<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation</td>
<td>26</td>
</tr>
<tr>
<td>24-Hour Emergency Hotline</td>
<td>26</td>
</tr>
<tr>
<td>Medical Care on Program</td>
<td>26</td>
</tr>
<tr>
<td>Mental Health Support</td>
<td>27</td>
</tr>
<tr>
<td>Sexual Health and Wellness</td>
<td>27</td>
</tr>
<tr>
<td>Self-Care and Wellbeing</td>
<td>27</td>
</tr>
<tr>
<td>PACKING GUIDE</td>
<td>29</td>
</tr>
<tr>
<td>Packing Tips</td>
<td>30</td>
</tr>
<tr>
<td>How to Read the Packing List</td>
<td>30</td>
</tr>
<tr>
<td>Luggage</td>
<td>30</td>
</tr>
<tr>
<td>Storage Space</td>
<td>30</td>
</tr>
<tr>
<td>Wear and Tear</td>
<td>30</td>
</tr>
<tr>
<td>Culture and Clothing</td>
<td>30</td>
</tr>
<tr>
<td>Purchasing Items in Cambodia</td>
<td>31</td>
</tr>
<tr>
<td>Consider your impact!</td>
<td>31</td>
</tr>
<tr>
<td>Packing List: Required Items</td>
<td>31</td>
</tr>
<tr>
<td>Clothing</td>
<td>31</td>
</tr>
<tr>
<td>Footwear</td>
<td>32</td>
</tr>
<tr>
<td>Gear</td>
<td>32</td>
</tr>
<tr>
<td>Personal Items and Toiletries</td>
<td>33</td>
</tr>
<tr>
<td>For the Dormitory</td>
<td>33</td>
</tr>
<tr>
<td>For the Field and Classroom</td>
<td>33</td>
</tr>
<tr>
<td>Packing List: Additional Suggested Items</td>
<td>34</td>
</tr>
<tr>
<td>A Note on FAA and TSA Requirements</td>
<td>35</td>
</tr>
<tr>
<td>Electronic Cigarettes and Vaping Devices</td>
<td>35</td>
</tr>
<tr>
<td>Medical Marijuana and Hemp</td>
<td>35</td>
</tr>
</tbody>
</table>
PREPARING FOR DEPARTURE
MEET THE TEAM

As you prepare for an SFS program, you will work with a few different folks at SFS Headquarters. So, here’s a quick guide for getting your questions answered!

General Questions? Our Enrollment Coordinator works with students as they submit materials through the SFS portal. You can contact them with questions about applying for SFS Financial Aid, submitting application materials, inquiries about which program is the best fit for you, or questions about the admissions process in general.

Contact the Enrollment Coordinator at admissions@fieldstudies.org.

Program specific questions or questions about your enrollment in the program? Your SFS Admissions Counselor will be your main point of contact during the admissions and pre-departure process. They will help you through the application steps, conduct your interview for admission, support you through your enrollment steps, and guide you through all travel and visa logistics. You can contact your admissions counselor with any specific questions related to this program.

Contact your SFS Admissions Counselor at admissions@fieldstudies.org.

Questions about the billing process? Our student billing team works with students, schools, and families to coordinate payments for SFS programs. You can contact them with any questions about deposit payments, invoices, charges to your account, financial aid packages, billing deadlines, or loan paperwork.

Contact the billing department at billing@fieldstudies.org.

Questions about medical approval or health and safety? Our Safety and Student Life team conducts the SFS Medical Approval Process for SFS students. You can get in touch with them to ask questions about immunizations, safety in the field, managing a medical condition during your program, dietary needs and preferences, and your Magnus Health portal.

Contact the Safety and Student Life team at safety@fieldstudies.org.

Questions about learning accommodations? The Office of Academic Affairs coordinates with our staff and faculty in the field to assess options for learning accommodations. Students who have learning accommodations on their home campus should contact the Office of Academic Affairs after accepted to an SFS program, and prior to entering the field. More information can be found in the Academic Handbook for this program.

Contact the Office of Academic Affairs at academics@fieldstudies.org.

Want to learn more about the SFS HQ team? Find the full list of the SFS team bios here!

Want to learn more about the people you’ll work with in the field? Find their bios here!

SFS ONLINE RESOURCES

We have many helpful resources on our website. Here are a few to save and reference:

Admissions Overview
SFS Blog
Program Costs and Billing
SFS Financial Aid
Preparing for Departure
Learn more about the SFS Center for Conservation and Development Studies
TRAVEL ARRANGEMENTS

Booking your flights
Students will work closely with their admissions counselor to arrange their travel and are responsible for the cost of these flights. Students will receive specific travel instructions about 3-4 months prior to the start of their SFS program – do not book flights before receiving these instructions.

Arrival to your program
SFS staff will meet students at the airport on the date and at the time specified in the travel instructions and will provide transportation to the Center. If you plan to arrive in country before the set arrival date for personal travel, please contact your admissions counselor.

SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power or communications.

PASSPORT AND VISA

You must have a passport to enter all the countries where you plan to travel. Make certain that your passport is valid until six months after your intended departure. You must have your valid passport in-hand four months prior to the start of the program. If you will not be able to meet this timeline, please contact your admissions counselor.

Your admissions counselor will provide more information about the visa process for this program 3-4 months prior to the start date and will guide you through this process. Part of the cost for the visa is included in the program tuition, though there are a few out-of-pocket costs associated with entry into the country. More information will be provided in the Travel Guide for this program, as well as the Financial Planner.

Non-US citizens may require a different visa process. Please contact your SFS Admissions Counselor to discuss.
MEDICAL PREPARATION FOR THE FIELD

SFS Medical Approval Process
As part of enrollment in an SFS program, students are required to complete the SFS Medical Approval Process. This review is designed to inform SFS staff of the medical and mental health needs or accommodations that may be required. The review is not meant to exclude, but to inform and allow support systems to be put in place. Should SFS have any concerns about accommodations for a particular physical or mental health condition, the student and the student’s physician or mental health provider will be contacted to discuss strategies for successful program participation.

The medical review process will be completed using a HIPAA-compliant online portal. Any forms required will be accessible via this portal and can be submitted electronically. Students will receive instructions for setting up their account after acceptance as part of the enrollment process.

No student may enter the field until final medical approval is granted by SFS personnel. This includes receipt and review of:

- **SFS Vital Health Record**: To be completed by the student through the Magnus Health Portal
- **Physical Exam and Authorization Form**: To be completed by a physician, physician’s assistant, or registered nurse practitioner who is not related to the student.
- **Supplemental documentation from a medical specialist** if determined necessary by SFS. This may include information regarding counseling history and documentation of prescription medications.

As part of your medical review, you may be required to complete a phone call with one of our team members to discuss preparation and expectations for the program. The SFS Safety and Student Life team will contact you directly to schedule this call after submission of your *Vital Health Record*.

**Be certain to address any existing medical issues before arriving in country.** Students are responsible for informing SFS of any changes to their health status that occur after submission of the SFS medical forms. Inaccurate or incomplete information on any of the SFS medical forms may be grounds for rescinding an offer of admission, recalling a student from the program, or restricting student participation in certain activities.

**Accommodating Students with Disabilities**
Students requesting physical and mental health accommodations should contact the SFS Safety and Student Life Department. Students requesting learning accommodations should contact the SFS Office of Academic Affairs, as outlined in the [Academic Handbook](#) for this program. SFS will work with students, home institutions, and physicians to determine the required level of accommodation and whether it can be safely and reasonably maintained on program. While SFS strives to make accommodations for most disabilities, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations.

**Accommodating Dietary Needs and Preferences**
If you have a medically necessary dietary requirement, please contact the SFS Safety and Student Life Department. All dietary restrictions or preferences (e.g. gluten-free, vegetarian, vegan, etc.) should be noted on the *SFS Vital Health Record* and discussed with either your admissions counselor or the SFS Safety and Student Life Department. SFS can accommodate most dietary needs, but variety of food may be limited due to local availability, cultural practice, and cost.

**Insurance**

**Health Insurance**
Students on SFS programs are required to procure their own comprehensive health insurance, valid in the country (or countries) in which the program operates, for the full duration of their SFS program. SFS does not review individual insurance policies to ensure comprehensive international coverage; it is the students’ responsibility to ensure that the insurance coverage meets the following requirements:

- Valid in the program country or countries. Keep in mind trip itineraries for any personal pre- or post-program travel.
- Provides coverage for the full duration of the program, including any personal pre- or post-program travel.
• Covers more than only emergency medical care. Look for a comprehensive medical insurance plan that includes coverage for basic medical care, including non-urgent illness or injury (i.e. gastrointestinal distress, ear infections, ankle sprains, etc.), laboratory tests, and pharmaceutical needs.

Students looking to obtain health insurance should keep the following in mind:

• Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses. Students should check with their policy provider on what services are available out-of-country.
• Students should check to see if their home institution provides international health insurance. Please note that home universities may have their own insurance requirements for participation in study abroad.
• Most insurance companies provide international coverage on a reimbursable basis, as most foreign public or private medical care facilities do not accept insurance for payment. Therefore, students should bring sufficient funds (i.e. a credit card with a high limit of at least $3,000) to pay for medical expenses up front, and then request reimbursement when they return home.

Emergency Evacuation and Repatriation Insurance
All SFS students are automatically enrolled in the SFS Emergency Evacuation and Repatriation insurance plan through American International Group, Inc. (AIG). This insurance is effective for the duration of the program and does not cover personal travel before or after the program.

