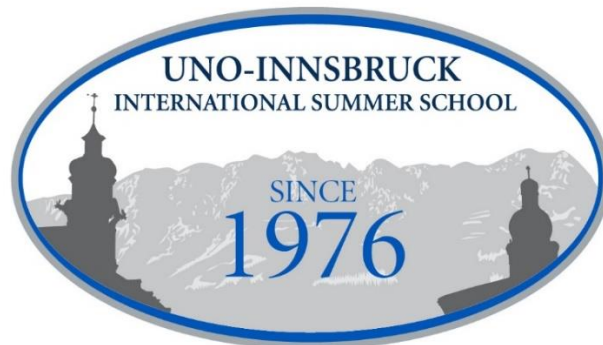


THE INTERNATIONAL SUMMER SCHOOL 2023

Innsbruck, Austria

PRE-DEPARTURE GUIDE



THE UNIVERSITY *of* NEW ORLEANS

Dear “UNO-Innsbrucker”:

Congratulations! You are about to embark on a journey that may very well change your life! The UNO-Innsbruck International Summer School has been in existence for almost 50 years and has touched over 10,500 students’ lives, creating life-long friendships, prompting a love for travelling, and encouraging academic curiosity.

We hope that this guide will help prepare you for your upcoming learning and travelling experience to Innsbruck, Austria, and Central Europe. If it leaves any questions unanswered, please let us know.

We are very much looking forward to sharing 6 weeks with you in Innsbruck, the ‘Heart of the Alps,’ a city that has already touched all of our lives. We can’t wait for you to join us and become an “Innsbrucker” as well!

Sincerely,
UNO-Innsbruck International Summer School Team

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Section 1: Travel

Passport

You should now have a valid passport. Please note that your **passport must be valid at least 6 months after return date!**

If you need a new passport, you should apply immediately! It can be obtained at any passport agency, some US post offices, or many state or federal courts. Go to <https://travel.state.gov/content/travel/en/passports.html> for locations, information and to download forms. You will need to bring proof of your U.S. citizenship (birth certificate or naturalization papers), identification (driver's license or your old passport), passport photo, and \$165.00. If you just need to renew your passport, it will only cost \$130.00. Most passport offices now require an appointment for passport application. Since processing an application can take several weeks, it is important that you take care of this right away! Expedited service carries an extra charge.

Losing your passport while in Europe can be a major problem. Not only is it difficult to replace, but you will not be able to cross borders until you have a new one. In the event you do lose your passport, you should notify the UNO-Innsbruck International Summer School office and the nearest US Embassy. To make the reissuing process much easier, photocopy the page showing your passport number, picture, and place of issue, and keep it separate from your passport. Leave a copy with someone at home as well. Don't forget that you also need to upload a copy of your passport on the UNO-Innsbruck Summer School website: www.uno.edu/innsbruck/apply.

Students should store their passport in the safe in their dorm room when in Innsbruck and take their passports with them for class field trips to Germany or Italy and when traveling on the weekend. Some hotels and hostels will require you to leave your passport at the front desk during your stay. This is customary, and your passport will be returned to you when you check out. Your passport is often taken from you when you cross borders in a sleeping car on the train and will be returned to you before you reach your destination. This is a normal procedure on many trains and nothing to worry about, just make sure you give your passport only to the conductor or other train official of the rail system you are using. They should be wearing a uniform and an I.D.

Visas: Most European countries do not require visas for visitors from the U.S., but it is best to check before you depart on your trip to a country other than Austria. All students who are not US citizens are responsible for obtaining the appropriate visas if necessary. Contact your country's consulate or the Austrian Embassy for more info on visa requirements.

Getting to Innsbruck

Arrival day is July 1. Transatlantic flights from the US to Europe are usually overnight flights, which means you need to depart the US on June 30. We recommend flying into Munich. For more information on the group flight options, please see our web site or contact RA Enterprises at 540-230-8556 or Andrew.RAEnterprises@gmail.com.

We provide round-trip bus transfers from the Munich airport to the dormitory in Innsbruck on July 1, 2023, with return on August 11. *All* program participants can use this transfer service, provided they book their flights in accordance with the transfer schedule. Our last bus leaves the Munich airport at 12:00 noon on July 1.

If you will be arriving independently, or miss our transfer from the Munich Airport, you need to know how to get from the Munich airport to the dormitory in Innsbruck.

1. **By Shuttle:** You can also arrange for Four Season's Shuttle service to bring you from the Munich Airport to Innsbruck. You can book your shuttle online at: www.tirol-taxi.at. You need a credit card to book your shuttle. A one-way shuttle is about 59.00 Euros (approx. \$63.00). To find the Four Season's counter in the Munich Airport, go downstairs to the Central Area (*Zentralbereich*) and then follow the signs for car rentals/transfer services.
2. **By Public Bus:** A public bus service is available from the Munich airport to the Innsbruck main train station. It is called "Mein Fernbus/Flixbus" and provides a connection to Innsbruck about every three hours. The cost for a one-way ticket is approximately \$25.00. You will arrive near the Innsbruck train station and should take a taxi to the dormitory. For more information, please see www.flixbus.com.
3. **By Train:** To get from the airport to the central Munich train station, follow directions in the airport to the underground S-BAHN. The S-BAHN is the local transit train, combining subway and elevated tracks. It will take you directly to the Central Munich train station, called the HAUPTBAHNHOF. From there, take the first train going to Innsbruck.

Trains run often between the two cities, so you probably won't have to wait very long. The train ride is approximately 2 ½ hours. The website or app for the Deutsche Bahn, the German railway company, will be beneficial to get tickets:

www.bahn.de/en.

To get to the dorm from the Innsbruck train station, we recommend taking a taxi. Taxis are lined up at the Innsbruck train station. Take the taxi at the head of the line. Just tell the driver that your destination is the "Rössl in der Au or Home4Students dormitory" by the university and the address: Höttinger Au 34. The taxi should cost approximately €10.

