest pleasures of travel if you don’t experiment with the local cuisine. Find out where the locals eat; you’ll save money, meet people, and enjoy more traditional foods. Inexpensive meals and lots of fun can also be found when shopping at the local markets. We at 4-H will try to keep your diet diverse and introduce you to a large variety of choices in good eating. Baltimore is famous for its seafood and the regional cuisine is “crab cake”. The Philadelphia area is famous for hoagies, cheesesteaks and soft pretzels. Don’t leave Delaware without trying chicken and dumplings, crab, or fried chicken. Please let us know upon arrival regarding your eating preferences, such as kosher, vegetarian and any other dietary restrictions if you have not done so in advance.
Health

When traveling, bring your own basic drugstore supplies, such as motion sickness medications, laxatives, antacids, pain relievers, decongestants and antiseptics, in case they’re unavailable when minor health problems strike. Make sure any prescription drugs are in their labeled bottles, and carry a copy of the written prescription with you if possible. You will be insured during your time of stay in the United States if you have an accident or get sick while you are participating in this project, but this insurance generally does not cover pre-existing conditions or prescription medicine. If you must purchase medications while in the U.S., you will find a dizzying array of selections. Ask the pharmacist at the drugstore for the best choice at the lowest price. The exact same medicine can cost twice as much, depending on what brand you purchase. Be prepared to be asked and checked by U.S. Customs officers regarding your previous travel.

Customs

When entering the U.S. you must declare all items acquired abroad. The first $400 worth of goods is duty free. But there’s a duty ranging from 2% to 40%, depending on the kind of merchandise, imposed on everything over $400. Please do not bring any perishable food and drinks, as they will be confiscated by U.S. Customs.

Phone Home

Telephoning from the U.S. to South America can be both frustrating and expensive. At times telephone lines are hard to access. But an easy and economical solution is to use U.S. telecommunications company calling cards that are available in most drugstores and supermarkets. Calling cards are your best choice and are readily available almost everywhere.
Part 2
Money—How to Take It

- Traveler’s Checks
- Asking Home for More Money
Traveler’s Checks

The safest and most convenient way to carry money is by traveler’s checks, issued by American Express and other companies. They are available at most reputable banks. You may buy them in predetermined amounts clearly printed on the face of each check for a fee (1-2%). You can cash traveler’s checks in U.S. currency at banks for the best exchange rate. The worst exchange rates are in hotels. Exchange rates will depend on the amount of commission charged. You can use traveler’s checks in foreign currency for purchases in restaurants, stores, etc.

Asking Home for More Money

If your hometown bank has an overseas affiliate, a transfer can be made fairly routinely. The procedure may take a few days, so plan accordingly. Check with your local bank to see if it has such affiliates. Money can also be cables (more expensively) through American Express, Money Gram and Western Union (the last two being cheaper).

ATM’s

If you travel with a bank card, ATM machines are available almost everywhere. Most machines give you the option of having the directions in Spanish. Many ATM’s will require a service charge of $3-$4 dollars to withdraw cash, so it makes sense to withdraw more than $10. The first time you use an ATM in the U.S. we suggest having an adult assist you.

1.00 US Dollar equals 57.18 RUB

![Image of US Dollars and RUB notes]
Part 3. Arrival to the US

- What Can I Expect to Happen While on the Airplane and at Port of Entry
- Prescription Drugs
- Food
- Hoof-and-Mouth Disease
What Can I Expect to Happen While on the Airplane at a Port-of-Entry?

While you are on the airplane flying to the U.S., you will be asked to fill out two forms—one is for immigration (which refers to your entering the country), and one is for customs (which refers to your belongings entering the country). Please fill them out carefully before the airplane lands. You are not required to itemize foreign merchandise for personal use—for example, clothing, toiletries, cameras, portable radios, if they belong to you, and they accompany you into and out of the United States. You must, however, declare the value of any foreign gifts in U.S. dollars. As a nonresident, you are allowed up to $100 worth of merchandise, free of duty and internal revenue tax, as gifts for other people. A flight attendant can help you with the forms if you have questions. Anywhere on these forms that you are asked where you will be staying in the U.S., you should put this address:

University of Delaware
113 Townsend Hall
Newark, DE 19716

Upon arrival at the airport, your first stop will be immigration. You will, of course, go to the non-U.S. citizen line. When you approach the immigration officer’s desk, you should have your passport, your J-1 Visa, and the two forms you filled out on the airplane in your hand. If the officer asks you about the program, you will tell him or her that it is a U.S. Department of State exchange program administered by the University of Delaware. We can’t guarantee that all of your delegation will be going through immigration together so be prepared to speak with an immigration and customs officer. You should know the name of the program and where you will be staying. Should the immigration officer have any concerns about your admission to the country, you may suggest that he contact Jennifer Phillips, Youth Programs Division, Bureau of Educational and Cultural Affairs, U.S. Department of State, (202) 632-9352.