Benefits of the SFS Emergency Evacuation and Repatriation insurance plan include:
- $350,000 for emergency medical evacuation
- $100,000 for emergency security evacuation
- $20,000 for repatriation of remains

The coverage provided by the SFS Emergency Evacuation and Repatriation insurance plan is NOT the same as health, medical, or dental insurance. The plan covers the cost of transportation, accommodations, and medical care associated with an evacuation (e.g. life-saving support during transport in an air evacuation), in cases where the evacuation is deemed medically necessary. This insurance plan does not cover urgent or emergency medical care, basic medical care, laboratory tests, or pharmacy needs. Therefore, students on SFS programs are required to supply their own comprehensive health insurance, valid in the country or countries in which the program operates, for the full duration of their SFS program as outlined in the previous section.

Medical Consultation
SFS recommends that students schedule a consultation with a travel doctor or physician at least 60 days prior to program departure to complete the Physical Examination and Authorization Form (available through the Magnus Health Portal) and review the following topics:

Physical Conditioning
Field work by its very nature is physically arduous: the days are long, the traveling seldom comfortable, and familiar comforts generally lacking. SFS programs involve some strenuous activities, including hikes over steep and uneven terrain, open-ocean swimming, long days in the rain, hot sun, or wind. All SFS programs involve multiple hours of standing or walking during field exercises as part of the academic program. We don’t require students to be Olympic athletes, but consider that these programs require physical stamina, energy, and a positive attitude!

Existing Medical Conditions
Due to the rigorous nature of the program and stress of travel, existing and chronic health issues can be triggered or exacerbated while abroad, even if currently well-managed or in remission in the US. You should discuss all medical conditions with your physician and the SFS Safety and Student Life Department to see if this SFS program will be right for you. Consult with your physician and/or specialists and inform the SFS Safety and Student Life Department of any medical conditions that could lead to sudden illness, such as allergies to foods or insect stings, asthma, chronic heart conditions, diabetes, epilepsy, etc.

• Make sure to bring and carry on your person at all times any critical medications (e.g. Epi-Pens, inhalers, glucagon, etc.).
• If you have asthma, even if you have not had any issues in recent years, it is strongly recommended to bring your inhaler (and a back-up inhaler, as these can generally not be sourced in country) on program. Past students have found that their asthma can be triggered by environmental conditions (e.g. humidity, heat, dust, elevation, allergies, etc.) of certain program locations. Keep in mind, you may be exposed to allergens or environmental conditions you have not been exposed to in the past.

If you have a severe allergy or a family history of severe allergies, even if the reaction has been minor in the past, it is strongly recommended to bring two or more Epi-Pens with you on program. Due to the remote nature of the program, access to medical care can be delayed. In addition, you may be exposed to allergens that you have not been exposed to in the past, as well as the possibility of repeat exposures. Please contact the Safety and Student Life Department with any questions or concerns.

Prescription and Over-the-Counter Medications

Students should bring enough over-the-counter (OTC) and prescription medication (including any prophylactic medication that may be recommended by your travel doctor or physician for travel to your program country) to last the entire duration of the program. This also applies to any personal travel that may be done before or after the program. If you are having difficulty procuring the full amount of medication, please alert the SFS Safety and Student Life Department immediately, as most medications cannot be replaced or refilled once in country, including common OTC medications. It is important to note that it is illegal to send medications through the mail and this will result in confiscation, criminal charges, or deportation.

Make sure to consider the following:
• Insurance companies typically do not dispense more than a three-month supply of medication, so you will need to work with both your prescribing physician and insurance provider to request a “Vacation Override” or other means to procure a supply for 100+ days.
• Supply of controlled substances and steroid medications may have additional restrictions, so we recommend starting conversations as early as possible with your prescribing physician and insurance provider.
• In the event of unprotected sexual encounters or activity, please be aware that prophylactic sexually transmitted infection (STI) medication and emergency contraception are often difficult to obtain while abroad due to availability and legal implications. Consult with your physician about options for preparedness.
• Medical marijuana is prohibited on our programs due to host-country laws, Federal Aviation Administration (FAA), and Transport Security Administration (TSA) restrictions. If you currently use medical marijuana, please discuss alternative options with your physician. Travel with some types of Cannabidiol (CBD) oil is also currently restricted by the FAA and TSA and may be restricted or illegal by host-country law.

While traveling, keep all medications in their original container and in carry-on luggage to avoid issues through border control and customs. List all medications on the SFS Vital Health Record and please alert the Safety and Student Life Department to any changes to your medication list, including dosage, as early as possible. It is highly recommended that students do not discontinue or alter the dose of certain prescription medications before or during the program. Please consult with your prescribing physician and the Safety and Student Life Department with any questions.

Mental Health

Studying abroad can be an exciting and energizing time for students. It can also present myriad challenges, including adjustment to a new culture and daily routine, unfamiliarity with the local environment, forming of new relationships, and a lack of familiar support systems. In addition, SFS programs operate in remote regions with delayed access to medical care and limited or absent mental health resources.

Students with mental health conditions should discuss any concerns with their physician, mental health provider, and the SFS Safety and Student Life Department prior to participation on an SFS program. Students who undergo regular counseling or therapy should verify that their mental health provider is available via phone, email, or other means of telecommunication while the student is abroad. SFS will also work with students to develop a set of coping strategies that can be utilized while studying abroad, in addition to preparing them for what to expect in their individual host countries.
Vaccinations and Prophylactic Medication

SFS does not require any specific vaccinations or prophylactic medications for participation on program with respect to logistics or programming. However, SFS strongly recommends that all students consult the Centers for Disease Control and Prevention (CDC) and a travel clinic or medical provider to determine recommended vaccinations and prophylactic medication for travel to the program country. This consultation should consider medical history, personal travel itinerary (i.e. pre- or post-program travel, mid-semester break, etc.), and regional risk factors.

SFS strongly recommends that all students are up-to-date with routine vaccinations (i.e. MMR, Hepatitis A, Hepatitis B, etc.) to protect themselves as well as vulnerable populations in country that may not have access to preventative vaccinations. SFS also strongly encourages students receive the following CDC-recommended vaccinations and prophylactic medication for travel to the program country:

- **Malaria prophylactic medication**: In Cambodia, malaria is present throughout the country, including Siem Reap. The SFS Cambodia program includes travel to other endemic regions with high risk of exposure. Please obtain enough medication prior to arriving in country to last the full duration of the program. Students who opt not to take the medication will be asked to sign a waiver, acknowledging that they understand the risks of opting out of the medication.
- **Typhoid fever vaccination**: Recommended for most travelers to Cambodia, including those visiting smaller cities, villages, or rural areas.
- **Japanese encephalitis vaccination**: Recommended for long-term (i.e. one month or more) travelers to Cambodia. This vaccination series consists of two vaccinations administered 28 days apart, so plan accordingly.
- **Rabies pre-exposure vaccination series**: The most effective way to avoid rabies is to avoid touching or getting too close to wildlife. Another precautionary measure is receiving the pre-exposure rabies vaccination prior to departing for Cambodia. This vaccination series consists of three vaccinations administered over 21 to 28 days, so plan accordingly. The vaccine does not eliminate the need for getting a post-exposure vaccine if there is any potential exposure to rabies, which can include licks, scratches, bites, or close encounters with both domestic and wild animals. It does, however, reduce the number of post-exposure injections that are required and eliminates the need to administer rabies immune globulin, which may not be available in country.

In addition, there are a number of non-vaccine preventable insect-borne diseases that are present in country. For up-to-date information on risk-factors, prevention, and treatment, please visit the CDC Travel webpage: [https://wwwnc.cdc.gov/travel/](https://wwwnc.cdc.gov/travel/)

Protection from Insects

Students should practice preventative measures to reduce the possibility of illness from exposure to insects:

- Take prophylactic medications where recommended
- Be aware of active times of day for insects in the region, and prepare accordingly
- Use a DEET-based insect repellent
- Wear lightweight, loose-fitting clothing
- Wear long-sleeved shirts, pants, socks tucked into pants, and fully enclosed shoes
- Use a mosquito-net at night, if needed
- Check yourself for ticks, both during outdoor activity and at the end of the day

Food and Water Safety

Water used for consumption and food preparation at SFS centers is filtered or boiled. Students are able to access potable drinking water at all times while on campus or on field trips. When off campus, students are encouraged to carry potable water from campus and consider safe drinking and eating practices. Remember:

- Water in many regions is often not potable, including ice, juices, and water for brushing teeth or showering. Be aware of how cups, plates, and utensils are cleaned or rinsed, as food or drink can be contaminated by utensils rinsed in non-potable water.
- If sampling street food, consider how it was prepared. Avoid raw or undercooked meat, fish, and shellfish or cooked food that has been allowed to stand for several hours at ambient temperature. Instead, eat food that has been thoroughly cooked, and is still steaming hot.
- If consuming fruits or vegetables, select options that can be peeled or appropriately washed.
- Avoid unpasteurized milk and milk products, including cheeses.
Altitude

If your program includes travel to higher altitudes (generally considered above 8,000 feet in elevation), please discuss preparedness, including the use of prophylactic medication and any implications considering your personal medical history (i.e. asthma, prior altitude-related illness, heart conditions, diabetes, etc.). SFS does not make recommendations on use of prophylactic medication for altitude. Please consult with your physician or travel doctor with any questions.
IDENTITY AND CULTURE IN A NEW CONTEXT

On your SFS program, you will engage with people that come from a variety of cultural contexts. Most SFS students expect to encounter differences between themselves and those from the host country culture, but don’t realize that some of the most significant cultural differences they may face will be between themselves and members of their own student group. Reflecting on your own culture and identity before studying abroad with SFS can help you better navigate your experience abroad.

How do we define culture?
Culture is defined as the learned and shared patterns of beliefs, behaviors, and values of groups of interacting people. It is also a system for making meaning of things, and, as a result, we all wear cultural lenses or filters when we interpret a situation. Most of us are unaware of our own culture until we experience another.