Check-in and Orientation

Check-in at the dorm starts at 12:00 noon. All students must check-in no later than 4:30 pm in order not to miss the **mandatory student orientation at 5:00 pm on July 1.**

Shipping Luggage

We DO NOT recommend that students ship their luggage to Innsbruck. The dormitory will NOT accept luggage with customs or shipping charges.

We advise all students to bring their luggage with them to avoid any problems with European Customs officials. We have had many instances where luggage was seized and inspected by Customs officials and not released until the fees were paid. If you have to send it ahead, use FedEx or a similar international mail service. Plan to have your luggage arrive on or after July 1st and label all bags and packages clearly with "UNO-Innsbruck Summer School" along with your name and address.

Weekend Travel

Eurail Passes

Traveling through Europe is made both easy and economical by a fantastic railway system. Trains are a great way to get you where you want to go, to see extraordinary scenery, and to meet people. Second-class compartments are likely to be perfect for your needs. If you plan to travel extensively, a Eurail Pass is a real convenience and a good investment. It will provide you with extensive travel opportunities throughout Europe, as well as free passage on many ferries between countries. We recommend the Mobile Global Youth Pass for 10 or 15 travel days within two months. It is not valid in all countries, so please verify the coverage. You will still need to pay a supplement for many express trains, and also for reservations, which are definitely recommended and sometimes required on long-distance trains in the summer, the busiest travel season in Europe. If you do not get a seat reservation, you may end up having to sit on the floor in the very narrow aisles. Night trains are a good way to cover longer distances and they even offer a viable alternative to sitting up all night: COUCHETTES (pronounced koo-SHETS). For an extra fee, you can reserve such a couchette, which is a sleeping bunk and is well worth the investment! One word of caution, though, when spending the night on trains: keep the door of your compartment locked and your valuables on you while you sleep: possessions and even passports have been stolen on night trains before! The train conductor might ask you to turn in your passport if you cross a border during the night. That is common practice, but be sure to give your passport only to an official representative of the rail system you are using. They should be wearing a uniform and an ID. It is okay to ask for the ID if you do not see it.

For more information on and to purchase a Eurail Passes please go to www.eurail.com.

Eurail also offers a very useful app called "Rail Planner."

Another good website to use for planning train travel is the site for the Austrian Railway OeBB: www.oebb.at/en/

You **MUST purchase a Eurail pass prior to your departure** from the U.S. Paper passes take at least two months to be delivered. Instead, have it delivered straight to the Eurail app on your device with the Mobile Pass.

Note: A Travel and Safety Orientation is scheduled during the first week of the program.

Accommodations on Weekend Travel

As for finding a room in a European city, you have several options. At the top of the price range are hotels, which are rather expensive, especially in Northern Europe. PENSIONEN (Bed & Breakfast) offer an affordable yet pleasant alternative. Typically smaller and less expensive than hotels, they are often nicer and more personal. They do not always have private bathrooms in every room, but rather a common one in each hall. A continental breakfast consisting of rolls, butter, jam, coffee or tea is usually included in the price of the room.

Another option many students have used in the past are “sharing-economy accommodations,” such as Airbnb. Students should understand user policies and be aware of potential risks. Note that not all hosts in Europe will speak good English.

Those on a tighter budget will probably find hostels to be ideal. They offer inexpensive accommodations and an opportunity to meet people from all over the globe. Generally, rural hostels tend to be nicer than those in the heart of a big city. The majority of lodgers are between the ages of 17 and 25, but many hostels accept people of any age. To stay in some hostels you may need an International Youth Hostel Federation (IYHF) membership card. See the website for Hostelling International USA www.hiusa.org.

Departure from Innsbruck

We provide shuttle busses from Innsbruck to the Munich Airport for departure on August 11 at 3:30 am. All program participants can take advantage of this transportation to the airport. **However, if your return flight leaves before 9:15 am, we recommend taking a private shuttle to the Munich airport or departing Innsbruck on August 10 (after finals!) and spending the night in Munich.** Students NOT taking the program bus shuttle must inform the dorm administration of their departure plans. Check-out from the dorm is 12:00 noon, regardless of your departure plans.

Customs

When returning home, keep in mind that U.S. Customs requires you to declare all purchases acquired abroad. Therefore, be sure to keep the receipts for all major items you buy. For a more detailed description of what you can and cannot bring back and what it might cost you, go to the website: <http://www.cbp.gov/travel/international-visitors/know-before-you-visit>.

Car Rental – Not recommended!

We DO NOT advise car rental for students. Driving customs are different in Europe and accidents are usually serious. Public transportation options (buses, trams, trains) are convenient, easy and reliable. Most of our students have some sort of rail pass and therefore should have no need to rent a car. Nonetheless, please be advised that the use of an automobile on the Austrian interstate (Autobahn) requires a toll tag, called a VIGNETTE. Large fines are imposed on those caught traveling the Autobahn without this permit.

The University of New Orleans’ Division of International Education assumes no responsibility for injuries or mishaps of any kind incurred while using a rental car or vehicle in Innsbruck and its environs, or while using a rental car or vehicle in Europe in general. Students assume all risk incidental to the use of any rental vehicle.

Section 2: Packing

Our best advice is to travel as lightly as possible. If in doubt, leave it out! Too many clothes and too many belongings quickly become an unwanted burden. A good rule of thumb: If you can’t carry your bags by yourself, you have over-packed! Airlines generally allow one carry-on and one piece of checked luggage for free on trans-Atlantic flights, but there are weight restrictions. And remember, you will bring home more than you take with you, so leave room in your suitcase for all those souvenirs.

