



COUNTRY

OVERVIEW

& PACKING

GUIDELINES

Chile: Public Health, Traditional Medicine, and  
Community Empowerment

Spring 2022

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# COUNTRY OVERVIEW

## GENERAL INFORMATION

The Republic of Chile's recent political history has received widespread media attention. In 1973 a civic military dictatorship, led by General Augusto Pinochet Ugarte, stormed the presidential palace and took control of the country. During Pinochet's first six months in office, at least one thousand people were executed; twice as many were killed during the next sixteen years.

When Pinochet left the presidency in 1990, the nation returned to civilian rule after eighteen years of dictatorship. Following a series of democratically elected leaders, Chile elected its first female president, Michelle Bachelet Jeria of the Socialist Party from 2006-2010 and again from 2014-2018. In March 2018, businessman Sebastián Piñera Echeñique assumed the presidency of the country for the second time, until 2022, having served previously from 2010-2014. He is supported by the economic and social groups of the Chilean conservative right.



Often cited as a model economy of the south, Chile's integration with the global economy has not been without painful adjustment and resistance. While per capita income has risen over the last decade, income disparity is one of the largest in the continent and environmental problems have increased.

In October 2019, discontent and the socio-economic polarization of the last decades culminated in the most powerful mobilizations that the country has ever seen demanding that the State incorporate transformations that end the great socioeconomic inequalities and access to services with improvements to the systems of pensions, health, education, among other aspects. Led by a new

generation of students and instigated by an increase of the metro fares in Santiago, these mobilizations placed the political system and neoliberal model in crisis. Through these historic demonstrations Chile once again became a catalyst in the hemisphere opening up the political landscape for a "South American spring" and questioning the ideology of neoliberalism worldwide.

Additionally, in the month of October 2020, a referendum has been made to request the reform of the political Constitution, through a Popular Assembly (Convención Constitucional), in an unprecedented event in the country's history. The Convention was elected in mid-May 2021, and is made up of 155 people, with gender parity, and with 17 members belonging to indigenous peoples (7 Mapuche and 2 Aymara, among them). Work on the new Constitution for the country began in July 2021, and this process is expected to end in July 2022. Subsequently, this new legal body will be submitted to a plebiscite for its approval.

Several indigenous languages, including Aymara and Mapudungun, are spoken within Chile's sixteen regions. However, Spanish is the predominant and main language of Chile. For many new visitors, adjusting to the local variation of Spanish can be difficult. Chileans tend to speak much faster than natives of neighboring countries, and often drop final syllables and 's' sounds. Additionally, certain consonants can be pronounced more softly than foreigners are accustomed to hearing.

## CLIMATE AND GEOGRAPHY

Chile has a very distinct geography. Despite being the longest country in the world, the nation is only 229 miles (370 km) at its widest point. The internal geography of Chile is marked by a diverse variety of landscapes, including deserts, forests, grazing

ARICA, CHILE: AVERAGE HIGH/LOW TEMPERATURES (°F)				
JAN	FEB	MAR	APR	MAY
79/64	81/64	79/63	75/60	72/57
SEPT	OCT	NOV	DEC	
68/55	70/57	73/61	77/63	

lands, volcanoes, lakes, the central agricultural valley, and the Andes mountains.

Arica is a port city in northern Chile that borders Peru and Bolivia and is located 1242 miles north of Santiago. The city was founded in the sixteenth century; Arica is distinguished by the “*Morro de Arica*,” a large geological outcropping and historical battle site from the War of the Pacific (1879-1882). Other features include valleys near the city, markets, and beautiful beaches. Arica is a multicultural city with a population of approximately 230,000, which includes many migrants from other countries, especially Peru, Bolivia, Colombia and Dominican Republic; equally important is the numerous presence of people from the indigenous Aymara culture. In Arica there are four universities; many of the students are from not just Arica itself, but also from other cities in Chile.

Arica has a mild climate. There is, in general, no rain (although, in recent years there have been light rains in early February); the weather is dry and warm throughout the year. Summers (December to February) are warm, while the winter months (June to August) may be cooler with changeable weather. Annual Arica area temperatures range from 60 to 80 degrees Fahrenheit. The Andean highlands region (Altiplano) will expose you to a much colder climate, especially at night. In the Araucanía region of the south, rainfall is common most of the year with changeable weather, this area includes beautiful volcanoes, forests, and lakes.