Your next stop will be the baggage claim area where you will pick up your luggage.
You will need to take your luggage and your documents to the customs officer. He or she may ask you some questions about where you are coming from and what you are bringing in with you.

A traveler requiring medicines that contain habit-forming drugs or narcotics (e.g., cough medicine, diuretics, heart drugs, tranquilizers, sleeping pills, antidepressants, stimulants, etc.) should:

- Have all drugs, medicines, and similar products properly identified.
- Carry only such quantity as would normally be used by an individual having a health problem requiring the drugs or medicines.
- Obtain either a prescription or written statement from your personal physician that the medicine is for use under a doctor’s direction and that it is necessary for your physical well being while traveling.
- Declare such drugs or medications to the customs officer.

The customs officer may also ask you about any food you are carrying. You may not bring fruits, vegetables, meats, cheeses, and/or any other food that is not processed. Something like a chocolate bar is okay.

If they want to check your bag for these things, which is often done randomly, they may send you to the Department of Agriculture area where they will screen your luggage. If you have a food item that you don’t declare, even an apple you brought in your carry-on bag, you may be charged a fine of $100 or more.

The customs officer and the Department of Agriculture are also going to want to know if you have been on a farm. This is because they want to kept the U.S. protected from hoof-and-mouth disease, avian flu, and other animal diseases. It is important that you answer honestly. Better yet, if you have been on a farm, do not bring on this trip any shoes or clothing that you have worn there, or clean them very well before you leave home.
Part 4
Packing

- Dress Code
- Weather
- Packing Hint
- Medicine
- Clothing
- Miscellaneous
- Documents, etc.
OK. You now know that you’re going to the U.S. and how long you’ll be away. First, make sure that your luggage is appropriate for your specific trip. Luggage with wheels is especially helpful in airports. You are usually allowed check two suitcases on your flight. **Do not fully pack both bags.** You want to save room for gifts etc. Also, you will be taking at least 2 other overnight trips while in the U.S. A smaller suitcase will be useful for that. Daypacks/backpacks make great carry-on pieces of luggage and allow you to conveniently fit your camera, film, water bottle and other items needed once you’re settled somewhere for a day or two.

**Note:** Any luggage exceeding 50 pounds can potentially cost extra to put on the plane.

**Dress Code**
There is no formal dress code for the program, however you need to remember that you are representing your country, so you do want to look presentable. You can plan to wear school-like clothes for much of the trip. Formal attire is not necessary, however you may want to pack nice clothes for Broadway in New York City. You will be photographed and meet some dignitaries. Some participants, possibly all, may even be on television.

**Weather**
The period of time that you are scheduled to be in Delaware is the end of summer. The weather during this time is very warm with high humidity. Shorts, t-shirts, and tank tops will suit best for the warm weather. You may also want to bring a swimsuit in case you are invited to go swimming with your host family. The temperature will be between a high of 80-90 degrees Fahrenheit (26-33 degrees Celsius), and a low of 60-70 degrees Fahrenheit (15-21 degrees Celsius).

**Packing HINT:**
Pack everything in one-gallon restorable plastic bags. This helps separate things, keeps them dry in the rain, and organizes the weight in a backpack to keep it from shifting. The following list is just a reminder of what you might want to bring. It is, of course, completely up to you to decide what you really need. In any event, **DO NOT BRING ANY SHARP OBJECTS SUCH AS KNIVES, SWISS ARMY BLADES, LARGE NAIL CLIPPERS OR ANY OTHER SHARP INSTRUMENT THAT MAY POSE WORRIES TO AIRPORT SECURITY AND CUSTOMS AGENTS.** Make a list and check it twice. **EXAMPLES:**

**Medicine**

| Prescription medicine and prescriptions | Toothbrush and toothpaste |
| Soap and shampoo                        | Comb and/or brush         |
| Sunscreen, moisturizers, cosmetics      | Deodorant                 |
| First-aid kit                           | Aspirin or other pain reliever |
| Tissues                                 | Tampons, pads             |
| Razor blades                            | Eyeglasses, sunglasses, contact lenses |
Clothing

(Make sure you pack at least one or two nice (dressy) outfits!)