Most importantly, bring your passport and ATM card. You can survive with these things even if you lose everything else. Carry these securely on or close to your body! You are allowed a small piece of luggage as a carry-on. You should pack any valuables, medications, a hand towel, toiletries, and 1-2 changes of clothing (very important if your checked luggage gets delayed!). Remember to keep the size of your toiletries to the TSA regulations of 3oz. each. Purchase travel/sample size personal items, which can be found at most drug stores. These are also useful for weekend trips. Check the web site of the Transportation Security Administration (TSA): www.tsa.gov/traveler-information

Packing List

Clothes

2 sweaters or sweatshirts
1 rain jacket or windbreaker
2-3 pairs of jeans/pants
3-4 pairs of shorts/skirts
1-2 dress shirts
4-5 casual shirts
1-2 long-sleeved shirts
1 pair of dress shoes
1 pair of sturdy, but comfortable shoes for walking/hiking
1 pair of sandals/flip-flops
1 swimsuit
Socks (hikers should bring thin cotton socks to cover with thick ones)
Underwear (to last at least 1 week)
Belt(s)

For women:

1 dress or dressy outfit for Opening Event etc.
1-2 casual dresses or skirts

Note: Some churches will not allow entry with bare arms and legs. Bring a scarf to cover your shoulders or head if needed. This is especially true in Italy.

Other Items

4 COVID-19 tests (2 boxes)
N-95 masks
Band-Aids
Any prescription/over the counter drugs you take regularly
Sunglasses
Sunscreen (the sun can be intense at high altitudes!)
Compact umbrella
Ziploc bags (great for transporting toiletries, food, foreign currencies, wet clothes)
1-2 plug adapters
Ethernet cable and Ethernet adapter for iPad or tablet
USB flash drive
Portable charger

Laptop or tablet

Textbooks and school supplies/notepads

For men:

1 sports coat with tie, shirt & slacks for Opening Event and other formal events

Note: Most hygienic items can be purchased in Austria.

Section 3: Housing in Innsbruck

Dormitory in Innsbruck: "Home4Students," aka "Rössl in der Au" or simply "Rössl"



Your contact information in Innsbruck

Your name
UNO-Innsbruck Summer School
c/o Rössl in der Au
Höttinger Au 34
A-6020 Innsbruck
Austria, Europe



The Rössl is a nice, student dormitory with clean and comfortable rooms. Each room has a private bath with shower and is furnished with beds, desks, closets, and a safe for each student. Housekeepers (*Putzfrauen*) clean your room weekly. They regularly provide fresh hand and bath towels, but the towels are pretty small. Bed linens are changed once a week. However, the housekeepers will not enter a room that is too messy! There is free internet access in the dorm and in all rooms, but Wi-Fi access is not always reliable, so we recommend bringing an Ethernet cable and, if needed, an Ethernet adapter for iPads and tablets.

Phone Number of Dormitory = Emergency Phone Number: +43-676-898-448-562

Save this number in your cell phone! During our program, it will be answered 24/7 and should be your first point of contact if you need help.

The +43 of the phone number above is the country code for Austria, and 676-898-448-562 is the number of the front desk at the Rössl. The English-speaking staff at the front desk will answer this number during the dates of our program. The dorm rooms have no outside phone lines.

Front Desk

The front desk at the Rössl is staffed 24 hours a day. The front desk staff will also do their best to assist you, whatever the problem or question may be. In the event of an emergency the Rössl will get in touch with the proper authorities.

Curfew

For the safety of our students and the integrity of our program, the International Summer School will have a 2:00 am curfew on all class nights, incl. Sunday night. We recommend to plan your Sunday return from weekend travel for late afternoon/early evening to allow for possible train delays. Even after curfew, **students can always enter the dorm with their key card**. Any curfew infraction(s) may result in disciplinary procedures by university officials. For further information please refer to the Rules and Regulations section in this handout and on our website.

Dormitory Guest/Visitor Policy

For safety and liability reasons, persons not part of the UNO-Innsbruck program are not allowed in the dormitory. The Rössl is the temporary residence for all students on our program and you will be asked to produce your ID card to verify your right to be here – especially in the late evening hours. Please cooperate when asked. For security reasons, you are not allowed to bring any non-program participants into the dormitory. Strangers may be subject to arrest by local authorities and this may also result in your own expulsion from the program by university officials. Any visiting family and friends must remain in the lobby area of the dormitory and are not allowed in any other areas of the facility.

If you have visitors in Innsbruck, see below for some hotel recommendations.

Some recommended Hotels in Innsbruck

****Category:

Hotel Innsbruck: www.hotelinnsbruck.com

Hotel Grauer Bär: www.grauer-baer.com

Austria Trend Hotel: www.austria-trend.at/Hotel-Congress-Innsbruck

***Category

Hotel Basic: www.basic-hotel.at/en

Hotel Weisses Kreuz: www.weisseskreuz.at

Hotel Zach: www.hotel-zach.at

For a full listing of all Innsbruck hotels please see the website of the Innsbruck Tourist Office at www.innsbruck.info

Key Cards

The front doors of the Rössl dormitory are always closed and can be accessed with your key card, which you will receive upon arrival. The key card will also open your room. If you lose your key card, notify the front desk immediately. Do not loan your card to anyone. Please return your key card at check-out.

Room Damages

Students are required to complete a Room Damage Report during the first two days in Innsbruck. This form will protect a student from being charged for damages found in the student's room upon arrival. If a student does not complete this form, s/he will be responsible for any damages found in the room during or after the program. If any damages occur during the program dates, the student will be charged on-site. This includes damages to the room, other areas of the dorm and/or setting off the fire alarm without reason. Please note that running the shower for long periods of time can cause a build-up of steam which can set off the fire alarm! The fire department is required to respond each time, and if it is a false alarm, the student who set off the alarm will be responsible for the charge of up to €400. If damages are found after departure of the student, the student's transcript will not be released by UNO until the cost for the damage repair has been paid for by the student. If damage occurs in a double room, the cost for unclaimed damages will be split between both room residents. If a student does not pay for the damage repair, the program administration will notify the student's home institution and the student will be subject to all applicable laws.

Alcohol and Drugs

Alcohol and drugs or drug related paraphernalia are not allowed in the dormitory or on program-sponsored events.

Smoking, Fire Alarm

Smoking, flammables, candles, incense, flames or exposed heating elements are strictly prohibited in the dormitory. When a fire alarm sounds, you must leave the building immediately. The Innsbruck fire department will come to the dormitory and perform a check before giving the “all clear” to return to the building. If you are responsible for a false report of any emergency, damage or misuse of fire safety equipment, tampering with or removing fire equipment, or careless activity which could create a fire emergency, you will be subject to sanctions and held responsible for damages and financial penalties. See Room Damages section for further information.

