



FAQ

1. Where does the program take place?

Our program takes place primarily in Belize City, Belize. While in Belize City we will provide clinical services at various locations. We will also spend some time at a beach to unwind before returning to Houston.

2. How much money should I bring for my personal expenses?

This depends on you! This is a week long, all-expense paid program. Any additional money you bring depends on your personal budget. You should plan to bring the same amount you would spend in Houston for outings, entertainment, souvenirs, and snacks. We don't suggest bringing more than \$200. We also suggest you bring smaller denominations as many of the souvenir vendors may not be able to provide you with change if you pay with a larger denomination. We don't plan on visiting any banks or ATMs while we are in Belize.

3. Should I carry my passport with me at all times?

For security purposes, your passport will be kept in a locked safe by a faculty member. Plan to keep a colored copy with you at all times for identification!

4. What is the exchange rate between the Belize and US Dollar?

1 US dollar is equal to 2 Belize dollars. US dollars are an accepted form of currency in Belize.

5. Is Belize safe?

Belize is relatively safe for students and tourists; however, "petty crimes" such as pickpocketing are not uncommon, especially in Belize City. Being a foreigner, you may be more of a target than a person from Belize, simply because you tend to "stick out" more. Our biggest advice: be aware of your surroundings and make sure you travel with a buddy! Here are some additional tips:

- Do not walk around with your valuables in obvious reach of another person (in your open shoulder bag, back pack, or back pocket).
- When walking in public, hold your purse or bag tightly.
- When sitting at a restaurant, do not leave your purse on the table or on the floor, or on the back of your chair.
- Be discreet. No need to call attention to yourself by speaking loudly in English.
- Report any occurrence of what you might consider “harassment” to a faculty member.
- NEVER VENTURE OUT BY YOURSELF IN PLACES YOU DON’T KNOW.
- Always use the “buddy system” when you go out, especially at night.

The US travel warning level for Belize is level 2. This means that while in Belize, you should exercise increased caution, especially at night, and always be aware of your surroundings. Please visit <https://travel.state.gov/content/travel.html> for the most updated travel advisories for Belize. We will review details for safety and communication while in Belize during our pre-departure meetings.

6. What clothes should I pack?

In May, Belize can get as hot as 87°F (31°C) and fall to around 79°F (26°C) on average! For clinical days, bring a few pairs of linen pants and light blouses. Closed-toed, comfortable walking shoes are a MUST! For days we will be exploring Belize, feel free to bring a few pairs of shorts, cotton shirts, and a hat to block the sun’s rays!

7. What about toiletries and medication?

All toiletry articles can be purchased in Belize, but are a bit more expensive than in the US due to import taxes. “Over-the-counter” (OTC) medication (aspirin etc.) can be purchased in pharmacies; however, it is suggested that you bring all OTC medications that you may need with you. All prescribed medications should be brought as well, so long as the physical prescription is visible. Please remember to fill your prescriptions before you go. Prescription drugs available in the US may not be available in Belize.

8. Will I have cell phone access in Belize?

US phones can be used in Belize; however, you should find out about international plans from your phone company before you go. Many places in Belize have free Wi-Fi access. Our advice: turn off your data usage and use Wi-Fi whenever possible. Also, when calling home or getting calls from home, remember that Belize is 1 hour ahead of the US (central time).

9. Will I have free Internet access in Belize?

Yes! You will be able to access the Internet though free Wi-Fi connection provided by the hotel.

10. Will I need my laptop computer in Belize?

Graduate students will need to bring their laptop computers or tablets in order to complete evaluation reports and other documentation for the clients they see.

11. How do I get in touch with the rest of the group before departure?

A Facebook group and WhatsApp group will be created for all participants (students and faculty) to ask additional questions, share photos, and communicate other important details.

12. What is included in the program fee?

All living expenses for the duration of the program are included, i.e. room and board (1 hotel room for 2 students, 3 meals per day), all excursions (snorkeling, a trip to the Mayan ruins, etc.), and all ground and water transportation (transfer to and from airport, bus for excursions, bus to and from school/clinics if applicable). NOT INCLUDED: airfare and travel insurance. Please visit <http://www.uh.edu/learningabroad/health/cisi/> for more information about the required student travel insurance.

13. Are there scholarships available?

Yes, scholarships are available! UH Learning Abroad offers the International Education Fee Scholarship (IEFS) and the Cougar Initiative to Engage (CITE) scholarship. For more information on scholarship requirements, please visit <http://www.uh.edu/learningabroad/scholarships>.

14. What is the application deadline?

The application deadline is 10/4/2019. Note on email: all program correspondence and reminders will be communicated to students via email. It is the students' responsibility to keep track of their incoming email messages, check deadlines, and provide a working email address. Make sure that your email account is set to accept "multiple recipient" emails from cnandrew@central.uh.edu; kmjames@central.uh.edu; kjohns21@central.uh.edu; blross@central.uh.edu