## LOCAL CUSTOMS

Chileans are welcoming and warm. For a foreigner it will be easy to establish a personal rapport with them by showing interest and being friendly. Despite that, it is necessary to take into consideration some local cultural customs that might differ from your

own. For example, because of their importance in Chilean society, family, studies, and work are potentially the first topics of conversation. There are distinct boundaries between the private and the public often expressed in a different sense of personal space; for example, affectionate kissing and hugging in social events, and the lack of “political correctness” from the US perspective in referring to people with distinct physical characteristics or behavior. All North Americans and Europeans, for instance, are called “gringos,” but this should not be understood as an insult.

In addition, as is to be expected in these times, several customs have been modified because of COVID situation. The SIT team will support you at all times to review these situations.

Here are a few cultural tips to keep in mind:

- 1- Please remember that although Chile may seem to you to be a socially conservative country, the cultural and social climate is changing even as we speak.
- 2- Unless it is for work, study, or a business meeting, don't arrive on time...dinner and parties often start very late at night.
- 3- Always clearly greet people hello when you arrive, and goodbye when you leave.
- 4- Greet everyone individually with a kiss or handshake. However, this is not mandatory for large or noisy parties or social events. (This custom has changed in these times, due to the pandemic, and a new greeting is becoming common, which is to greet each other with the feet or bumping the elbows).
- 5- Announce your intentions to leave 15 minutes before you actually leave.
- 6- Never belch noisily or yawn without covering your mouth.
- 7- If you are close to a person or family, you might be invited to watch television in their bedroom. This invitation can be perfectly innocent and should not necessarily be misconstrued as a sexual advance.
- 8- Like other Latin Americans, Chileans males are often overly persistent in their romantic advances.
- 9- In classrooms, in the presence of a professor, a respectful body posture must be maintained. It is not considered respectful to walk barefoot or sit untidily.
- 10- Some people in Chile are homophobic, but as new liberal values develop there is an increasing tolerance towards the LGBTQ community. It's

becoming increasingly common to find many alternative and safe spaces like cafés and discos for gays, lesbians, and bisexuals to meet.

## DIET

SIT Study Abroad provides experiential learning opportunities where students become embedded in their host community. As such, we strive to accommodate serious food allergies where possible but simply cannot ensure that all dietary restrictions or non-medically mandated diets can be accommodated.

Students are encouraged to participate in the local food culture as a central aspect of daily life. By trying to replicate your diet at home you may miss out on an important part of your host culture. Due to the unique living and learning community central to all SIT programs, we cannot separate food and eating communally (including with your host family) from the program experience. Please consider local diet seriously when selecting your program of choice. Your admissions counselor is a great resource in better understanding the local diet.

The local diet in Chile is most commonly based on, in general terms, rice, bread, beans, sauces, soups, fish, pasta, meat, vegetables, and fruits. There are many international cuisine restaurants in the cities, including Arica, and especially Santiago and Valparaiso, which are very cosmopolitan. Like in many Latin American countries, the largest meal is usually eaten in the middle of the day. Vegetarian students and those with food allergies will not have any problems with their host families, who are familiar with special needs. In addition, vegetarian restaurants are becoming increasingly common.

Note: if you have special dietary needs, including allergies, please inform our office prior to the start of your program. We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

## SAFETY, SECURITY, AND HEALTH

Maintaining good health is critical to having a successful semester. To help you do that, we have provided [Health Guidelines and Requirements](#) for your program.

It is very important that you read the Health Guidelines and Requirements document as early as possible and examine it with your medical provider.

The guidelines include recommended immunizations; a suggested calendar for immunizations and other prophylaxes; and valuable information on how to avoid exposure to common carriers of disease.

SIT requires students enrolled in SIT programs to be fully vaccinated for COVID-19. Exemption requests should be directed to the Office of Student Health, Safety & Wellbeing.

The Health Guidelines and Requirements will also provide recommendations related to preventing the contraction and spread of COVID-19. Students will be provided with COVID-19 related information and requirements prior to your travel in order to provide you with the most up-to-date information. General information about SIT's response to COVID-19 can be found on our webpage here: <https://studyabroad.sit.edu/health-safety-and-well-being/risk-management/sit-health-and-safety-update-in-response-to-covid-19/>

Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, accident and illness insurance, and general program tips, please read the [Safety, Security, and Health](#) document and [Student Handbook](#).