Quiet Hour

‘Quiet Hour’(Nachtruhe) starts 10:00 pm. By Austrian law, people must reduce noise levels throughout the city and residential areas after 10:00 pm. You are subject to the observance of this law in the dorms as well as in other parts of the city. In addition, refrain from any loud talking or music in your room or in the halls of the dorm after 10:00 pm. Doors are to be kept closed at all times.

Bulletin Board and Monitor in Lobby

Daily and weekly schedules, cultural events, rules and regulations, and other important information notices are posted for you in the lobby of the dorm. It is very important that you check the board and monitor for the latest announcements. We will also post updates and info on the 2023 Facebook group (limited to 2023 UNO-Innsbruck students only). So make sure you join the group. However, official program and academic information will be emailed to you so remember to check your email regularly for such updates.



Mail

You can receive mail at the Rössl using the address above with your name listed at the top. Give this address to anyone who needs it, especially your immediate family. To send mail, you can either purchase stamps at a newsstand or at the post offices around Innsbruck.

Electrical Appliances

American appliances such as hair dryers, radios, etc. operate on 110 volts. Since European voltage is 220, these items require wall plug adapters and voltage converters. We suggest that you leave such small electrical appliances at home and purchase them in Innsbruck. If you must bring a small appliance, both wall plug adapters and converters are available online or Walmart, Target and most luggage stores. Converters tend to be large, bulky, and heavy.

For your laptop, all you need is a plug adapter. The voltage converter is built into your cable (the small box). Bring an Ethernet cable and, if needed, an Ethernet adapter for iPads or tablets to connect more reliably to the Internet in the dorm.

Towels, Linens, Blankets and Pillows

The Rössl will provide these for you. Please be advised that pillows may be feather and down. If you are allergic, you should bring your own pillow or buy one upon arrival. Hand and bath towels are also provided and changed twice a week. The bath towel provided is rather small, so you may want to bring your own or buy one in Innsbruck. If you plan to visit any beaches, you should bring a beach towel or buy one on-site.

Laundry

There are several coin operated laundry services in Innsbruck. Early mornings, late evenings and weekends are the best times to do your wash. “BubblePoint” is a great and convenient laundromat.

Section 4: Food

Breakfast

A substantial breakfast buffet is served in the dormitory on all class days between 7:00 – 10:00 am. Food and beverage options include: coffee, tea, cold and hot milk, cocoa, and juices; a variety of fresh breads, jams and jellies, cereals, yogurt, cheese, ham and other cold meats, fruit, and one daily warm breakfast dish such as scrambled eggs, waffles, crepes, potatoes, and fried bacon.

Lunch

According to local Austrian custom, the main meal of the day is lunch. You will use the cafeteria of the University of Innsbruck for lunch. All students will receive lunch tickets upon check-in at the dorm on arrival day. Keep in mind that these tickets cannot be replaced if lost.

The full lunch at the cafeteria includes: soup, a main course you select from several options, a salad, dessert or fruit, and a beverage. There are usually several vegetarian options. Lunch is served from 11:00 am until 1:30 pm, cafeteria-style, self-serve.

Please safeguard your lunch tickets. They are like cash and cannot be replaced if lost!

Dinner

One of the pleasures of exploring a new country is sampling the local cuisine. You are on your own for dinner, but options for types of food and types of dining venues abound! Of course you can sample the many delicious restaurants in Innsbruck which offer local, Austrian cuisine as much as almost any kind of international and ethnic foods. For a less costly option, you can buy some groceries in a nearby supermarket or the market hall with an abundance of fresh, local produce and eat a cold meal for dinner or cook a meal in one of the student kitchens of the dormitory. There is so much native culture and flavor to be found in local shopping markets!

Tipping:

In Austria it is customary to give small tips in restaurants, hotels, and for taxis. But prices in restaurants usually include a 12% service charge. Therefore, you would not tip as extensively as in the U.S. Locals usually round up the sum they have to pay in restaurants. For instance, if a drink costs €2.30, most Austrians would round up to €2.50. If the total amounts to €18.75, then give the waiter €20.00, thus tipping €1.25. Tips are not left at the table, but are added to the bill at time of payment, when the waiter or waitress often confirms your selections verbally and collects your money on the spot. For credit card payments, the server usually brings a small c.c. machine to the table. You will add the tip here, not after you receive your receipt. Make sure you know your PIN!

Section 5: Money

ATM Cards

The best method to get local currency is through ATM machines. Confirm with your bank that your Debit/ATM card can be used internationally. Remember that most banks in Europe are closed on weekends.

Credit Cards

Credit cards are widely accepted, but we recommend bringing a Visa or MC. AMEX is not accepted everywhere and Discover is virtually unknown in Europe. Some credit cards do not charge foreign transactions fees – ask your bank!

Important! Inform your bank that you will travel to Europe and that you will make foreign currency transactions on your debit/ATM and credit cards.

Although it fluctuates daily, the current rate of exchange is approximately 1 Euro = 1.08 USD (3/28/2023). Bank opening times may vary. They often close early on Fridays and are closed on Saturdays and Sundays. It is also possible to change money in most hotels and train stations, but since the charges are exceptionally high, we don't recommend it. Exchange as much money as you feel safe carrying around and no more. Don't withdraw more of a country's currency than necessary because when you cross a border and need to transfer your money into another currency, you will lose money on the extra exchange. Most countries are using the Euro now, but Switzerland, England, Hungary, the Czech Republic, Croatia and some other countries do NOT use the Euro. The safest way to carry your money and valuables is to wear them in a money belt worn around your neck and under your shirt. In case of a financial emergency, a credit card can be very helpful. With a Visa or MasterCard you can get an instant cash advance from most banks throughout Europe that accepts your card. If by chance you need to have money wired from home, the best way to do this is to have someone in the United States wire it through Western Union or a major bank that has a local office in the country you're in. This process can be both complex and expensive, so do your best to avoid it. Plan your spending wisely!