Cultural Values
Each cultural group has a set of underlying values. These values affect our behavior and the way we perceive the behaviors of others. The table below lists a number of common U.S. values and prompts you to consider how other cultures or people might have values that differ. Of course, not everyone from the same cultural group shares the same set of underlying values in that culture. Therefore, it is helpful to think of cultural values existing along a continuum. By being open to and curious about another set of cultural values, we can connect with others more easily.

<table>
<thead>
<tr>
<th>U.S. Values</th>
<th>Consider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change</td>
<td>In the U.S., it is common to value change and novelty over tradition and the ways of the past. <em>Do you tend to embrace change and think towards the future, or hold onto tradition and value the past?</em> <em>How might this impact cultural views surrounding issues like climate change?</em></td>
</tr>
<tr>
<td>Time and Its Control</td>
<td>Punctuality is valued highly in U.S. culture. Many U.S. Americans live very scheduled lives, abiding strictly by time commitments and tardiness is not accepted most U.S. contexts. In other cultures, human interaction is generally valued more than time commitments and timeliness. It may be acceptable to be 30 minutes late to a commitment if it means stopping to talk with an acquaintance on the street, or spending time with family or friends. <em>Do you feel the pull of time in your daily life? What are some ways that a cultural difference in perception of time might impact you while abroad?</em></td>
</tr>
<tr>
<td>Equality</td>
<td>U.S. culture tends to emphasize equality over hierarchy and social status. While inequality in the U.S. certainly exists, there remains a culture of democracy, self-determination, and an expectation for equal treatment. Other cultures place a greater emphasis on hierarchy and social rank. Think of countries where there is not a democratic tradition and where it is expected to respect and honor the government, prevailing religion(s), and certain cultural beliefs. Think of how it may be different to be expected to honor certain members of society, such as a monarch or elders. In some cultures, foreigners, or specifically Westerners, may be regarded highly or given special treatment. <em>Consider how you may need to adapt to your host culture, and how this might be different from what you are used to.</em></td>
</tr>
<tr>
<td>Individualism</td>
<td>There is a common emphasis on the individual in the U.S. There is an idea that if you – personally – work hard, you can determine your future success. There are a lot of expectations put on the self in the U.S. Think about how commonplace it is to set personal goals or focus on enriching your personal knowledge and skills. Being unique and standing out is often desired and valued. In contrast, other cultures place a greater emphasis on a sense of belonging within a group rather than standing out. Instead of self-reliance, it may be more customary to rely on advice or assistance from others. It is often expected to help others and share knowledge and resources more so than in a more individualistic culture. <em>Where does your culture fall into this continuum? How will you navigate being in a culture that might be more collectivistic or more individualistic than you are used to?</em></td>
</tr>
</tbody>
</table>
|                   | In the U.S., there is a tendency to express opinions, thoughts, and dissent openly and directly. U.S. culture often values openness and candor about beliefs and emotions. Other cultures may have a more
Directness, Openness, Honesty

indirect communication style where it is not typical to express dissent or emotions directly and confrontation is avoided. In many cultures, it is important to avoid humiliation or embarrassment in what is called “saving face.” In these cultures, people tend to express disagreement or emotion in more subtle, indirect ways. Be cognizant of how you may want to adapt your communication style while abroad. Have you considered this cultural difference before?

Local Laws and Customs

When studying abroad, it’s important that you be prepared to take responsibility for your actions in a new place, as local laws and customs are likely different than the ones you are used to at home. The field staff will go into more detail about local laws and customs during orientation, but please consider the following:

- There might be country- or region-specific laws on alcohol consumption, smoking, behavior in public (e.g. public displays of affection, public intoxication, behavior at cultural sites, photography, etc.), carrying prescription medications, and many others.
- Appropriate clothing that is consistent with, and respectful of, local dress may be required. Some monuments and places of worship may require certain parts of the body to be covered.
- Non-verbal communication (such as body language and hand gestures) considered harmless in your home country may be inappropriate or culturally insensitive to people in other countries.
- Local events or holidays may occur where you are traveling, and some religious events or holidays require a heightened sense of cultural awareness or specific behaviors.

You can play an active role in keeping yourself safe and successfully adjusting to a new culture by learning about local laws and culture. It is always important to practice situational awareness and is even more so when in a new place.

Your Role in the Community

During your SFS program, you are a member of several communities.

- The first is the SFS community. We will foster a supportive, stimulating learning community where our actions and behaviors are governed by a set of common values we will define as a group.
- Second, you will be part of an international research and learning community. This comprises a professional staff, local contacts, community partners, elected officials, and SFS support staff.
- Third, you will be a temporary resident to the local community. There are many occasions when you will be expected to interact with the local residents in both academic and informal settings.

Note that it is a great privilege to study in another country and be welcomed into these communities. We want to ensure that we demonstrate an awareness of this privilege and respect for the country and culture. While we will be learning about the country and its people, each of you will be an ambassador of your own culture, country and school. SFS is a place-based program and our campuses are permanent fixtures in the community. These communities are home to our staff members who live either on-campus or nearby year-round. This is distinct from a tour or casual visit to your host country and it is important to consider how your interactions with the local community can last beyond your time abroad. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and can impede healthy and meaningful interactions for your peers, SFS staff members, and future students. Thoughtful and purposeful interactions with the members of the local community will greatly enhance your study abroad experience!

Identity

As you plan to study abroad with SFS, consider how different aspects of your identity might be perceived in a new cultural context. All countries and communities have cultural values and societal norms that are woven into the fabric of their collective identities. These norms and values are important to these communities whether we agree with them or not. You will be a guest in your host culture(s), and it is not your role to change the culture or its values. Reflecting about your own identity will help you navigate this experience.

All aspects of your identity have the potential to be impacted, challenged, and strengthened while abroad. You may find that a part of your identity that is very important to you on your home campus is not as relevant amongst your peers at SFS. Or you may find that an aspect of your identity that is less significant to you at home is an important part of how people in your host culture perceive you.
Remember that you are part of a cohort and that your identity will vary from that of your peers. Each student’s background will inform their understanding of and response to a new situation. An important part of being a member of a team is supporting each other, even when you have differences of opinion or perspective.

The more open you can be to that varied experience, the more you will thrive and the better you will be able to support your peers, as well. We’re in this together!

**For Your Consideration**

No place is 100% free of discrimination and intolerance. Every country is shaped by its respective histories, and therefore attitudes towards gender identity, sexual orientation, racial and ethnic relations, and religious diversity can differ greatly from those in the U.S.

Your identity(ies) may grant and/or deny you power and privilege with local people, as well as your fellow peers.

You may find that people in your host culture are more direct and have less concern with political correctness than in the U.S. Keep in mind that local people may have never encountered a person like you. Therefore, what seems like discrimination may simply be curiosity.

Researching the country that you will be living in can help you prepare yourself for the situations you may encounter abroad. In specific, you may want to research the following topics of the country you will be living in:

- Current political and societal issues
- Minority, majority, and plurality racial and ethnic composition
- History of racial and ethnic relations
- LGBTQIA climate
- Religious breakdown
- Cultural norms

We encourage you to connect with your SFS Admissions Counselor if you would like to talk about your identity abroad. Another great resource is to connect with a student who has participated on the program before through the Alumni Contact list. Students on the Alumni Contact list have shared topics they feel comfortable talking about, which makes connecting with a student who identifies similarly to you very easy. You can find the Alumni Contact list on your “Resources” tab in your SFS portal after you are accepted to the program, or request that your SFS Admissions Counselor email this list while you are still in the application process. We encourage you to use alumni as a resource before departure!
LIFE IN THE FIELD:
WHAT TO EXPECT
ABOUT SFS CAMBODIA

Program Schedule

SFS programs usually operate six days a week, Sundays off. In an effort to maximize the experience in Cambodia, Sundays are frequently filled with travel and/or optional cultural activities. Please be prepared for limited down time!

During program time (six days a week) you will find yourself following a busy schedule. There is no real typical day we could describe for the program, as every day looks different on an SFS program. You may have class in the morning, a field exercise in the afternoon, then some homework. Or an all-day field exercise. Or a full day of classes, mixing lecture, discussion, and workshop. Some days may be spent partially in transit to a field site or other area of Cambodia. On SFS programs, students enjoy communal meals at the Center and breakfast, lunch, and dinner are served at typical mealtimes.

Students typically have free time after all program activities have concluded for the day (Monday through Saturday) and usually all-day Sunday. Students often spend this free time at the Center, studying, relaxing, watching movies or playing games together, or exploring the markets, restaurants, or cultural sites of Siem Reap and the Angkor complex. When festivals or other community or cultural events occur, students usually partake in these as well.

While SFS Cambodia is based in the urban location of Siem Reap, there will be opportunity for excursions to other areas of Cambodia during the program, often to more rural destinations. Previous excursion destinations have included Mondulkiri, Phnom Penh, various sites on the Tonle Sap Lake, Kratie, and Phnom Kulen.

Please note that while we make every attempt to adhere to the schedule we’ve set, there are frequently changes, so we all must be flexible and patient when changes occur!