1 pair of comfortable walking shoes
5-7 pairs of socks
1-2 skirts (NOT MINI, for the girls)
1 or more hats
1 sweater or sweatshirt
1 lightweight jacket
4-5 pairs of shorts since the weather will be warm

1 pairs of flip-flops or shower shoes
5-7 pairs of underwear
1-2 pairs of pants/trousers (1 dressy pair)
1 bathing suit
1 poncho or rain jacket
1 set pajamas
7-10 shirts (dressy and casual)

Miscellaneous

Camera and film
Address book
Pocket calculator
Day pack
Battery-operated alarm clock
Change purse
Luggage lock and tags
Adapter and voltage converter (110V-220V)

Flashlight
Travel Journal
Books, guides and maps
Phone card
Stuff bags/plastic storage bags
Umbrella
Moist towelettes
Batteries

Documents, etc.

Passport and visa
International Student ID
Cash, traveler’s checks

Tickets and any passes
Money belt or neck wallet
Part 5
Gift Ideas for Host Families
Although you do not need to bring a gift for your host family and American friends, here are some suggestions in case you wish to present your hosts with a gift. While they don’t expect such a thing, they will be most pleased by one.

**Items with your country’s colors or symbols on them:**
- T-shirts
- Pens
- Caps
- Bags
- Pins
- Patches, etc. with your country’s colors, symbols on them

**Items related to your country’s culture, history, and identity:**
- Calendars
- Scenic post-cards
- Stationery
- Books with pictures and captions (people in the U.S. sometimes do not know many things about the South America)
- Cookbooks with recipes in English from your home country
- CDs of music from composers, groups and hits from your country
- Folk and traditional music from South American are not well known in the U.S.
- Scenic potholders, aprons, mugs, and glasses
- Handmade crafts and souvenir items such as cross-stitch or needlework
- Picture frames

Bring pictures of home, family, friends, school and town to show people you meet.
Part 6
Communicating With Family Back Home

- Telephone
- Mail
- E-Mail
- Fax
Communicating With Family Back Home

**Telephone**

The quickest way to communicate is by phone. Public phones are widely available and use both coins and telephone cards. Calling cards provided by the phone companies, such as AT&T, are a convenient way to make telephone calls. Be sure to find out how to make calls from the U.S. to overseas before you leave.

**Mail**

All mail should be sent airmail. Allow 6 to 8 days for overseas correspondence. Local post offices will help you select the proper amount of postage.

**E-Mail**

E-mail messages are a popular way to communicate back home from the U.S. You will have occasional access to a computer with Internet and you will be set-up with an e-mail account from 4-H. In addition we will be able to help you set up a web-based account such as hotmail or yahoo, which you can continue to use upon your return home.

**Texting**

If you have a cell phone that supports texting, this can be an easy and inexpensive way to communicate with family and friends back home. Just remember that costs are associated with this. Check with your service provider before you leave home about costs for this.

**Skype**

This service is another convenient way that people around the globe can communicate. Some of the host families may already be using this.

**Social Media**

Youth are highly exposed to social media in this era. It is easily accessible in the United States and is a very quick and efficient method of communication. We have a private and secure Facebook page set-up to ensure communication between host families, participants, parents, and staff.
Part 7
Exploring Cultural Differences

- General
- Cultural Stereotypes
- Culture Shock
- Fitting-In
- Politeness
- Humor
- Speaking the Language
- Physical Content
- Price Bargaining
- Shopping in Stores
- Talking Policies
- Summary
- Reverse Culture Shock
General
It is very hard to know what life is really like in a country or region whose culture one has never experienced directly. But it is very easy to have the illusion of knowing what it will be like—from images furnished by popular communications media, from reading, or perhaps having met a few people from ‘there,’ here on home ground. Simply ‘knowing about’ another culture, however, is not the same thing as knowing what it will feel like to be learning and living there, on its terms. Every culture has distinct characteristics that make it different from every other culture. Some differences are quite evident, even to the unsophisticated (e.g. language, religion, political organization, etc.). Others can be so subtle that while foreign visitors may be vaguely aware of them, making adjustments is a complex process and one may remain uncomfortable and off balance for quite some time.

One of the difficulties students and other travelers have in adjusting to foreign life comes about because they take abroad with them too much of their own ‘cultural baggage’: misleading stereotypes and preconceptions about others, coupled with a lack of awareness of that part of themselves which was formed by their country’s culture alone. As a result, suddenly feeling like a fish out of water is a not uncommon experience. It is in fact something, which should be anticipated as normal and likely, at least for a while. According to Robert Kohls, formerly the Director of Training and Development for the United States Information Agency, “Culture is an integrated system of learned behavior patterns that are characteristic of the members of any given society, the total way of life of particular groups of people. It includes everything that a group of people thinks, says, does, and makes--its customs, language, and material artifacts and shared systems of attitudes and feelings. Culture is learned and transmitted from generation to generation.” It is not identical with the genetic heritage that may differentiate one group of people from another. These differences in shared systems of attitudes and feelings is one of those more subtle areas of difference that foreigners experience when they leave ‘home.’