How much?

All students seem to have a different idea of what Europe will cost and what they intend to spend during their stay there. The best rule of thumb is to budget as much as you can possibly afford. You will have a much better time if you don't have to worry about every purchase. Take enough to cover your anticipated expenses and then a little extra. \$400 to \$500 per week is the suggested amount to cover evening and weekend meals, travel, and other personal expenses but you can spend less if you are frugal and don't travel every weekend.

For some guidelines on how much spending money you may need, begin by calculating what you will already have paid for before you depart and what you will have to pay for once you arrive. If you are going over early on your own, then you will need to consider transportation (do you have a rail pass?), food and lodging during the period prior to your arrival in Innsbruck. If you plan to travel on the weekends, you will have to consider travel costs of food, lodging, and entertainment (museums, entrance fees, guided tours, etc.). If you intend to remain in Innsbruck during weekends, then your expenses will be considerably less. Consider the cost of evening meals during the week and the cost of souvenirs, taxi and bus fares, etc. By planning in advance you will be better prepared for your trip. Spend your money wisely but don't forget to have a good time!

Consider bringing 50.00 – 100.00 Euro in cash with you from the U.S. so you will have some funds available upon arrival.

Budget yourself:

Inform yourself what is included in the program cost and what else you will need to pay for once you arrive in Europe. Some items to include in your budget are:

1. Food for the evenings and weekends
2. Personal travel on weekends
3. Transportation (especially if you don't have a Eurail Pass)
4. Laundry
5. Personal items
6. Recreation
7. Independent travel before or after the program
8. Gifts and souvenirs

Section 6: Program Policies

Mandatory Orientation Meetings

All students are required to attend the following orientation meetings:

Arrival Day Overview Orientation: Saturday, July 1, 5:00 pm

Walking Tours of Campus and Small Group Orientations: Sunday, July 2, assigned times (distributed at check-in)

Travel & Eurail Orientation: Wednesday, July 5, 2:00 pm

Class Attendance

Class attendance is mandatory. Due to the very intense and fast-moving nature of this program, NO unexcused absence is permitted. For each unexcused absence, your final grade in the course will be reduced one letter grade (e.g., if your final grade in the course is an A, then your adjusted grade in the course will be a B). For each subsequent absence, your final course grade will be reduced an additional letter grade. An excused absence for medical or other legitimate reasons can be obtained from the program nurse or the program administration. To request an excused absence for medical reasons, you have to see the nurse BEFORE the start of your class. Timely arrival to class is also required; repeated tardiness will have an effect on your grade. Sleeping is not permitted in class and it will be treated as an absence. Repeated violations of class or university/program policies may result in ejection from class and/or the program.

We feel that this attendance policy is justified for a program of the intensity, brevity, and academic integrity of the UNO-Innsbruck International Summer School. We have recognized the attraction of travel opportunities in Europe by scheduling long free weekends. In return, we require that students attend classes.

Students with Disabilities

The University of New Orleans (UNO) is committed to providing for the needs of enrolled or admitted students who have disabilities under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 (ADA). University policy calls for reasonable accommodations to be made for students with documented disabilities on an individualized and flexible basis. However, it is the responsibility of students to seek available assistance at the University and to make their needs known. Documentation for disability-related accommodations must be submitted to the program administration prior to departure.

Program Rules, Regulations, and Policies

A complete list of the Rules & Regulations for the Innsbruck Summer School program can be found on our website at: www.uno.edu/innsbruck/apply.

Program ID Cards: All participants on the International Summer School are required to have and possess at all times the UNO-Innsbruck ID card. Failure to produce or surrender this ID card when requested by university or dormitory officials or failure to report a lost or stolen card may result in disciplinary actions by university officials.

The University Student Code of Conduct: As a student on the program you are also governed by the University of New Orleans policy and procedures regarding students. Please refer to the UNO Student Handbook for all applicable student policies and the UNO Student Code of Conduct <https://www.uno.edu/student-affairs/handbook>

Dormitory/University Housing Specific Policies: Please see Housing section above.

In keeping with the expectation of responsible citizenship by all participants in the UNO-Innsbruck International Summer School, the University does not permit:

- Drunkenness or disorderly conduct on any occasion, either in public or in the dormitory
- Dishonesty in any form (including cheating)
- Illegal use, possession, sale or furnishing of drugs and drug paraphernalia
- Possession of firearms or other weapons, ammunition, explosives or fireworks
- Failure to comply with the official regulations or orders of a duly designated authority
- Disregard for the well-being, rights and property of others
- Forgery, alteration or misuse of university documents, records or identification cards
- Curfew violations
- Dormitory visitors who are non-program attendees
- Alcohol and drugs in the dormitory or on any program-sponsored excursions and events
- Sexual misconduct and harassment
- Smoking, flammables, candles, incense or any flames in the dormitory
- Behavior which poses a clear and present threat to anyone

Sanctions for program-specific policy violations may include, but are not limited to: Warning, early curfew on weekdays, early curfew on weekends, notification of home institution, expulsion from the dormitory and the program.

For a list of offenses that may result in dismissal from the program, please see the [Student Conduct Contract](#) which you signed as part of your application to the UNO-Innsbruck International Summer School.