Sample Days

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-8:00am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30-9:30am</td>
<td>Language and Culture lecture</td>
</tr>
<tr>
<td>9:45am-12:15pm</td>
<td>Conservation Science Lecture</td>
</tr>
<tr>
<td>12:15-1:15pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>2:00-6:00pm</td>
<td>Field Trip to Angkor</td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-8:00am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30-9:30am</td>
<td>Language and Culture lecture</td>
</tr>
<tr>
<td>9:40-11:10am</td>
<td>Ecosystems and Livelihoods Lecture</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td>Town Hall</td>
</tr>
<tr>
<td>12:15-1:15pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30-2:30pm</td>
<td>Center Sustainability Work</td>
</tr>
<tr>
<td>3:15-5:45pm</td>
<td>Field Trip to the Royal Palace</td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>Dinner</td>
</tr>
</tbody>
</table>
### Sample Week

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:00 – 8:00 am Breakfast</td>
<td>7:30–8:30am Breakfast</td>
</tr>
<tr>
<td>8:15am – 2:15pm Guided Angkor Trip</td>
<td>8:00 – 9:00am Language and Culture Session</td>
<td>8:00 – 9:00am Language and Culture Session</td>
<td>8:30 – 9:30am Language and Culture Session</td>
<td>8:30 – 9:30am Language and Culture Session</td>
<td>8:30 – 9:30am Language and Culture Session</td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>9:10–10:40am Ecosystems and Livelihoods Lecture</td>
<td>9:10–10:40am Ecosystems and Livelihoods Lecture</td>
<td>9:45am – 12:15pm Conservation Science Lecture</td>
<td>9:40 – 11:10am Ecosystems and Livelihoods Lecture</td>
<td>9:45am–12:30pm Ecosystems and Livelihoods Field Exercise: Angkor Wall Insects</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Free time</td>
<td>1:30-3:00pm Environmental Ethics and Development Monastery Visit</td>
<td>2:00-6:00pm Environmental Ethics and Development Field Trip: Angkor Complex</td>
<td>1:30-2:30pm Center Sustainability Work</td>
<td>2:00-4:00pm Ecosystems and Livelihoods Lecture: Ecotourism</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

### A Note on SFS Structure and Self-Care

SFS programs are highly structured and we encourage you to reflect on how the SFS program will differ from your daily life on your home campus. The 6-day per week academic model is distinct from a typical college campus, and allows time for fieldwork, travel, and cultural and community activities. SFS program policies additionally make the daily student experience on an SFS program different from most home campuses. The SFS program model and policies are part of what makes the SFS experience unique and are designed to help keep students safe, healthy, and create an environment where students can have a positive experience abroad. It’s important to consider how you will adjust to this shift in routine, especially as it relates to your ability to manage self-care while abroad. You can review “Self-Care and Wellbeing” later in this document for a further reflection on managing self-care while on an SFS program.

It’s important to understand that the structure and policies of SFS programs are designed to facilitate student, staff, and local community member safety and well-being, create an environment where students can have a positive experience abroad, and help students manage the rigors of SFS programs. Taking the time to fully consider and understand SFS structure and policies, as well as the reasoning behind it will help you to have a positive experience abroad and promote a healthy and productive environment for all those around you. Please review SFS Policies and Procedures to read through the SFS program policies, behavioral expectations, and information about disciplinary action when these expectations and policies are not upheld. We encourage you to discuss any questions or concerns about the structure of your program with your SFS Admissions Counselor or SFS Safety and Student Life.

### RAP: Reflection, Announcements, and Presentation

During the course of the program each student will be asked to lead a RAP session several times. The Reflection is generally something creative you’d like to share with the group such as a quote, poem, or song that helps reflect on your experience that day or throughout the program. The Presentation is an opportunity for you to share something about yourself with your fellow students. You may wish to bring from home any items that you’d like to use for the Reflection and Presentation portions of your session(s). Whether you choose to teach a song, a dance, a new game, or make a presentation on a fun trip or
experience you’ve had before, this is an opportunity to help the other students get to know you better. You can bring materials to help you with this presentation as most students will make this presentation at least twice, though bringing materials is not required.

Community and Language
One of the ways SFS is different from many traditional study abroad options is that our programs do not follow the traditional model of cultural and language immersion.

Think about how you will experience local culture on this program. On an SFS program, you will live at a field station with your team, rather than in a homestay, local apartment, or university dorm. You and your cohort will spend much of your time together – living, working, and studying as a group. This means that you will not necessarily be eating local cuisine, speaking a local language, or navigating the local culture every day. However, we fundamentally believe that meaningful environmental research is only possible with the input of local people and in consideration of cultural history. We develop our research plans in collaboration with our community partners and stakeholders, but we do not consider it our role to make decisions on their behalf or to impose our ideas. An important part of every SFS program is to explore environmental issues within the context of the community and ecosystems we call home.

On this program you might interact with the community by meeting local university students through SFS’s partnership with Paññāsāstra University of Cambodia (PUC) in Siem Reap, engaging with guest lecturers, spending the night with a homestay family on the Tonle Sap Lake, or interviewing community members and religious figures. We will always take the lead from our community, so activities may vary term to term to reflect the needs and requests of our partners.

Consider your exposure to the local language through this program. The language course is not intended to help you achieve fluency in the local language, but rather to give you a few tools to use to navigate the local culture and to communicate on a basic level with community members. If you have a goal to enhance your language abilities during your SFS program, it is important to take initiative: read a local newspaper, listen to local music, practice your skills when you have free time, and engage with local staff members.

English is not widely spoken by most Cambodians. There is a large ex-pat (Westerners living abroad) community in Siem Reap, so you may encounter many English-speakers and establishments owned by Westerners in the city itself. In more rural areas, most people do not speak English.

Center Hours
Due to the residential nature of SFS programs, there is a curfew set for when students are required to return to campus. We will present specific information regarding Center closing hours during Orientation at the beginning of our program.

Special Religious Requirements
If you have questions regarding a religious holiday which falls during program time, please contact your SFS Admissions Counselor immediately upon acceptance. Schedules often involve complex coordination with many parties and reservations are often made months in advance.

Weekends Away
There will be two “Weekends Away” during the semester, when students will have both Saturday and Sunday off, and will spend the night away from campus. The dates of the weekends away will be announced at the start of the semester. This program does not include a Mid-Semester Break. Weekends Away are characterized as “Non-Program Time.” You can read more about what this entails in SFS Policies and Procedures.
LIFE AT THE CENTER

Setting
The SFS Center for Conservation and Development Studies is based in Siem Reap, Cambodia. The field station itself is a property located on a small side street, set back from the city center. The city of Siem Reap is the gateway for the temples of Angkor, and students are just about 20-30 minutes away from the largest religious monument in the world, Angkor Wat, and the lesser-known temples of Angkor Thom, including Bayon and Ta Prohm. Due to its proximity to these religious, cultural, and historic temples, Siem Reap draws many tourists and the city itself is lively and vibrant. Students can access Siem Reap via tuk-tuk (about 10 minutes) or on foot (about 30 minutes), and there is plenty to do and explore in town! Students can take advantage of nearby markets, restaurants, spas, artisan shops, and cultural activities like attending the local circus.

Weather and Climate
Cambodia is hot, humid, and tropical year-round, with distinct wet and dry seasons:

- **Rainy season**: May – November (affecting Summer and Fall semesters). Days tend to be clear and humid, with very frequent rainstorms that typically last a couple of hours. Temperatures are cooler (comparatively) during the rainy season.

- **Dry season**: December – April (largely affecting the Spring semester). Temperatures tend to be around 80 degrees Fahrenheit during December and January. March – May are the hottest months in Cambodia and it is normal for temperatures to rise above 100 degrees Fahrenheit with high humidity. The air is quite dusty around this time.

You should be prepared for everything from intense sun, intense rain, dust, mud, high heat and humidity depending on when you’ll be there! The best way to be prepared is to bring loose-fitting light weight clothing that will protect you from the sun and staying hydrated.

Community Living
On an SFS program you are part of a team, living and working with a small community of your fellow students and staff.

This isn’t just having a roommate or a classmate. This experience is intensive and involves many hours spent together in close quarters and out in the elements. In addition to the communal living arrangements, a lot of the academic work is collaborative or group work. It will require patience, open-mindedness, resiliency, and cooperation. The benefit of this cohort experience is that you will have a community to support you when the going gets tough and laugh with you along the way. Center life will be both rewarding and challenging and will require you to take responsibility for being an active participant at the center and a supportive team member to your peers.

Chores
The center relies on a group living model, where everyone on campus does their part. Students and staff alike are expected to do their own dishes and to engage in keeping our home beautiful. Specific chore responsibilities and schedules will be shared with students during orientation but may include: cleaning common spaces, setting out breakfast supplies, washing dishes, and tending to the garden and chicken coop. Students are additionally responsible for keeping their bedrooms clean, including cleaning the bathroom, replacing toilet paper and soap, sweeping/mopping the floors, and taking out the trash. There will not be scheduled program time for students to clean their rooms and roommates must coordinate amongst themselves and set times for cleaning their rooms on a weekly basis.
The Field Station
The SFS center in Cambodia sits along a small side street, tucked just outside of downtown Siem Reap. The property itself does not sit on a terribly large piece of land and is composed of a few stand-alone buildings and green spaces. Students will be staying in hotels, homestays, and other field stations while traveling away from the Center. Accommodations at the SFS Center in Cambodia as well as other field accommodations are not perfect and may be more basic than the accommodations students are used to on their home campuses – you may see spiders, lizards, and other insects around.

Housing
At the SFS center in Cambodia, students live in dorm-style housing in shared bedrooms that house 2-4 students in bunk beds. Each student room has an air conditioning unit, and a private bathroom attached with showers, sinks, and western style toilets (you’ll encounter many squat toilets during your time in Cambodia).

Laundry
The SFS center in Cambodia has two on-site washing machines for students with a clothesline (no dryer). Students may choose to send your laundry out to have it done for you for a small fee (about $1 per 2 pounds). It remains the students’ responsibility to do their own laundry throughout the program, including during traveling.