Cultural Stereotypes
Numerous studies have been done to identify specific characteristics that distinguish one culture from another. This anthropological approach to cultural differences and similarities of course can and should be studied. Most overseas visitors and those who receive them, however, often unfortunately are captured by misleading and often dangerous stereotyping. Most Russians have stereotyped perceptions of ‘the American,’ just as most Americans have stereotyped images of any of these above-mentioned people. In short, misperceptions may exist on all sides. Frequently, the stereotype of the American is far from complimentary: the boorish tourist who expects everyone to speak English, the arrogant patriot who thinks every country in the world should pattern itself after the United States, the drunken reveler who sees the anonymity of traveling abroad as an opportunity to drop all civilized inhibitions—all have contributed to the development of this unfortunate stereotype. It is up to you to observe and judge for yourself upon an educated opinion during your stay in the United States.
It may seem a bit contradictory to suggest that because of the unique social and cultural milieu in the United States, most Americans tend to be less reserved, less inhibited, and less restrained in their efforts to communicate friendliness and sociability. But in some areas abroad this outgoing manner, especially on the part of young women, can
be grossly misinterpreted: a friendly smile and a warm “hello” on the streets of Rome could easily be interpreted by an Italian Lothario as something more than mere friendliness. Unfortunately, attempts to categorize cultural characteristics often end up in cultural stereotypes that are unfair and misleading. In adjusting to your American environment, you will therefore have to deal not only with real cultural differences, and also with perceived cultural differences. Keep in mind that the American people are just as adept at stereotyping the people of other cultures as some of us from Russia are at stereotyping them—and the results are not always complimentary. The following are a few examples of the qualities (some positive, some negative) that others frequently associate with the “typical” American:

- outgoing and friendly informal loud, rude, boastful,
- immature hard working extravagant and wasteful
- sure they have all the answers racially prejudiced ignorant of other countries
- wealthy, generous and promiscuous
- always in a hurry lacking in class consciousness disrespectful of authority

While a stereotype might possess some grain of truth, it is obvious when we consider individual differences that not every American fits the above description. The same is true about the Americans’ own preconceptions, for example, about the people of Russia.

**Culture Shock**

Many travelers go through an initial period of euphoria and excitement, overwhelmed by the thrill of being in a totally new and unusual environment. As this initial sense of “adventure” wears off, they gradually become aware of the fact that old habits and routine ways of doing things no longer suffice. They gradually (or suddenly) no longer feel comfortably themselves. If this happens to you, as it is likely to, you will feel like the outsider you in fact are. Minor problems may quickly assume the proportions of major crises, and you may find yourself growing somewhat depressed. You may feel an anxiety that results from losing all your familiar signs and symbols of social intercourse, a kind of psychological disorientation. You will indeed be experiencing what has come to be referred to as “culture shock”. Such feelings are perfectly normal, so, knowing this and with a bit of conscious effort, you will soon find yourself making adjustments (some quite subtle and
perhaps not even noticeable at the conscious level) that will enable you to adapt to your new cultural environment. There is no clear-cut way of dealing with culture shock. Simply recognizing its existence and your accepting vulnerability to it is an important first step. As long as you know in advance that you will probably fall victim to culture shock at a certain level, you can prepare yourself psychologically to accept the temporary discomfort and turn it into an advantage by learning from it. Remember that you are not the only one experiencing occasional frustration, irritability, and depression, etc. Falling victim to culture shock, in other words, does not imply the existence of any psychological or emotional shortcomings on your part. Culture shock is in some degree inevitable and is the occupational hazard of overseas living through which one has to be willing to go through in order to enjoy the pleasures of experiencing other countries and cultures in depth. Undergoing culture shock is in itself a learning experience that you should take advantage of. It is a way of sensitizing you to another culture at a level that goes beyond the intellectual and the rational. Just as an athlete cannot get in shape without going through the uncomfortable conditioning stage, so you cannot fully appreciate the cultural differences that exist without first going through the uncomfortable stages of psychological adjustment.

**Fitting In**

Social customs differ greatly from Russia to the United States. It is therefore impossible to give guidelines that will be applicable in every culture. Generally speaking, you can be yourself as long as you remain friendly, courteous, and dignified. Always keep in mind that you are the guest in someone else’s country. Therefore, you would be safe to assume that your behavior should be regulated pretty much in the same manner as if you were the guest in someone else’s home. On the other hand, as an outsider, especially if you err on the side of being respectful, some allowances are likely to exist for the things you do not immediately understand or feel comfortable with.