This is an excerpt from the **Student Agreement and Liability Waiver for International Programs**, which you signed as part of your program application:

"I understand that during free time within the period of the program as well as before and/or after the period of the program I may elect to travel independently at my own expense. I agree that neither the University of New Orleans nor its agents or employees are responsible for me while I am traveling independently during such free time. I understand that such travel time will be unsupervised by the University, its agents, or employees. I also understand that I will be traveling during the program by various modes of transportation including but not limited to plane, train, bus, boat, van, or car, and I release the University of New Orleans and its agents or employees from any responsibility for loss of property, injury or death during such travel. I further agree that, in the event I become detached from the group, fail to meet a departure time (bus, train, etc.), or I become sick or injured, I will bear all responsibility to seek out, contact, and reach the group at its next available destination; and, I understand that I shall bear all costs attendant to contacting and reaching the program group or program site. **I further understand that there will be a mandatory dormitory curfew on the University of New Orleans International Summer School in Innsbruck, Austria. This curfew will be enforced from 2:00am – 6:00am on the nights preceding class and exam days only. Any student in violation of curfew will be subject to disciplinary action.**"

Section 7: Innsbruck and Austria

Cultural Differences

You are about to be a guest in countries which are in many ways quite different from your own. They all have unique cultures which have evolved out of a rich past. Before you go, it is an excellent idea to familiarize yourself with the history and culture of the countries you plan to visit. Find out something about their current social and political issues, and take the time to learn the most important words of their language, "please" and "thank you". In German-speaking countries, BITTE (pronounced BIT-uh) means both "please" and "you're welcome"; DANKE (DAHNC-uh) means "thank you."

Some field trips take students to sites of historical interest, especially those related to Austria and Germany's role in World War II. Please be respectful when visiting these places. Certain jokes, comments, and gestures will be considered offensive and, in some cases, are even illegal. Also, please dress appropriately and check with your professor for specific recommendations.

It is important to note that some Austrian laws and customs differ from those of the US. For instance, Innsbruck has a law called NACHTRUHE, which translates to "Quiet Hours." NACHTRUHE begins at 10pm, at which time no loud noise is permitted anywhere in the city (including the Rössl). This practical law was established to preserve the peaceful atmosphere of this small historical city. PLEASE remember this important law.

When in a restaurant, it is not unusual to share a table with strangers. Do not be surprised if a local asks to join your table if there are seats available. In addition, it is acceptable for you to ask to share a table with other guests if no other tables are available. When ordering water, remember that it will be carbonated bottled water unless you ask for STILLES WASSER. All bottled water costs extra. Tap water is usually not served. Don't be surprised when your drinks are served without ice. It is not customary to ice drinks in Europe. Beverages are served chilled, without ice and in smaller servings than in the U.S. There are no free refills. After dinner, when paying your check, don't be surprised if your total looks like this: 80,00 or 80,-. In numbers, Austrians use a comma where we use a decimal point and vice versa: f.ex. €80,00 = \$90.79.

At the market or grocery, you should bring your own bags. Austrians are environmentally conscious and excess waste is frowned upon. Bags are available at the store, but you are charged for each one you use. The best way to transport your purchases is to pack them in your backpack or large purse. Another important fact about open markets: *Do not feel fruits and vegetables for ripeness*--ask the clerk for assistance when you are ready to choose produce. This is sometimes true for other Austrian businesses, so always ask the clerk for assistance when in doubt.

Please respect the customs and laws of your host country.

*Note: Tap water is safe and delicious in Austria.
Refill your bottle at the sink and don't buy single use plastic water bottles!*

Cultural Events

There are wonderful opportunities in Innsbruck to attend concerts, visit local festivals, see movies and plays, or enjoy special events like a circus or other cultural events. A free mobile application can be downloaded to your phone from the Innsbruck Tourist Office and the web site is www.innsbruck.info. Both have calendars of events that are easily accessible.

Public Transportation

Public transportation in Innsbruck, as in most of Europe, is excellent. We encourage you to take advantage of it. Your "welcome card" lets you use any public transportation in Innsbruck. For local city busses or street cars, you can purchase tickets on the bus or tram, and you won't have to bring along exact change. It is, however, advisable to pay with smaller bills (2, 5, or 10 Euro). A single ticket costs approximately €2.80. However, if you plan to use the public transportation system more frequently, you can also buy a 8-ride ticket, a 24-hour ticket, or weekly or monthly passes, all which cut costs significantly. These can be purchased at newsstands around town. There is such a stand conveniently located at the street corner by the University Library on Innrain Street, a couple of blocks from the Rössl dorm.

The University of New Orleans' Division of International Education assumes no responsibility for injuries or mishaps of any kind incurred on public transportation in Innsbruck and its environs, or on public transportation in Europe in general. Students assume all risk incidental to the use of public transportation.

Welcome Card

The Welcome Card is a guest card for people staying in the Innsbruck region. Welcome Card services include: free public transport within the Innsbruck region, weekly guided hikes & e-bike tours, discounts for swimming, indoor and outdoor activities, cultural events, and discounts on lifts and cable cars.

Innsbruck Card

The Tourist Office of Innsbruck sells the Innsbruck Card, which provides all-inclusive access to public transportation, museums and historical exhibits. These cards can be purchased for 24, 48 or 72 hours and provide substantial savings over the cost of individual rides and admissions. We suggest you plan to spend a day or two exploring Innsbruck with the aid of this special pass. For more information see: www.innsbruck.info.

Shops

Many shops in Innsbruck are closed from Saturday at noon until Monday morning. Some grocery stores now remain open until 7:00 pm on Saturday. The grocery stores in the Innsbruck train station and in Old Town are open on Sundays. On weekdays, some stores still close for lunch. The bigger department stores in the city do not close at noon.

Sports

Innsbruck is a hub of athletic activities and is an ideal location for swimming, jogging, golf, hiking, tennis, horseback riding, mountain biking, etc. If you participate in any of these sports, you should bring the appropriate gear--within reason (e.g. jogging shoes, hiking boots, and swimsuit).

The University of New Orleans' Division of International Education does not endorse any sporting and related activities and assumes no responsibility for accidents or mishaps suffered by student participants. Students assume all risks incidental to any sporting or related activities. In addition, students should be aware that they assume all risk from engaging in so-called extreme sports, including, but not limited to, bungee jumping, canyoning, cliff diving, rafting, paragliding, skydiving, etc.

Section 8: Health and Safety

Phones

For safety considerations, it is absolutely necessary that you have a working cell phone while in Innsbruck and travelling on the weekends. You must let the program administration know how you can be reached in Europe, no later than check-in in Innsbruck on July 1. You are responsible for keeping your phone charged and in working order while travelling.

Wi-fi connections are available in Innsbruck, but unreliable when travelling. Therefore, just relying on being able to use your U.S. phone in airplane mode is not an option!