Other Facilities
All enclosed spaces at the SFS Center in Cambodia have air conditioning units, though students are encouraged/required to be conservative with their AC usage, as the energy grid is more limited than what most students are used to on their home campuses, and power outages are not uncommon. The other amenities at the Center include:

• Classroom building with a small library on the top floor, which can serve as a quiet study space:
• Spacious common area with a loft, couches, a TV for watching movies, a small library, and games:
• Open-air dining room and kitchen with limited student access:

![Open-air dining room and kitchen](image1)

• Palm tree-lined in-ground swimming pool, a garden, and a yard that surrounds the Center for sports, fitness, or relaxing:

![Palm tree-lined yard](image2)
Food and Cuisine
All meals will be provided to students either on campus or at restaurants. At the Center, traditional Cambodian fare is served, which includes a lot of white rice, eggs, vegetables, meat (beef, chicken, and pork), and some shrimp and local fish. Flavors of lemongrass, curry, chili, and ginger are very common. There are lots of interesting fruits including mangosteen, dragon fruit, passion fruit, durian, and different varieties of bananas. There are plenty of lingering French culinary influences, too: baguettes, croissants, and traditional French dishes are frequently found on restaurant menus.

Filtered water will always be provided or accessible to students during the program. Students should avoid drinking tap water at all times during the program.

Please note that students with food allergies (eg peanut, shellfish) may struggle in this program, especially during times away from the field station when we do not have control over the food being prepared and served. Please let your SFS Admissions Counselor know as soon as possible if you have severe nut or shellfish allergies and be sure to disclose this information during your SFS Medical Review.

Specialty Diets
SFS is able to accommodate most dietary needs and preferences, but students will find that the variety of food may be limited due to local availability, cultural practice, and cost. Additionally, when away from the Center, options may be further limited. For example, specialty food products high in protein, such as tofu, quinoa, dark leafy greens, and raw fruits and vegetables may not be readily available on campus. Rice and cooked vegetables comprise many alternative meals for students with specialty diets. Therefore, SFS recommends bringing snacks (i.e. protein powder, protein bars, nut butters, trail mix, etc.) to supplement dietary variety.

Strict vegetarian and vegan diets can be difficult to accommodate on this program, especially when eating off campus and during expeditions when SFS does not have control over the food being prepared. At the center, it’s possible to accommodate a vegetarian diet, though food options can be limited and repetitive. Cambodian language does not have a direct translation for “vegetarian” or “vegan” and the rationale behind these lifestyle choices is not widely understood. As such, it can be common for “vegetarian” dishes (ie dishes without pieces of meat) to contain animal products, such as fish/.oyster sauce, animal fat, or meat-based broths or powders. Strict vegetarians and vegan students may need to adjust their diet by adding fish, dairy, and/or eggs and at times, will need to eat oyster and fish sauces and meat-based broths. It will not be possible to keep a vegan diet while traveling.

For students with a medically necessary dietary requirement, please refer to the “Medical Preparation for the Field” section of this guide.

Exercise and Recreation
The field station in Cambodia does not have a gym or any advanced exercise equipment, such as a treadmill or weights. Students are able to run along roads that are close to the Center. Students often find time to do group or individual work outs (yoga, Zumba, floor exercises, etc) during down time at the Center.
TECHNOLOGY AND COMMUNICATION

Computers
Students need to bring their own laptops with them for use during the program. A tablet alone is not sufficient, and Chromebooks or devices that rely on Internet connectivity are not recommended. Your laptop should contain Microsoft Office or have the ability to export and receive documents that are compatible with Microsoft Office. Your laptop also must have a USB port.

Computer Care
Due to the varying weather conditions at our field stations, electronic devices are subjected to a much harsher environment than they normally operate in. Back up your data regularly onto a USB or external hard drive in the event your computer fails during your program. Internet is not always available, so do not plan to rely on the cloud for storage!

Please be aware that the heat and humidity can be very hard on electronics and can cause serious damage to your devices. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. PCs are more common in this region and local electronic repair centers are better equipped to handle PC repairs.

Given the conditions, students should take some precautions to give themselves the best chance of success. Here are some examples:

- Bring a waterproof or water-resistant case or a re-sealable bag for all devices (especially touch screens).
- Use moisture absorbing material in your case any time your laptop is not in use. (Rice is a good option and available locally!)
- Consider bringing a cooling mat, a laptop fan, and a spare battery and charger.
- Pay attention to your device function: if it’s working hard, give it a rest!
- Avoid exposing your device to direct sunlight, precipitation, dust, or other harmful elements (like sunscreen!)
- Consider purchasing personal insurance for your valuable devices.

SFS has a couple dedicated student computers which are used primarily for sharing group data, documents, etc. In the case of a personal computer failure, these computers can be used by students for their work but must remain as a shared resource. Do not plan to use an SFS computer as your laptop for the semester – it is required to bring a personal laptop.

Electrical Appliances
The voltage in Cambodia is 230 volts. Check the fine print on your chargers to see if they can handle a wide range of voltages. If you are bringing any equipment from the US that is 110 volts and is not dual voltage, you will need a converter. Almost all outlets in Cambodia will be universal (allowing all/most plug types). Adapters can be purchased in Siem Reap very easily, but it’s a good idea to bring one from home to be sure!

Internet
Wireless internet is available at the Center. Students are permitted to use the internet for academic and personal use in accordance with the internet policies outlined in the SFS Policies and Procedures. The internet has limited bandwidth and is shared amongst students and staff.

Part of living at a field station entails working with limited resources, including the Internet. You should expect internet connection to be slow and intermittent, so you should not expect to use the Internet in the same way you do at home. There may be times during the semester when you do not have access to the Internet. Limited access requires a good deal of patience, and you should get ready to unplug!

Things to think about:
- Set up WhatsApp and/or other messaging apps before you leave for your program
- Download offline playlists, as you won’t be able to stream music from Spotify, Apple Music, Pandora, YouTube, etc.
- Bring an external hard drive with your favorite movies and shows, as you won’t have access to streaming platforms like Netflix, Hulu, etc.
- Set communication expectations with your family and friends at home – your schedule and access to internet will change often.
A Note on Social Media in Cambodia

Students should be cautious about their social media use in Cambodia. The Cambodian government closely monitors social media platforms, particularly Facebook, for expressions of political dissent. There are numerous cases of university students and citizens being arrested and jailed for online posts that implied criticism of the Cambodian government. Students should not post content about the Cambodian government, political parties and figures, or about environmental and social activism and human rights in Cambodia online. If students are uncertain about whether they can post something online, they should ask SFS staff. Non-political social media posts are perfectly acceptable!

Communication with Home

Messaging Apps

The most convenient and affordable way to communicate with your family and friends at home is via WiFi-based messaging such as WhatsApp, iMessage, GroupMe, Facebook Messenger, and email.

Students are welcome to bring their personal smartphones to use on the WiFi at the center. Please remember that many apps require a text or call verification code during the setup process, so we recommend that you install and set up any apps you intend to use prior to departure.

Remember that access to video chat will be limited based on Internet speed and availability!

Phones

Students are provided with local cell phones to use for the duration of the program. This phone is primarily intended for in-country communications with peers and SFS staff, but these phones can make and receive international calls, as well. A $5 credit will be provided each month, and students are responsible for buying more credit should they use more than the allocated amount. Receiving calls from outside Cambodia is at no charge to the recipient, but students bear the cost of outgoing calls internationally and in Cambodia.

Mail

Mail can be sent to the SFS Post Box at the Siem Reap Post Office. The Cambodian postal system is very unreliable and slow. If you wish to try your luck with the Cambodian postal system, have your friends/family include your Cambodian phone number in the address (from the phone you are given upon arrival), so that the office can call the field station when mail arrives.

(STUDENT NAME)
(STUDENT’S LOCAL PHONE NUMBER)
The School for Field Studies
P.O. Box 93284
Siem Reap Post Office
Siem Reap Cambodia 17000

Friends and family should avoid sending packages, as processing time is slow, and you may have to pay a very steep tax on the value of your package. If you have prescription medicines, it is imperative that you bring enough for the entire session, as you will not be able to receive this through the mail. You should plan to pack and carry with you everything you will need for the duration of the program. If it absolutely necessary that you have a package or other important/valuable mail sent, use the DHL shipping service and have it sent to the DHL office in Siem Reap:

(STUDENT NAME)
(SFS Site manager or Center Director’s phone number)
DHL Office
Psar Kandal
Siem Reap city
Siem Reap Province, Cambodia

Please note that the above are mailing addresses, and not the geographical location of the SFS Center in Cambodia. Please email your SFS Admissions Counselor if you need the physical address.
HEALTH, SAFETY, AND WELLNESS IN THE FIELD

SFS Staff and Student Affairs Manager
Due to the remote location of many SFS field stations, several SFS field staff are certified in Wilderness First Aid (WFA) and trained on how to respond in the case of an emergency. In addition, each SFS program is staffed with a full-time residential Student Affairs Manager (SAM) who is the primary medical responder and student support personnel on campus. The SAM is certified as a Wilderness First Responder (WFR) and in Mental Health First Aid; they also receive training in sexual assault first response. In addition to their role as a medical responder, the SAM also coordinates program logistics, engages students in community outreach, advises and counsels students on group dynamics and adjusting to life abroad, and conducts in-country risk assessment and management.

Orientation
Upon arrival to your SFS campus, all students participate in an orientation that provides information specific to the Center and country, including local community and culture, daily Center operations, and relevant risks and hazards. The goal of orientation is to:

- Familiarize students with SFS-wide and campus-specific policies and procedures
- Introduce students to potential risks and hazards inherent in the program and its location
- Introduce students to potential risks and cultural norms of the local community
- Build foundations for good group dynamics and a functional student community
- Introduce a sustainability contract
- Help students understand their role in conservation and community relations on campus
- Foster self-awareness

Prior to arrival on program, SFS recommends that students take time to understand the risks associated with travel in a foreign country as well as ways to increase their own personal safety. The following resources may be helpful to you in this research:

- Bureau of Consular Affairs: www.travel.state.gov
- U.S. Department of State Travel Advisories: https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/
- Diversity Abroad: https://www.diversitynetwork.org/page/publications

24-Hour Emergency Hotline
SFS maintains a 24-hour emergency hotline while students are abroad, and during their travels to the program. If a parent or guardian needs to urgently contact a student in the field, an emergency call can be made to this emergency hotline at 978.219.5113. When prompted, leave a message including your name and phone number. You can expect to receive a call back from the SFS Safety and Student Life Department within one hour. For non-emergency inquiries while a student is in the field, please e-mail safety@fieldstudies.org.