**Politeness**

In keeping with the relatively formal manner of social customs abroad, you should place much more emphasis on the simple niceties of polite social intercourse than you might at home. Be prepared to offer a formal word of greeting to whomever you meet in your day-to-day activities. For example, should you approach your host parent in Delaware, always be courteous enough to begin your conversation with, “Good Morning Mr./Ms.” before you launch into your inquiries about the day’s agenda, and become familiar with the appropriate expressions of gratitude in response to your hosts’ hospitality.

**Humor**

While each country has its own particular brand of wit and humor, Americans are accustomed to “kidding”, which means that humorous comments are quite acceptable and are not necessarily taken literally.
**Speaking the Language**
When it comes to language, most people will be extremely flattered rather than amused at your efforts to communicate in English. Do not be intimidated or inhibited when practicing your own command of the language. A couple of words of caution might be in order: do your best to avoid slang expressions, which are usually unique to the particular culture, and which may therefore be totally meaningless or inappropriate in the context of another culture. One of the selection criteria used in this program was your command of English. Don’t be afraid to speak the language. Becoming immersed in the English language while in Delaware will improve your English speaking skills immensely.

**Physical Contact**
When establishing social relationships, “play it by ear” in determining the level of familiarity that you should adopt at the various stages of your relationship. Physical contact, for example, may not be especially appreciated or understood by someone unfamiliar with the typical South American idea of camaraderie; a kiss on the cheek and a holding of arms with an American of your same sex may be quite embarrassing and uncomfortable in certain instances.

**Price Bargaining**
You will probably never encounter a situation where you will haggle over the price of purchase as most shopping in the US is conducted in stores and malls with fixed prices. However, in case you go to a flea or artisan market place with your host families or friends, you may want to read this paragraph. Haggling over prices can be a sensitive and vague subject. Haggling is not only appropriate but even expected in some circumstances. The trick is to know under which circumstances haggling is appropriate. Unless you clearly understand the difference between appropriate and inappropriate circumstances for this sort of social bargaining, you may very well find yourself insulting the merchant. You can always test the waters by politely indicating that you like the product very much but that it is a bit more than you had anticipated spending: if the merchant wishes to bargain further, this will give him the opening he needs to offer you the product at a lower price; if it is not that kind of establishment, you can simply (and politely) terminate the conversation. Remember, most likely you will be shopping in large stores and supermarkets and not in street markets. In the U.S. these businesses have a set price sticker on the product that is checked as you exit the store and that price is not negotiable.

**Shopping in Stores**
American stores are among the most amazing in the world. The United States is a consumer based culture, so almost everything under the sun is available. You will visit malls that have 100 or more stores under 1 roof. You will also visit outlet malls, shopping centers, stand alone stores and more. Shopping on the internet is becoming more prevalent every day. When shopping though, you should keep a few things in mind. You may find yourself in stores during a time when teens you age should be in school. Merchants will not know you are visitors and will assume you are “skipping” school and will watch you suspiciously. Many items you buy have hidden radio transmitters inside to protect against shoplifting. These are “scanned” when you pay for your purchase and automatically deactivated. Sometimes the deactivation doesn’t work properly and an alarm will sound when you exit the store. If this happens, just return to the cashier and he/she will deactivate your purchase again.
Sales Tax
Also, most states have sales taxes. This is a fee (a % of your total purchase) that is added to your final bill. Sales taxes vary by location. You will pay sales tax on items you purchase in most places, however, there is NO SALES TAX in Delaware but there is in New York and other places you will be visiting. Be especially careful when purchasing from street vendors in the large cities. They may try to take advantage of you if they detect that you are a tourist. If someone offers you a Rolex watch for $5 on the streets of New York, you can be sure of two things:
1. It’s a fake
2. It’s worth $5

Talking Politics
Expect some people you encounter in the U.S. to be quite articulate and well informed when it comes to matters of politics and international relations, and others may not be. In any event, do not be at all surprised if your counterparts try to engage you in political debate, especially given the fact that Russia in general, and your respective countries in particular contain a wealth of political material. There is certainly no reason for you to modify your own convictions, but you should be respectful and rational in your defense of those convictions. In the same way, be rational when giving your ‘piece of mind’ on American politics, especially as you interact with your hosts. Ultimately, we should respect the views and opinions of everyone, no matter how different to our own