We recommend the following phone options:

1. International Plan on your current phone – please contact your provider.
2. Unlock your current phone and purchase an Austrian SIM card. Contact your provider to request to have your phone unlocked no later than a week before your departure. Note that an Austrian phone plan might have limitations outside of Austria.

Tip: Consider bringing an old cell phone as a back-up or to put a local SIM card in.

COVID-19

Please note that we require all program participants to have completed a primary Covid-19 vaccine series. However, to be up to date against Covid-19 (according to the CDC), participants should receive the most recent booster 2 months after completing the primary vaccine series. We therefore strongly recommend that participants who are not up to date with their Covid vaccine get the booster shot before departing for Austria.

See [this CDC link and the guidelines on being “Up to Date.”](#)

People who are moderately or severely immunocompromised have [different recommendations for COVID-19 vaccines](#).

Medical Support, Facilities, and Prescriptions

The UNO-Innsbruck Summer School hires a program nurse who will maintain regular office hours in the dormitory on all class days. She can care for minor ailments. The nurse cannot administer shots of any kind nor can she dispense medications. More serious illnesses are directed to a local English-speaking doctor. Emergency situations are referred to the Innsbruck Hospital, an excellent medical facility.

Bring all prescription medicines with you in your carry-on and bring enough to last for your entire stay! You may have to request a vacation override from your insurance to fill more than your regular prescription amount.

You will not be able to get prescription medication in Austria with a U.S. prescription.

In general, medications cannot be sent to Austria and will be confiscated at customs.

Our program nurse further suggests bringing the following U.S. drugstore items: cough syrup, headache and general pain medication, cold and flu medications, multivitamins, Band-Aids, Imodium, antacid tablets, analgesics like Tylenol (acetaminophen) or Advil/Motrin (ibuprofen), nasal decongestants and sinus medications, antibiotic cream. Also, talk to your family doctor about bringing a broad-spectrum antibiotic. Other travel health tips are included at the end of this guide and on our website at www.uno.edu/innsbruck/healthandsafety.

Insurance

All UNO-Innsbruck students and faculty are covered by the University of New Orleans International Travel Insurance Plan as part of the program cost. This is a comprehensive medical/accident insurance policy and covers you during the program dates. You can extend the policy for travel prior to and after the program dates for an additional fee. Please contact the UNO-Innsbruck office for further information on extending the insurance.

If you need to see a doctor or visit the hospital in Innsbruck, the insurance provider will attempt to arrange Guarantee of Payment with the medical provider so you don't need to pay out of pocket. If payment cannot be made on your behalf, you will have to pre-pay and file a claim. Keep all receipts and records!

For further details and the full Plan Benefit Brochure please visit our website at www.uno.edu/studyabroad/insurance. You can also contact global@gallagherstudent.com for any insurance questions.

Medical Responsibility

You should be aware that there are certain risks inherent in international travel and that the University of New Orleans cannot assume responsibility for any of your activities while traveling. You should also be aware of your personal medical needs and consult with a medical doctor before your departure regarding any personal needs while abroad.

You **must submit the "Medical History Form"** and update it if changes occur. Full disclosure of all medical history is required on this form. Failure to disclose any information may result in termination from the program. You also need to submit your **Immunization Compliance Form** prior to departure.

Safety & Travel

The University of New Orleans' Division of International Education does not warrant or guarantee the accuracy or effectiveness of the following information. This information is presented only as suggestions for a safe trip and is intended generally to help students and their families in planning their international travel and education experiences.

Weekend travel: Anytime you travel there is potential for danger due to health concerns (COVID-19), crime, political unrest, strikes that will delay your travel plans, etc. Therefore, we recommend that you always check and follow the **U.S. State Department Advisories** for any country you will visit: www.state.gov. The advisories also include specific COVID-19 alerts. We register all students with the Smart Traveler Enrollment Program (STEP), a service provided by the U.S. Government to U.S. citizens abroad to better assist them in any emergency. Students can also follow the Department of State and the U.S. Embassy in Vienna (@USEmbVienna) on Facebook and Twitter for travel alerts and updates.

We further recommend that prior to any weekend travel, all students inform themselves of any COVID restrictions, entry regulations, and guidelines of the country they are visiting, and to wear N-95 masks on transportation and in crowds.

All students must complete a brief online weekend travel log to let the program administration know where they are travelling on the weekends.

General Safety recommendations

1. Familiarize yourself with the State Department's travel site and recommendations: travel.state.gov
2. Have a working and charged cell phone at all times and share your number with the program administration.
3. Don't get intoxicated and don't do drugs.
4. **Buddy system** – stay together, travel in SMALL groups.
5. Be cautious when you meet new people and **NEVER** bring them into the dormitory or your accommodations while travelling on weekends.
6. Blend in: Be mindful of appearance and behavior. Don't be loud and obnoxious. Avoid expensive accessories.
7. Be aware of your surroundings: "If you see something suspicious, say something."
8. Know the local emergency numbers: Always carry your UNO-Innsbruck ID, which has emergency numbers on back!
9. Remain up-to-date on current events – at your destination and at home.
10. Photocopy important travel documents – leave a copy at home.
11. Report any unusual activity or suspicious persons to the UNO-Innsbruck Administration.
12. Be aware of the political situation wherever you are. Stay away from places that are experiencing political unrest.
13. Keep away from areas known to have large concentrations of residents aligned with interests unfriendly to the US.
14. Avoid events with large crowds, such as concerts, sporting matches, or demonstrations of any sort.

Safety recommendations while you are travelling on your own (The general recommendations are still in effect!):

1. Let program administrators and your family know where you are going.
Complete the UNO-Innsbruck online "travel log" before departing for the weekends.
2. Be aware of your surroundings when traveling to tourist locations and crowded public venues. Avoid events with large crowds, such as concerts, sporting matches, or demonstrations of any sort.
3. Keep your passport safe! Don't keep all your travel documents and money in one place.
4. Inform yourself about the local U.S. embassies and consulates.
5. Don't leave your bags or belongings unattended at any time.
6. Don't let anyone give you anything to carry when traveling.
7. Have sufficient funds and/or a credit card on hand to purchase emergency items such as transportation tickets.
8. Don't flash your money and be discreet when showing your passport.