Medical Care on Program
SFS maintains a detailed Risk Assessment and Management Plan for each Center, which outlines country risks and response protocols, including local, national, and international medical facilities and their treatment capabilities. These plans ensure that SFS staff are always aware of the closest and most capable medical facility in their current vicinity and the protocols outline the best route for medical care access. If a student requires medical attention during a program, the Student Affairs Manager (SAM) on campus will assess the illness or injury and determine next steps (i.e. first aid, monitoring, medical attention, etc.). If a visit to a medical care facility is needed, an SFS staff member will assist in facilitating care and accompany the student to the appointment. Please be aware that there may be times when access to medical care may be delayed or unavailable, such as during travel or on expedition.

Students are responsible for all incidental expenses, including medical costs, transportation, accommodations, etc., incurred by all parties involved. Some medical emergencies or conditions, including injuries and illnesses that cannot be supported in the field, may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.
Mental Health Support
SFS is partnered with Morneau Shepell to provide students with My Student Support Program (My SSP). This program provides 24/7 mental health and wellness support in the form of chat, phone, and video that connect students with Student Support Advisors. It also provides wellness tips and reminders that can be a helpful source of support while adjusting to new routines, roles, and responsibilities while abroad. The resource is accessible via the My SSP App, which can be downloaded for free in the App store or by visiting the My SSP website, https://us.myissp.com/Home/UniversitySearch. Students will have a full introduction to the resource during their in-country program orientation but are encouraged to download and explore the App or website prior to departure. It is helpful to complete the APP profile before departure and accept the push notifications.

This resource can be used for both immediate and ongoing consultations during a student’s time abroad. However, MySSP is meant to be a supplemental resource during the program. Students should work with the SFS Safety and Student Life Department and their home mental health provider to make a support plan to manage mental health while abroad.

Sexual Health and Wellness
When it comes to sexual health and wellness or relationships during your SFS program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community. These relationships can have long-term effects on local communities that can last beyond your time abroad.
- The current dialogue about and understanding of consent in the U.S. often does not apply in other cultures.
- If you decide to engage in sexual interactions during your program, use protection (e.g. condoms/dental dams).
- Prophylactic sexually transmitted infection (STI) medication and emergency contraception may not be available in the remote locations in which we operate.
- Students who feel subjected to sexual harassment should walk away from any situation that makes them uncomfortable without concern for being culturally inappropriate. Students should report harassment or assault to any SFS staff member or HQ representative with whom they feel comfortable.
- In the case of a sexual assault, SFS will make every effort to support a student. This includes access to medical care, the option to report to the local law enforcement, and identifying support systems and additional resources. Local laws, definitions, and legal implications often differ from those in the US. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.

Self-Care and Wellbeing
Study abroad can be an exciting time for personal reflection and growth. However, the adjustment to new routines, relationships, and cultural environments, while away from your usual support systems, can be challenging especially if you do not take time for self-care. Self-care is an essential tool for maintaining good mental, emotional, and physical health and wellbeing during your time abroad. As you prepare for your SFS program, take time to consider how you might react to challenges that you encounter. Do you have self-care practices that you use at home during times of stress or transition? For example, do you journal? Create art? Exercise? Go for a long drive in the car? The ways you manage stress, take care of yourself, or find joy are your coping mechanisms. Consider that some of these outlets may not be available to you while you are abroad on an SFS program. For example:

- **Communication with support systems.** Limited internet connectivity, unexpected power outages, and busy academic and travel schedules can reduce the frequency and ease with which you are able to contact family, friends, pets, mentors, counselors, etc.. If you currently talk to a mental health provider, and plan to stay in touch while abroad, this limited connectivity can pose a challenge. Similarly, talk to your family and friends to figure out the best communication plan (i.e. WhatsApp, calling card, etc.) and remember that you may not be able to be in touch as frequently as you are on your home campus

- **Social media.** Limited internet bandwidth can make it difficult to engage with others through pictures and videos over social media platforms. Upload speeds are significantly slower and, at times, not possible. This can be a source of stress for students who are used to constant connections, and can cause frustration, irritability, sadness, and anxiety. What other ways can you communicate with others about your study abroad experience? For example, setting an expectation with friends and family that you will update a blog or send a weekly email might reduce a feeling of stress to provide social media updates in real time.
• **Privacy and time alone.** On campus, it may not be possible to find a private spot to rest and recharge daily. On a residential campus, there will be a lot of interaction with your peer group (i.e. sharing meals, attending classes, studying, recreational time, etc.). Think of ways that you can create some space for yourself when you are unable to physically distance yourself from others. Perhaps using headphones or stringing up a hammock can provide similar space.

• **Off-campus transportation.** Access to transportation may be limited and you will not be permitted to operate vehicles (including cars, motor boats, motorcycles, etc.) at any time while on program. Think about how this limited mobility might impact coping mechanisms that you use at home, such as taking yourself for a long drive.

• **Solo runs or hikes.** While the locations of most SFS campuses allow for regular exercise, it may look different from your normal routines at home. For example, SFS campuses do not have athletic facilities or equipment such as treadmills or weights. You will be required to use the buddy system when exercising off campus. (For more information about the SFS Off-Campus Policies in SFS Policies and Procedures). While away from the SFS center, it may not be feasible to find time or space for recreational exercise. SFS encourages students to be flexible with their exercise routines. Students are encouraged to bring compact workout equipment, such as resistance bands, for use during the program. Bringing downloaded exercise videos (i.e. yoga, pilates, etc.), using apps that can be accessed offline, coaching one another through favorite workouts or playing a pick-up game of soccer or frisbee can be creative and fun ways to stay active.

  When you do not engage in self-care during times of stress, you may be more apt to turn to unhealthy coping mechanisms, which can include risk-taking behaviors such as increased alcohol consumption, inappropriate or unhealthy relationships, rule-breaking, or resistance to structure.

  This phenomenon is articulated by psychologist Dr. William Glasser as “Choice Theory.” “Choice Theory” holds that behavior is driven by an attempt to fulfill five basic needs: security, love, power, freedom, and fun. If one or more of these behaviors is not being met, then you may be more likely to act out in other aspects of life. For example, if you feel “power” is not met due to a lack of autonomy in a new, unfamiliar environment, you may seek to increase levels of “fun” by drinking to excess when you may otherwise not. It is important to understand that these types of behaviors can have more serious repercussions while abroad, due to unfamiliarity with the local culture, environment, and local laws and customs. Risky student behavior can put you and others in dangerous or unsafe situations, disrupt the ability of staff and students to perform research, and/or have adverse impacts on the local community.

**Managing Social Drinking**

If drinking alcohol is part of how you socialize with friends, this will remain an option to you during your time abroad at local restaurants and bars in your free time. According to the SFS Alcohol Policy, SFS maintains dry campuses, and alcohol consumption is not permitted at the field station. More information about this policy can be found in SFS Policies and Procedures.

If you do choose to consume alcohol, we ask that you do so in moderation. Situational awareness and understanding of local cultures are important factors in reducing risk in certain situations. In some cultures, alcohol abuse is a systemic problem in the community. Therefore, over-indulgence of alcohol by SFS students can be viewed negatively by the community. It is always important to demonstrate respect and gratitude towards the local community by maintaining respectful behavior.

Excessive consumption of alcohol can reduce your vigilance, lessen your awareness or response to cultural nuances or faux pas, and possibly lead to black outs, injury, assault, abuse, reckless behavior, and impaired judgement and decision making. To mitigate these risks, it is important to consume alcohol in moderation, pay attention to how much you consume, hydrate, make sure you do not drink on an empty stomach, keep an eye on your drink at all times, do not accept drinks that you did not see being opened or prepared in front of you, maintain a buddy system, and practice bystander intervention.

This topic will be covered more in SFS Orientation during the first week of the program. Students who anticipate challenges managing alcohol consumption abroad should discuss with the SFS Safety and Student Life department prior to departure and can continue to seek support from their Student Affairs Manager (SAM) during their program.
PACKING GUIDE
PACKING TIPS

How to Read the Packing List
You will see two sections of the packing list. The first section includes required items that are necessary for the program. The second section is comprised of suggestions and recommendations from previous students and staff in the field. Remember that everyone’s needs and preferences are different, so some of these items may not be essential for you!

Luggage
SFS does not have a specific policy regarding how much luggage students should bring for their program and does not have a preference regarding wheeled or non-wheeled luggage. Alumni recommend using packing cubes to save space and keep your belongings organized. Remember that you’ll need to navigate one or more airports with your luggage, so make sure you bring only what you can maneuver yourself!

Storage Space
In personal rooms, each student will have access to cubby-like shelves and there is space for luggage storage under the bed.

Wear and Tear
Make sure all equipment is in good shape before leaving – check for leaks, broken straps, jamming zippers, etc. It’s good practice to clean off hiking gear or other items that are exceptionally dirty or have mud caked on. This can cause issues when going through security and customs.