Summary
Social customs differ from one country and culture to another, and there is simply no way you can fit in and be at home unless you learn what is and isn’t appropriate behavior. It is impossible to make generalizations that can be applicable to every situation. Therefore, it is not inappropriate to inquire politely about local customs and social niceties. Expect things to be different overseas. One of the basic reasons for your participation in this program should necessarily be to develop a sensitivity to and appreciation for the people and customs of a totally different culture and way of life. Anyone who goes to the United States demanding that everything be the same as what (s)he is accustomed to in Russia will be disappointed. Be flexible and receptive in dealing with these differences and you will find your own life experiences will be greatly enriched.
Reverse Culture Shock

Just as you will have had to brace yourself for a period of psychological disorientation when you leave your country, you should know that after your time abroad, you may also have to prepare yourself for a parallel period of readjustment when you return home. Why? Simply because, if you have had a full experience living and learning overseas, you are likely to have changed some while you have been away, so the place you return to may itself appear to have changed, as indeed it might have. Even though these changes are seldom huge, and may not be apparent to others, you are likely to be very aware of them, and this can be confusing, all the more so because it is unexpected. Immediately after your return, you can probably expect to go through an initial stage of euphoria and excitement. Most people are overwhelmed by the sheer joy of being back on their native turf. But as you try to settle back into your former routine, you may recognize that your overseas experience has changed some or many of your perceptions and assumptions, your ways of doing things, even what it means to ‘be yourself.’ You might have become, in a sense, a somewhat new person. After all, that is what education is all about! But this intellectual and personal growth means that you can expect a period of disorientation as you adjust to the “new” environment at home. The re-adjustment period is usually rather short-lived, since home will never be as “foreign” to you as the foreign environment you adjusted to overseas. Also, your experience of dealing successfully with culture shock abroad will have provided you with the psychological tools for dealing with the challenges of readjustment. Obviously, the more you have changed -- often a by-product of the time you were away and how deeply you immersed yourself -- the more difficult it will be to have things go back to a previous notion of normality. However, if you are aware of the changes and seek to learn from them, smooth adaptation is more likely. As a means of readjusting and staying in touch with the international scene, you may want to consider contacting students who have been abroad, who are currently abroad, or who are thinking about going abroad. There are many ways of maintaining contact with friends you made overseas, foreign and domestic, and also of remaining in touch with the culture you entered and now have left -- via letters, e-mail, phoning, magazines, books, etc. and other means. Discussing things and sharing experiences with others is almost always worthwhile. Remembering what it was like for you to have been, for a time, a ‘foreigner’ should inspire you to try to get to know the international students on your campus or others from ‘minority’ backgrounds, who may themselves be feeling some of the same social dislocation and alienation you once felt when you were overseas. The key is to build on the cross-cultural coping skills you now possess and to find conscious ways of integrating your ‘new’ self into your evolving personal and academic life, not seeing it as a dream or something irrelevant to your future. We want to remind you that upon your return, there will be some follow-on activities in your community. This is as important a part of the program as was your 3 weeks in America.
Part 8
American Values
The United States is a very diverse country and not every American fits the following general category. The Delaware area is also a very racially and culturally diverse region of the United States. This example is merely a generic approach for the sake of study and comparison.

<table>
<thead>
<tr>
<th>Value</th>
<th>Definition</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control Over Environment</td>
<td>People can/should control nature, their own environment and destiny; future is not left to fate.</td>
<td>Energetic, goal oriented society.</td>
</tr>
<tr>
<td>Change/Mobility</td>
<td>Change is seen as positive, good, meaning progress, improvement, and growth.</td>
<td>A society which is transient geographically, economically, and socially.</td>
</tr>
<tr>
<td>Time</td>
<td>Time is valuable. Achievement of goals depends on productive use of time.</td>
<td>Efficiency and progress often at the expense of interpersonal relationships.</td>
</tr>
<tr>
<td>Equality/Egalitarianism</td>
<td>People are seen as separate individuals (not group members) with individual needs. People need time to be alone and to be by themselves.</td>
<td>Americans are seen as self-centered and sometimes isolated and lonely.</td>
</tr>
<tr>
<td>Self-Help</td>
<td>Americans take pride in their own accomplishments.</td>
<td>Respect is given for achievements not advantages due to birth.</td>
</tr>
<tr>
<td>Competition/Free Enterprise</td>
<td>Americans believe competition brings out the best in people and free enterprise produces most progress and success.</td>
<td>Less emphasis on cooperation than competition.</td>
</tr>
<tr>
<td>Future Orientation/Optimism</td>
<td>Regardless of past or present, Americans believe the future will be better.</td>
<td>Less value on past; constant looking ahead to tomorrow.</td>
</tr>
<tr>
<td>Work Orientation</td>
<td>Americans believe that work is right; that is wrong to waste time. They have a high work ethic.</td>
<td>More emphasis on doing rather than being; pragmatic, non-nonsense attitude toward life.</td>
</tr>
<tr>
<td>Informality</td>
<td>Americans believe that formality is “un-American” and a show of arrogance and superiority.</td>
<td>Casual and egalitarian attitude between people and their relationships.</td>
</tr>
<tr>
<td>Directness/Openess/Honesty</td>
<td>One can only trust people who “look you in the eye” and “tell it like it is.” Truth is a function of reality, not circumstance.</td>
<td>People tend to tell the “truth” and not worry about the other person’s “face” or “honor”.</td>
</tr>
<tr>
<td>Practicality/Efficiency</td>
<td>Practicality is usually the most important</td>
<td>Less emphasis on the subjective, aesthetic, emotional, or consensual decisions. Consideration when decisions are to be made.</td>
</tr>
<tr>
<td>Materialism</td>
<td>Material goods are seen as the just rewards of hard work.</td>
<td>Americans are seen as caring more for things than people.</td>
</tr>
</tbody>
</table>
Part 9
Target Culture Questionnaire