These are just a few general rules you should be aware of. Most often, common sense will tell you what to do. Therefore, it is imperative that you avoid a situation in which common sense does not prevail--being intoxicated and using drugs.

A mandatory Travel and Safety Orientation will be held in Innsbruck during the first week of the program.

Alcohol Misuse and Drug Policy:

1. You can legally drink in Austria and are permitted to consume alcohol during non-program hours, except in the dormitory.
2. However, alcohol must be consumed responsibly and cannot be misused.
3. Alcohol misuse is consumption of alcohol that is or has the potential to be harmful to the individual and/or is disruptive to the program.
4. Alcohol misuse is the most common factor in student safety abroad!
5. UNO-Innsbruck has a zero-tolerance drug policy.
Students who violate this policy face removal from the program & disciplinary action upon return.

Alcohol Safety:

1. If you choose to consume alcohol, do so responsibly and in compliance with local norms.
In Austria and most European countries, alcohol is consumed socially and in moderation.
2. Look out for your friends and do not hesitate to seek assistance for a friend who may be in danger.
3. Innsbruck and our program offer many safe and fun alternatives to drinking alcohol.

Suggested Guidelines to Ensure a Safe Study Abroad Experience

In study abroad **participants** can have a major impact on their own health and safety through the decisions they make before and during their program. They should:

1. Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations.
2. Read and carefully consider all materials issued by the sponsor that relate to safety, health, legal, environmental, political, cultural, and religious conditions in the host country(ies).
3. Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.
4. Inform themselves about the insurance coverage and abide by any conditions imposed by the carriers.
5. Inform parents/guardians/families and any others who may need to know about their participation in the study abroad program, provide emergency contact information, and keep them informed of whereabouts and activities.
6. Understand and comply with the terms of participation, codes of conduct, and emergency procedures.
7. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health and safety concerns to the program staff or other appropriate individuals before and/or during the program.
8. Accept responsibility for their own decisions and actions.
9. Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.
10. Follow the program policies for keeping program staff informed of their whereabouts and well-being.
11. Become familiar with the procedures for obtaining emergency health and legal system services in the host country.



Parents, guardians, and families can play an important role in the health and safety of participants and should:

1. Be informed about and involved in the decision of the participant to study abroad.
2. Obtain and carefully evaluate participant program materials, as well as related health and safety information.
3. Discuss with the participant his/her travel plans and activities that are independent of the study abroad program.
4. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
5. Be responsive to requests from the program sponsor for information regarding the participant.
6. Keep in touch with the participant.

Additional Resources

Please check our "Program Materials" and "Health & Safety" pages for many helpful links on travel, safety, etc. under www.uno.edu/innsbruck.

Tentative UNO - Innsbruck 2023 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26	27	28	29	30 U.S. departure for July 1 arrival in Munich 	July 1 Arrival and Check-in Until 4:30 pm @ Rössl Dorm 5:00 pm MANDATORY ORIENTATION MEETING Followed by dinner
2 Mandatory Orientation & Campus Tour (see Welcome Packet for assigned time) 5:15pm – Board Busses @ Rössl 6:00pm – Opening Ceremony WEAR YOUR BEST ATTIRE!	3 CLASS DAY DROP/ADD 8:30am – 11:30am DROP/ADD 12:00pm – 1:30pm 2:00pm – City Bus Tour	4 CLASS DAY DROP/ADD 8:30am – 11:30am DROP/ADD 12:00pm – 1:00pm 1:30pm – Mandatory Travel Safety & Email Orientation	5 CLASS DAY 1:30pm – Guided Hike including Mountain Safety Instructions	6 CLASS DAY 2:00pm – Introduction to Dachau Field Trip	7 CLASS DAY Free afternoon Free weekend for those not on required class field trip	8 REQUIRED CLASS FIELDTRIP DACHAU (Required for ANTH, BA, ENGL, HIST, HUMS & PSYC classes; other classes may be added) Free weekend for all other students & faculty
9 REQUIRED CLASS FIELDTRIP GLACIER (Required for EES 2096 and HIST 2000)	10 CLASS DAY	11 CLASS DAY	12 CLASS DAY 1:30 Gerhard Mangott, "The War in Ukraine"	13 CLASS DAY	14 NO CLASS Free weekend for all students & faculty	15 NO CLASS Free weekend for all students & faculty
16 NO CLASS Free weekend for all students & faculty	17 CLASS DAY  Jambalaya Night 6:30pm @ the Mensa	18 CLASS DAY 2:00 – 3:20pm MIDTERM EXAMS (TP I) 4:30 – 5:50pm MIDTERM EXAMS (TP III)	19 CLASS DAY 2:00 – 3:20pm MIDTERM EXAMS (TP II)	20 CLASS DAY	21 NO CLASS Free weekend for all students & faculty	22 NO CLASS Free weekend for all students & faculty
23 NO CLASS Free weekend for all students & faculty	24 CLASS DAY Global Water Management/ Swarovski Waterschool lecture	25 CLASS DAY	26 CLASS DAY	27 CLASS DAY	28 NO CLASS Free weekend for all students & faculty	29 NO CLASS Free weekend for all students & faculty
30 NO CLASS Free weekend for all students & faculty	31 CLASS DAY Bolzano Fieldtrip	August 1 CLASS DAY	2 CLASS DAY	3 CLASS DAY	4 NO CLASS Free weekend for all students & faculty	5 NO CLASS Free weekend for all students & faculty
6 NO CLASS Free weekend for all students & faculty	7 CLASS DAY	8 CLASS DAY	9 FINAL EXAMS TP I: 9:30am – 11:30am TP III: 1:30pm – 3:30pm	10 FINAL EXAMS TP II: 8:30am – 10:30am CLOSING PARTY for all students & faculty 6:00pm @ the Ubichat	11 3:30am – bus transfer to Munich airport! Students must check out by Noon! 