Culture and Clothing
In Cambodia, local people dress in a more conservative fashion than many communities in the U.S. We often think of our clothing choices as personal decisions that do not affect others, but community members and local staff may feel uncomfortable if you dress in clothing that is less conservative with a lot of skin showing, as is typical in the warm/hot climates in many Western countries. There are additionally strict clothing requirements for entering temples and other religious spaces. All structured program activities involve close interactions with local communities and the local support staff. Students need to dress in accordance with the norms of the Cambodia to participate in all Center activities, including meals. At the same time, the Center is also your home, we want to make sure that there are also areas where you can dress in order to be comfortable. For this reason, SFS Cambodia has a dress code policy that is divided into several ‘zones.’ This will be covered specifically in SFS Orientation when you arrive, but is important to understand for packing and planning purposes:

Zone 1 – Personal spaces (your bedroom and upstairs common area):
These spaces are for your personal use as students and staff will only be present when cleaning, accessing upstairs storage, or looking for individual students. As such the dress code in these areas is more relaxed. Shorter shorts and tank tops (singlets) are acceptable but still be mindful of how you dress in front of your fellow students.

Zone 2 – Around the Center (mealtimes, classroom, downstairs, etc):
In all these areas you will be around our local staff and hence you should be dressed more conservatively. Non-revealing tank tops (i.e. those with wider straps that fully cover the shoulder blades and are not cut deeply at the armpit) and t-shirts can be worn. Shorts/skirts or pants must not be more than 1-2 inches above the knee in length. Students can wear a dress/skirt that covers to the mid-thigh with leggings underneath. In the pool, students can wear two-piece bathing suits if applicable, but any suit (one-piece or two-piece) should have good coverage and be non-revealing. Exposing the midriff in the pool is okay.

Zone 3 – Urban Areas (Siem Reap, Phnom Penh)
You may see many other foreigners dressed in very revealing clothing when in more urban areas. We take our cues from the community and knowledge of local norms and advise students to adhere to a more conservative and culturally appropriate style of dress. When in Siem Reap and Phnom Penh, students should wear shorts or skirts that are no more than 1-2 inches above the knee (no mini shorts/skirts). Students may wear tank tops that are non-revealing and do not expose the midriff. Even whilst you are out independently around Siem Reap you are still a representative of yourself, SFS, your home college, and your country.

Zone 4 – Field Trips, Rural Areas, Guest Lectures, Interviews, Religious Sites
Students should dress very conservatively, with shoulders, knees, and everything in between covered. On most field trips to rural and wilderness areas you will be required to wear either full length or ¾ length pants, and either a t-shirt or a light long sleeved field shirt. This is not only out of respect for cultural norms but also for practicality as it affords better protections from the sun, thorny plants and insects.

**Zone 5 – Exercise**

Students must be dressed appropriately while running or exercising. Appropriate exercise wear includes running shorts with leggings underneath and a non-revealing t-shirt or leggings with a long t-shirt that covers to the mid-thigh.

**Purchasing Items in Cambodia**

Siem Reap has a number of vibrant markets where students often enjoy shopping and purchasing locally made items. In particular, lightweight long skirts, dresses, and tops can be purchased locally for a reasonable price and make for great souvenirs of your time in Cambodia! You should not plan to purchase any field gear in Cambodia, as these items are harder to come by. If you do plan to purchase some day-to-day clothing items in Cambodia, note that Cambodian sizes are considerably smaller than in the U.S. and may be more limited.

Rainboots can be purchased locally in Siem Reap for reasonable prices, as well, but the ones in Cambodia are not great quality and there are limited sizes available (no large women’s or men’s sizes).

While toiletries can be easily found in Siem Reap, we recommend students bring lotions from home, as many sunscreen brands and other lotions can contain chemical whitening agents.

**Consider your impact!**

As you pack, please consider the impact of the products that you bring with you to your program. Think about both the ingredients and packaging of what you bring. Plastic waste, for example, is incredibly detrimental to the ecosystem and waste management in remote locations is quite difficult. Consider replacing bottled products with products that come in bars or jars, such as shampoo and deodorant.

We highly encourage biodegradable soaps, shampoos and conditioner. Conventional soaps and shampoos can have a significant impact on the environment. As you consider biodegradable options, remember that not all soaps and shampoos labeled "natural" are biodegradable. Brands that are typically biodegradable include Jason’s Natural, California Baby, Kiss My Face, Nature Gate-Rainwater, Dr. Bronners, Tom’s of Maine, Desert Essence and some Aveda and Garnier products.

To keep your single-use plastic/paper consumption to a minimum, think about bringing a reusable shopping tote, metal straw, cloth napkins and other items.

**Note:** this packing list does not suggest amounts, so pack according to your own needs and how frequently you plan on doing laundry.

**PACKING LIST: REQUIRED ITEMS**

**Clothing**

- **Tops & Outerwear:**
  - Loose T-shirts that completely cover the shoulder, back and waist
  - Long-sleeved shirts (these are recommended with light fabric for entering temples, working in the field, and for protection from the sun and insects)
  - Light-weight rain jacket. (Particularly important for the Fall semester, optional in the Spring). Plastic ponchos are easy to buy locally, but actual rain jackets are difficult to find so make sure you come prepared.

- **Shorts:** See the dress code outline for specifics on length and type. While length and type of short vary in acceptability based on location (or zone), short shorts will not be permitted in public at any time. Aside from pajamas, shorts should remain 1-2 inches above the knee (zone 2 and 3), and your knees must be covered in rural areas and during exercise. Shorts will not be permitted during fieldwork or on field excursions. Athletic shorts may only be worn when paired with leggings and active wear is only acceptable when exercising.

- **Pants:**
- At least 3 pairs of loose-fitting, long, field or cargo pants (water-resistant and quick dry materials are best). You will be doing most of your day to day activities in field pants so these are very important.
- Expect to wear long pants on a day to day basis rather than shorts; lightweight and flowy pants can be a good option for downtime at the Center or in Siem Reap.

**Footwear**
- **Skirts or Dresses:** loose-fitting dresses and or long skirts (below the knee). Dresses should cover the shoulders and the backs of the shoulder blades and go below the knee. Long skirts and dresses can be bought locally at a reasonable price.
- **Normal “street” clothes** for going out into town: during free time in downtown Siem Reap and Phnom Penh, you will want some non-field clothes and you are welcome to wear your regular “street clothes” that make you feel like you. You will be allowed to wear shorts/skirts that go a couple of inches above the knee as well as wide-strap tank tops.
- **Business-casual outfit:** One more formal outfit will be needed for community nights, and if you conduct interviews with officials or visit government institutions. Business casual in Cambodia means a button-down collared shirt, slacks or a nicer dress/skirt. Short sleeve shirts are okay and closed-toed shoes are recommended.
- **Underwear and socks:** including light wool or synthetic (not cotton) hiking socks (3-4 pairs), and a few pairs of casual/running socks should suffice. Fall semester students should also consider purchasing water resistant socks.
- **Pajamas**
- **Swimsuit**

**Footwear**
- **Comfortable sneakers/running shoes** (one pair is sufficient)
- **Gumboots** (Wellies/rubber boots/rainboots): shin-high, waterproof with good tread. These boots are particularly necessary in wet season, which falls during the Fall semester. In the wet season you may need to do a reasonable amount of hiking in the boots (more than 5km) so you will want durable, comfortable boots that will not give you blisters! While these can be purchased locally, we strongly suggest buying a pair before you leave the US and bringing them with you as these will be better quality and more comfortable. There are some used gumboots that former students have left at the Center that students are welcome to use. If you would like to borrow a pair, please ask your SFS Admissions Counselor to see if a size is available for you and they can be set aside.
- **Ankle high (over the ankle) hiking boots.** These are the preferred shoe option in the field during the dry season (Spring semester). These should be considered as a backup or secondary footwear option for field trips in the wet season. They need to be over the ankle to protect from snakes and must have a good tread. Boots that will be water resistant are ideal. You will be doing a reasonable amount of hiking in these boots in the wet season so conditions will be wet, muddy and slippery.
- **Sport sandals** (not flip flops) such as Keens, Chacos, or Tevas that are easy to take on and off. You will need to remove your shoes frequently as a sign of respect. Flip flops are not appropriate footwear for any of the hikes you’ll do during the program, but sport sandals may be worn for some of the other field trips.
- **Casual shoes for downtime** when not in the field at the Center or in Siem Reap.

**Gear**
- **Hat** with a visor or brim: this is crucial for the days we spend on a lake or in boats when there is no sun protection!
- **Sunglasses**
- **Backpack** (a good-sized day pack to fit your notebook, packed lunch, water bottles and personal items will suffice – no frame packs necessary)
- **Water bottles (2):** 2 one-quart (or one-liter) plastic canteens or water bottles. Bringing 2 water bottles is essential. It is very difficult to find good reusable water bottles in Cambodia. Water bottles with a narrow mouth or with a splashguard insert are especially useful because it’s very difficult to drink out of wide mouth bottles while traveling along the bumpy roads.
- **Binoculars:** an integral part of the field experience! You will need binoculars for wildlife identification exercises for class. You can borrow a pair from friends or family at home or check pawn shops if you do not have a pair and/or cannot afford a new pair. Look for something that is relatively lightweight but sturdy. 8 or 10 x. 40’s are ideal. Make sure they are properly aligned before leaving. **Note:** we do have 2 pairs of binoculars at the Center that students can sign out if necessary. If you want to borrow a pair, please ask your SFS Admissions Counselor to contact the Center to inform us in advance.
• **Small personal reading lamp/headlamp/flashlight** - for those times when the electricity goes out or we are spending the night off campus and might not have electricity at all.

• **Insect Repellent (1-2 bottles)**: students must use repellant with at least 15% DEET to protect against mosquitoes. This can be purchased in Cambodia, though it is a bit more expensive than in the US. DO NOT purchase insect repellent that is 99-100% DEET. Most students do not end up using it over health concerns, and it may melt away/damage certain plastic items you may be wearing.