- History
- Politics
- Religion
- Female/Male Relationships
- Family
- Social Etiquette
- Dress
- Food
- Leisure
- Health
- Values
- Education
- Daily Life
- Exchange Rate
- On Being a Foreigner in the U.S.
Target Culture Questionnaire

The following questions intend to challenge your thinking as you observe the new American culture. Take your time to ponder on the following topics and consider this a cultural investigation by comparing with your own culture. This is for your own personal use - you do not need to write the answers down and hand them in, however, you certainly CAN! You will have plenty of time on the plane, so feel free to jot down answers to some of these questions and we can discuss upon arrival.

History
1. Give a broad outline of the country’s (in our case the United States) history (the major periods and events).
2. Name the national heroes and heroines (explain why they are considered heroes/heroines).
3. What is the history of the U.S. relationship with your home country?
4. What are the national holidays? Can you, as a foreigner, participate?

Politics
1. What is the current political structure of the country?
2. Who are the major current leaders?
3. Is military service compulsory? (if so, for whom and for how long?)

Religion
1. What is/are the dominant religion(s)? Is there an official state religion (which one)? What are the sacred writings of the dominant religion(s)?
2. What are the important religious ceremonies, observances, holidays?
3. Are there religious conflicts in this country (how do, for example, the members of the dominant religion feel about other religions?)

Female/Male Relationships
1. Are there separate societal roles for men and women? If so, what are they? If not, are men and women considered equal in this country?
2. What are the rules/norms for “romantic” relationships in this country? Do young people date? If so, do they date in groups, in couples? Do they need a chaperone? Are such relationships formal or informal? Is dating allowed (can unmarried women and men have a “romantic” relationship?) What is the norm regarding premarital sex? Is it ok to hold hands, touch, or kiss in public?
3. What are the rules/norms for female/male friendships? In what types of social activities do young women and men participate together?

Family
1. What is the common form of marriage ceremony and celebration?
2. What are the attitudes toward divorce? Family planning? Contraception? Abortion?
3. What is seen as the ideal family size? Is the typical family nuclear or extended?
4. What is the legal age (voting, marriage, driving a car)? Are there differences for women/men?
Social Etiquette
1. What are the special privileges of age or sex?
2. When is one expected to present or to except gifts from people? What kind of gifts?
3. How do people greet each other and how do they take leave of one another? Are there differences based on social status, age, gender?

Dress
1. Is there customary attire for women, men, and children? Is there a traditional or indigenous style of dress? If so, describe it. Who wears it when?
2. What is the appropriate dress for you in this country as a foreigner?
3. Are there special dress customs you should know about? (e.g., taking off one’s shoes in certain places?)
4. What types of clothing must you have for various occasions you might encounter?

Food
1. What foods are most popular? How are they prepared?
2. How and with what utensils, if any, do people eat? (Manners, customs, etc.)
3. Are there taboo foods that are not considered edible or not permitted for traditional or religious reasons?

Leisure
1. What are the favorite leisure activities of adults, of young people?
2. What are the favorite sports? Is there a national sport?
3. How available are television and radio? What types of programming are available?

Health
1. What kinds of health services are available? Where are they located?
2. Are there common home remedies for minor ailments? What are the attitudes towards folk medicine? Is it commonly practiced?
3. Is the water potable?

Values
What things are taboo to do in the U.S.? Which things are taboo to talk about in common conversation?
What type of moral code is followed? (Christian, Islamic, Confucian?) (How) does this moral code influence attitudes toward drinking alcohol, drug-taking, gambling, pre-
marital or extra-marital sex? How does this differ from what you are used to?