Chile, and particularly Arica, is relatively safe; however, it is always wise to take certain precautions such as you would in any city or other unfamiliar location. Due to the political process that the country is going through with the change of the political Constitution, we must take special care and security in the cities like Santiago and Temuco.

Below are some safety and security tips that will be helpful in making your semester abroad in Chile an enjoyable and successful one:

- At night, don't go out alone. If you are going to be out past midnight, stay overnight with each other or take a taxi home. As much as possible, go out accompanied by others.
- Moderate your alcohol intake. Although Arica is generally safe, the vast majority of the crimes against US students in Chile have taken place when the students were heavily intoxicated. Because such behavior is high-risk, it is also grounds for disciplinary action.

- Drug use or possession is severely penalized by Chilean authorities, and there is often a presumption of guilt until proven otherwise. SIT Study Abroad is unable to help students facing legal trouble for such behavior.
- Do not carry a large amount of cash in your pockets or daypack. If it is necessary to carry lots of cash, wear a security 'kangaroo pouch' or money belt under your clothing, separate your money into several pockets and keep your wallet in a front pocket.
- In general, Chileans go out in groups. If you agree to go out alone with someone of the opposite gender, be aware that there may be cultural assumptions regarding sexuality inherent in the situation.
- While attitudes are slowly changing, some people in Chile are homophobic. In general, Chilean gay men and lesbians are careful (for cultural and safety reasons) not to be "out" in public. You can always discuss questions and concerns with program staff if you are unsure how to approach this issue.
- Chile is very seismically active; earth tremors are a common occurrence. If you feel the earth move under your feet **don't panic**. Program staff will discuss further safety tips and instructions in orientation.
- The tap water in Arica is not safe and drinkable. You should drink bottled water. In Temuco and Santiago the tap water is drinkable.
- Make at least two copies of all important documents (passport, credit cards, etc.), leave one at home, and bring the other(s) to Chile to store in a safe place.

You will receive much more safety information and have many opportunities to get questions answered on these and other safety and security issues, during orientation at the beginning of the program.

There are excellent medical services available in Arica, as well as in the excursion cities. Our program has standing relationships with medical doctors and mental health professionals, if any such services are needed during the program. Students are always encouraged to discuss any issues or needs with the academic director or other program staff.

## HOMESTAYS

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most

rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis your own culture and come to a deeper understanding of both.

Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a "home" may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities and expectations.

Each program's homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about your homestay family before you depart for the program.**

On this program, you will be staying in three homestays. Students spend eight weeks in Arica. There will be one SIT student per family. There is significant diversity amongst our host families. Placements range from working class to upper middle class. The houses are quite comfortable; some families will have housekeepers and others will not. Students always have their own rooms.

Additional accommodations during the excursions to Putre (Altiplano) in the north and the Temuco region (Araucanía) in the south, include stays in a combination of both homestays and small hotels. These homes are very modest, however, they always have access to safe drinking water and sanitary facilities. Students will have their own beds, and often their own rooms.

During rural excursions, we recommend that you bring bottled water and be aware that access to telephones and/or Internet will be limited – so planning communication with your family and friends in the US ahead of time is a must.

## OTHER ACCOMMODATIONS

The housing options during your Independent Study Project will vary by location and must be approved by your academic director. However, during the ISP period, the program does not allow accommodation in AirB&B or similar.

## TRANSPORTATION

You will use a variety of transportation during the semester, including: planes, taxis, and buses. When staying in the Arica program base, buses, radio-taxis, “colectivos (local busses),” and taxis will be your most common form of public transportation. Students typically travel between 5 and 15 minutes between the homestay and classes.

## COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication.

It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. You should also consider the impact of constant communication with friends and family at home on your cultural immersion.

## PHONES AND E-MAIL

As part of SIT's commitment to student safety and security, all students are required to have a working smart phone capable of making and receiving both local and international calls throughout the duration of the program. For that purpose students are required to either (a) bring an open, unlocked smart phone from the U.S. to the program that is able to accept a local SIM card, and is compatible with and usable at the program location, (b) work with the academic director within the first week upon arrival in country to purchase a smart phone locally, or (c) bring a dual SIM smart phone. During orientation, with assistance from SIT Study Abroad staff, students will learn how to use their cellphone, how to purchase and use an appropriate local SIM card, and how to acquire minutes for calls and texting. SIT Study Abroad requires that each

student have a local number for communication with the homestay family and program staff.