• **Sunscreen**: This can be purchased in Cambodia, though it is a bit more expensive than in the US and local products often contain whitening agents.

### Personal Items and Toiletries

• **Toiletries**: There are plenty of shops to purchase shampoo, conditioner, hand sanitizer, and toiletries of all kinds in town, but if you prefer a specific brand you should come prepared. If possible, all products you bring should be biodegradable. Be sure to include 2-3 small bottles of "soapless" hand sanitizer in your toiletries.

• **Feminine Hygiene products**: these can be purchased in Siem Reap, but they are slightly more expensive than in the US and if you prefer a specific brand you should bring enough tampons or sanitary napkins to last the duration of the program. We encourage you to find the most environmentally friendly, biodegradable options, and look into alternatives such as the Diva Cup: [www.divacup.com](http://www.divacup.com)

• **Extra prescription glasses or contacts (if you need them)**: if your glasses break, it will be difficult to replace them

• **Personal first-aid kit**: There will be emergency medical supplies available at the Center however you should bring a small personal first aid kit. This could include, for example, aspirin, Band-Aids, antibiotic cream, ibuprofen, tweezers, clippers, Q-tips, Pepto Bismol (preferable to Imodium) antibiotics, motion sickness medication if needed, cold and flu medications, etc. These common over-the-counter medications can be found locally as well, but cold and flu medicine is more expensive in Cambodia.
  
  o Probiotics. You might experience some stomach upset while in Cambodia due to the different food, water, and bacteria. Bring probiotic supplements (essentially beneficial bacteria that can help prevent stomach upset and diarrhea), and plan to take probiotics every day! Probiotics can be purchased in Siem Reap, however their efficacy is unknown. Some students do end up using probiotics purchased from the local, reputable pharmacy.

  o Ask your doctor about the medication Ciprofloxacin- an all-purpose antibiotic for travelers’ diarrhea. It can be useful to have this in your personal med kit while you travel around Cambodia and South East Asia if you plan to do so after the program. Always consult with the SAM or a physician before starting any antibiotics.

  o Please review “Medical Preparation for the Field” for more information.

### For the Dormitory

**NOTE**: each student will be provided with shelves for storing clothing and other items

• **1 set of sheets and pillow case**: twin/standard dorm bed size – not extra-long. Sheets are not provided at the Center, but a pillow and blankets are provided.

• **Electronics**: Power converter to accommodate the 230v in Cambodia (if your device is not dual voltage)

### For the Field and Classroom

**NOTE**: you will be able to buy pretty much all school supplies you could need at one of the many office supply shops in Siem Reap and you will have a chance to shop for school supplies during the first few days of the program.

• **Computer**: Students are required to bring their own personal laptops (contact your SFS Admissions Counselor if this is a problem). Please refer to the “Technology and Communications” section of this document to review laptop requirements and recommendations.

• **Notebooks** for 5 classes (can be purchased locally in town)

• **Flash drive (USB/memory stick)**. Recommend at least 4 GB. You will use this often to transfer documents and work given the limited internet connectivity!

• **Pencils, pens, highlighters, and markers** (can be purchased in town)

• **Dry bag** (medium or large; Fall semester only, not needed in the Spring) to keep your items dry in the wet season during boat rides, field work in the rain, etc.
PACKING LIST: ADDITIONAL SUGGESTED ITEMS

This list has been compiled based on suggestions and feedback – you might not need to bring all of these items, so it is important to keep in mind what you might personally need or want as you read through this list!

For Academic Use:
- **Waterproof school supplies**: (fall semester only; notebook/journal, pencils, or waterproof pens). Rite in the rain is a good brand.
- **Camera**: Digital or traditional. Some students have found it helpful to document the scope and specific nature of their work, particularly the Directed Research.

For Entertainment:
- **Games**: Board games, decks of cards, and ideas for different activities/things to do during nights at the Center
- **Paperback books** (a couple to read and exchange)
- **Music**: Make sure to download music in advance, as streaming and large downloads won’t be feasible on the Internet. Don’t forget headphones and speakers if desired!
- **Musical instruments**: please bring these! Check the baggage requirements for your airlines to find out how best to pack (Note: the Center has a guitar that students can play).
- **Travel Guides**: Books for Cambodia – there are a few of these available at the Center. These are also available for cheap prices in Siem Reap.

For Food and Drink:
- **Travel mug**: we do a lot of travel and it is very handy to have a travel mug on the road and in the field for DR.
- **Food storage (Tupperware) container**: Multi-chambered is good for packed lunches on expedition, large enough to hold one-meal - sandwich, veggies, fruit, cookies, etc. NOTE: These can be purchased locally.
- **Favorite snacks**: You can find lots of familiar snacks in Cambodia like Oreos, goldfish crackers, Nutrigrain granola bars, Pringles, chocolate, trail mix, etc. but they are somewhat more expensive in country.
- **Dietary supplements**: *Protein bars or powder is advised* if you wish to follow a vegetarian or vegan diet during the program. Protein/granola bars are very expensive in Siem Reap! You may also want Vitamin C supplements or powder to mix into your water
- **Hydration supplements**: Powdered drink mixes/Oral Rehydration Salts (ORS) to flavor your water (Gatorade, etc.) This may seem minor, but it is important for hydration and for some variety in your beverage options! We will also have a supply of Royal D- an orange-flavored powdered drink mix that is Southeast Asia’s version of Gatorade.

For Utility:
- **Water-resistant watch**
- **Zip Lock bags** (at least quart size): Very handy for all sorts of things, especially during the rainy season.
- **Tape**: We recommend a roll of wide masking tape or duct tape as they can come in handy for a number of uses when you are traveling: taping up luggage, making minor repairs in mosquito netting, etc.
- **Umbrella** (small, portable one). This is useful in the rainy season (fall). These can also be purchased locally.
- **Small repair kit** (needle, thread, safety pins, super glue, etc.)
- **Pocket knife** (a Swiss Army knife is ideal)
- **Bag for dirty laundry** (garbage bags work well, too)
- **Small travel towel**: to use while traveling during the program. Quick dry towels pack easily and are nice for traveling

For Comfort:
- **Face/Baby wipes**
- **Eye mask** and **earplugs** and **Melatonin** (especially important if you are a light sleeper. Some students have found it almost impossible to sleep on the lake during the Prek Toal homestay without earplugs because of the loud boat noise at all hours).
A NOTE ON FAA AND TSA REQUIREMENTS

When packing, please make sure to check Federal Aviation Association (FAA) and Transport Security Administration (TSA) for the latest prohibited items, which may include electronic cigarettes, vaping devices, medical marijuana, or cannabis-infused products, such as Cannabidiol (CBD) oil. You can find this information at [https://www.faa.gov/](https://www.faa.gov/).

**Electronic Cigarettes and Vaping Devices**
The FAA prohibits these devices in checked bags. Battery-powered E-cigarettes, vaporizers, vape pens, atomizers, and electronic nicotine delivery systems may only be carried in the aircraft cabin (in carry-on baggage or on your person).

Over forty countries have banned or have some restrictions on the use, sales, or importation of vaping devices, including SFS host countries of Australia, Bhutan, Cambodia, Chile, and Panama. It is therefore critical to check your host-country laws before possessing, purchasing, or using electronic cigarettes or vaping devices while in country. Keep in mind that some countries do not have written law or policy regarding vaping devices but may target individuals using these products based on lack of recognition of their use and purpose.

**Medical Marijuana and Hemp**
Possession of marijuana and cannabis-infused products, including some Cannabidiol (CBD) oils, is currently illegal under federal law. Federal authorities do not recognize medical marijuana laws or cards from U.S. states where it is legal, so travelers with any amount of medical marijuana can be arrested and detained in U.S. airports. Similarly, marijuana is illegal in most countries. Students with a U.S. state-issued medical prescription cab be arrested, prosecuted, and deported if in possession of any illegal substance, including marijuana and cannabis-infused products.

Students should note that products containing or made from hemp with overt labeling may not be permitted on international flights, and host-country laws may vary in the way they are interpreted and enforced by local authorities. Alternatively, travel with clothing, jewelry, and bags made of hemp material is acceptable.

SFS does not allow possession of any drugs or medications that are illegal, as defined by U.S. federal and host-country laws. **The SFS Drug Policy prohibits possession or use of marijuana for the full duration of the SFS program, including free time and weekends away.**
We can’t wait to meet you and look forward to having you join us in the field!

Stay engaged with SFS while you prepare for your program:

- Keep up with the SFS News from the Field blog
- Follow SFS and SFS Cambodia on Instagram: @thesfs/@thesfs_cambodia

Didn’t find what you were looking for? Check the following resources for more information:

- **Financial Planner for Cambodia**: all program costs, including expected out-of-pocket costs, information about currency, and money exchange
- **Academic Handbook for Cambodia**: information about the environmental issues of the region, SFS’s approach to grading and assessment, transcripts, academic policies, using research data for a thesis)
- **Travel Guide for Cambodia**: specific information about booking flights, visas, arrival to the program. Emailed to enrolled students 3-4 months before the program.
- **SFS Policies and Procedures Manual**: behavioral, administrative, medical, operational, and financial policies
And if you’re looking to pass the time, try your hand at this SFS-themed crossword!

**Life in the Field**

**Across**
5. neighbors, partners - the people you’ll meet
7. pl. might cause an itch
11. large scale impact studied at every center
14. rain or waves won’t stop me
16. solution for mid-afternoon grumbles
17. in the lab or in the field

**Down**
1. porch or tree hangout spot
2. puts the $ in STEM
3. variety of life
4. stamped and signed from far away
6. lasting, balanced, a goal for our future
8. substitute for night vision
9. meal staple
10. can’t leave home without it
12. carries all the things you’ll need in the field
13. solar consequences
15. abbv. daily meeting