**Education**

1. Is education free? Compulsory to what age? Available to all?
2. In schools, are children segregated by age, sex, race, caste, class?
3. What kinds of schools are considered best: public, private, religious?
4. What style of teaching prevails in schools? (rote learning; importance of exams; lecture...)
5. Describe the university system and how it differs from the U.S. What is the school year calendar? Is there tuition? What is the grading system like?

**Daily Life**

1. Are prices asked for merchandise fixed or is one expected to bargain? How is bargaining conducted?
2. Is it o.k. to touch merchandise for sale? Does touching indicated desire to buy?
3. When does the normal workday, school day begin and end? Is there a siesta time?
4. What is the customary time to visit friends?
5. What is the currency? What is the current value of your country’s currency to the dollar? Is it stable?

**On Being a Foreigner in the United States**

1. Do Americans seem to like foreigners?
2. How many people of your nationality live in the United States?
3. Will you need visas to travel to neighboring countries?
4. What should you do if you find yourself in legal trouble?
5. Are there special laws governing the activities of foreigners that you should know about?
Part 10
Cross Cultural Encounters

- Cross Cultural Encounters
Cross Cultural Encounters

The following illustrates a chain reaction of possibilities upon encountering a cross-cultural incident.

1. Expect Others To Be Like Us - They Aren’t
2. Cultural Incident Occurs
3. Causing a Reaction (fear / anger)
4. We Become Aware of Our Reaction
5. We Reflect on Its Cause
6. Our Reaction Subsides
7. We Observe the Situation
8. Results in Developing Culturally
Part 11
Ten Rules of a Good Traveler
Ten Rules of a Good Traveler:

I. Do not expect to find things as thou hast at home, for thou hast left thy home to discover the differences.

II. Do count every moment as precious and use it well for thou might not pass this way again.

III. Do not let any other traveler get on thy nerves, for good money hast been paid for you to take this trip and to enjoy thyself.

IV. Remember to take half as many clothes as you think you need.

V. Know at all times where your passport is, for a person without a passport is a person without a country.

VI. Remember that if you were expected to stay in one place, you would have been created with roots. Get thee out and explore.

VII. You should not worry for he who worries has no pleasure, and few things are fatal. Take with you a positive attitude.

VIII. When you are in a foreign country, be prepared to do as the local people do. Observe their ways and try to understand them.

IX. You will not judge the people of a country by the person that has given you trouble.

X. Remember, you are a guest in another land, and he who treats his host with respect shall be honored.
Part 12
The Travel Journal
How Do I Keep a Journal?
The Travel Journal

While keeping a journal is not required, we believe that it could be an enriching tool for you to refer to in the future. Some other reasons could be:

- To capture and preserve experiences while fresh, details you will forget. Use camera-eye reportage for immediate flavor
- To gather raw material for later shaping of letters, stories, poems, reports, essays, and research projects.

How Do I Keep a Journal?

1. Free-writing (general impressions and responses without grammatical rules)
2. Description (written after the experience)
3. Active receptivity (written at the moment)
4. Lists (of people, scenes, historic spots; memorable sights, sounds, smells, tastes, textures; of your own responses: delights, frustrations, irritations, fears, embarrassments, regrets, hurts, triumphs, failures, stupidities, pleasures)
5. Portraits of people
6. Altered point-of-view (switch into someone else’s mind)
7. Imaginary dialogue (with a person, a relationship, a situation or event, a project a dream image)
8. Dreams
9. Titles (can use ahead of time if you already have a theme or focus, or afterwards when a theme has emerged)

“We also write to heighten our awareness of life... We write to taste life twice, in the moment, and in retrospect. We write, like Proust, to render all of it eternal, and to persuade ourselves that it is eternal. We write to be able to transcend life, to reach beyond it. We write to teach ourselves to speak with others, to record the journey into the labyrinth, we write to expand our world... We write as the birds sing.”

- Anais Nin
Useful Links:

http://www.extension.udel.edu/4h
http://www.delawareonline.com
http://www.visitdelaware.com/visitors/travel-guide/
http://www.delaware.gov/
http://www.destateparks.com/chsp/chsp.htm
http://www.nps.gov/asis/
http://www.udel.edu/
http://www.si.edu/
http://www.dchomepage.net/
http://dcpages.com/Tourism/
http://www.nyctourism.com/
http://www.gophilia.com/

Delaware 4-H
Delaware Online
Delaware Tourism
Delaware Government
Cape Henlopen State Park
Assateague Island National Park
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Smithsonian Institution
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