Travel Basics

ASIA

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Agenda

Introductions

Notes on cultural diversity within Asia

Pre-trip considerations

Health and safety

Cultural considerations

Presenter stories

Upcoming events

Questions
Diversity in Asia

Disclaimer:

- We are not experts on Asia.
- Watch for over-generalizing or stereotyping “Single story”
- Each country and each person has their own story and your cultural experience will vary greatly depending on where you go, as well as your identities.

- 48 Countries
- 5 Regions
- 4.46 Billion People
- 2,300 Languages
Trip Preparation – Before You Go Abroad

1. Passport & visa
   b. U.S. Dept of State [www.state.gov/travel](http://www.state.gov/travel)

2. Money
   a. New currency - conversion apps!
      i. China yuan or renminbi ¥
      ii. Japanese yen ¥
      iii. India rupees ₹
      iv. Indonesian rupiah Rp

3. Cell phone – local phone vs. new sim card

4. Check-in with your doctor – meds & vaccinations (varies)

5. Booking Flights
   a. Skyscanner.com
   b. Hopper.com
   c. Scott’s cheap flights
Trip Preparation – Before You Go Abroad

6. Packing - packing lists, take time to compile supplies, think about gifts for people you meet
   a. Clothing - culturally appropriate/respectful/formal clothing
   b. Outlet converter!

7. Grab a journal to document your travels & reflect

8. Take time with friends & family before you go

10. Pick up a mini dictionary

11. Research (culture, transportation, currency, language)
Health and Safety Before You Go

Do you need UM Travel Abroad Health Insurance?

How are your specific health needs met in your country of travel?

...can you get it there?

- Medication
- Personal body products (lotion)
- Vaccinations (UHS Travel Clinic)
- Advil, Tums, rehydration salts
- Mosquito spray
- Sunscreen
Health and Safety In Country

- Food preparation
  - Wash it, peel it, boil it, cook it
- Safety in busy areas
  - Backpacks highly recommended
- Appropriate clothing
  - E.g., Long pants & long sleeves at temples
- Where to get water
  - Never drink tap water
- Carrying IDs
  - Prepare multiple copies of passports and visas
- Illegal/private cabs
Bathrooms and Feminine Hygiene

Sanitation will look different

- Cleaning with water instead of paper
- Squatting instead of sitting
- Pads instead of tampons/diva cups
- Limited disposal bins

Things to consider

- Buying products ahead of time
- Always carrying hand sanitizer
- Plastic bags for disposal of personal products
Phones and Communication

Unlock your phone
Before you go!

Buy a SIM card
Availability, prepaying for minutes/data

Download communication apps
Free communication service, not just for tourists

Know the web restrictions
Regulations, censorship, VPNs
Money

- Notify your bank of your
- Exchange your money
- Cash vs Credit Cards
- Street markets vs supermarkets
- Bargaining vs fixed price
- Local vs foreigner price
Food

**Street markets**
- Cultural experience
- Varied selection
- Potential health factors

**Vegetarianism**
- Know what and how meat is cooked

**Etiquette**
- How eating shows respect, i.e. slurping, using your right hand, etc.

**Looking different, feeling different**
- Try new things while taking care of yourself

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[Images of food, street market, and cultural scene]
Language

- Don’t be afraid to speak foreign languages in front of the natives!
- Resources
  - Pleco, Duolingo, Papago, Language Resource Center (at NQ)
- Cultural norms
  - Greetings, addresses, male vs. female, etc
- Urban vs. rural
  - Regional dialects & accents
- Direct vs. indirect
  - E.g., Japanese tends to be more indirect than English
- Workplace vs. personal settings
  - Respectful languages
- Know useful phrases
  - Where is ...? How much is ...?
Transportation

- Know how to say where you want to go in the local language
- Know who will pick you up at the airport
- Traffic jam
  - Weather, road condition, rush hours
- Apps & Services
  - Google Maps, Uber, Grab, Go-jek, WeChat, local apps
- Taxi norms
  - Pricing, availability, booking, quality of service
- Bargaining norms
  - You might have to bargain the fare
- Traffic lights
  - Cars & bikes might not stop for you
Clothing

Comfort for yourself

● **Heat and sweat**
  Many places will be hot and humid. Loose, quick dry material can increase comfort

● **Laundry**
  Availability of laundry services- affordability, common practice, 1 full day at least

● **Colors**
  Dark clothes, showing dirt and sweat, attracting sun and mosquitos

Comfort for others

What you wear will impact how locals see you. While it may be very hot, please consider certain places where it is important to show respect by covering up (temples, mosques, etc.)
Identities Abroad

- Racially similar
- Racially different
- Stereotypes & differences in what’s acceptable to say and what’s not
- LGBTQIA - safety, legal status
Drinking Culture

- Understand the local drinking culture
  - In some places drinking is commonplace, in others it’s illegal
  - There can be gendered differences in drinking cultural expectations

- Think about strategies to avoid drinking in excess in countries where toasts and drinking show respect
Emergency Situations

- Global Michigan website
- Group Safety Plan Worksheet
- Emergency Wallet Card
- Pre-departure Checklist for Individuals Traveling Abroad

Do you have the local emergency number on your phone?

Have you registered your trip on UM Travel Registry?

Have you enrolled in Smart Traveller Enrollment Program (STEP)?
  - Updates for your destination country from the U.S. embassy
Zahra Peace Corps China Chengxian, Gansu 2014-2016
Aki
Hometown Tokyo
Aki
Volunteer in India
Managing Money and Budgeting While Abroad

Featuring PNC Bank

Friday, March 29
3:00 - 4:00 PM
International Center
Conference Room
International Coffee Hour: Recipe Edition

Come learn how to make and eat...

Bangladeshi Laccha Semai

International House
Ann Arbor

March 29, 2019
5:00pm ~ 6:00pm
TRAVEL BASICS WORKSHOPS

Join the International Center and get tips from experienced travelers that will prepare you for your upcoming trip!

EUROPE | WEDNESDAY, MARCH 13 | 3:00 - 4:30 PM
ASIA | WEDNESDAY, MARCH 27 | 5:30 - 7:00 PM
AFRICA | WEDNESDAY, APRIL 3 | 4:30 - 6:00 PM

1500 North Quad, Language Resource Center