While we recognize that alternative communication methods can be free or cheaper than cell service i.e. Facetime, Skype, WhatsApp, etc. those programs alone do not satisfy our need for regular communication with the local program staff and partners, nor do they meet our emergency communication needs. Therefore, local cellular capacity on each student's phone is required for the duration of the program. Students are required to maintain a minimum amount of phone credits at all times for emergency calls. Full compliance with this policy is expected.

A local SIM card for your unlocked smartphone will cost about \$10–15. Students will be responsible for maintaining minutes on their phones and reasonable phone plans are about \$15-25 per month. If you do not have an unlocked smartphone, a smartphone can be purchased locally but are quite expensive and cost a minimum of \$200.

It is useful to have a phone calling card if you will be making international calls. Although all of your Arica families will have phones, you will not be allowed to make direct long-distance calls from those phones. You should plan on making your long-distance calls collect, with a calling card, or from a long distance phone center. Students have reported problems using Sprint cards but there have been few problems to date using AT&T cards. Using systems such as Facebook Messenger, Skype or WhatsApp through your own laptop or phone are good ways to communicate with your family and loved ones.

Email and Internet access are available in most host family houses, through local Internet cafés, and in the SIT Arica program center.

## MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive and problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done only for emergency situations. Additionally, sending valuables is highly discouraged.

For this program, **DHL, UPS and FedEx services are available in country.** Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

If it is necessary for someone to send you regular postal mail, then letters should be sent to the following address:

**Student Name**

c/o Norma Contreras  
SIT Study Abroad  
Casilla 176  
Arica, Chile

Packages should be sent to the following address via a courier service such as DHL, FedEx or UPS:

**Student Name**

c/o Norma Contreras  
SIT Study Abroad  
Simón Bolívar 042  
Población Magisterio  
Arica, Chile

## MONEY

In addition to tuition, SIT Study Abroad program fees cover room and board throughout the program. When room and/or board are not taken with the group, students will be given a stipend to cover related expenses. SIT will cover daily commuting costs, if any, and excursions that are part of the normal program itinerary. During the ISP period,



students will receive a stipend for basic room and board only, based on the cost of living at the program base. **Any domestic travel, interpretation services, or supplies necessary for the ISP are**

**the students' responsibility.** Please plan accordingly.

Most students access funds from their US bank accounts using their VISA or MasterCard debit cards. Any debit card that is linked to the PLUS or CIRRUS networks should also work at ATMs in country. Credit cards (VISA, American Express, MasterCard) will work in all major cities. ATMs are very easily accessible throughout Chile. However, even if you plan to use an ATM card you should also bring cash. Traveler's checks are not recommended because they generally have a high exchange rate and can only be changed in Exchange Houses ("casas de cambio"), and not in banks. In case of an emergency, it is possible to get cash advances on major credit cards in Chilean banks.

The official currency of Chile is the Chilean *peso*, which is divided into 100 *centavos*.

Check current exchange rates:

<http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.

Following are suggestions for spending money during the program, including estimates for textbooks, ISP-related expenses, medical expenses, personal spending, and gifts. Figures are based on recent student evaluations, though individual spending habits vary widely and **these costs are averages.**

A suggested total amount of money to budget ranges from **US\$1390 to \$1840.** To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional



expenditures you may have on the program, including travel costs for your planned ISP or a specific personal expense.

Please budget approximately:

<b>Personal spending (from past student suggestions):</b>	US\$890
<b>Books, printing, supplies:</b>	US\$150
<b>Up-front medical costs:</b>	US\$70/visit
<b>Potential ISP travel expenses:</b>	US\$100-200
<b>In-country visa registration:</b>	US\$15
<b>Cell phone costs:</b>	US\$135
<b>Typical Internet café usage:</b>	US\$1.5-3/hour
<b>COVID-19 Entry Test(s)</b> (may be required for entry; subject to change and costs may vary)	\$100-250
<b>Estimated total:</b>	US\$1,390-1,840

## VISITORS AND FREE TIME

**SIT strongly discourages and will not provide support for any visitors to students during the term**, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the Attendance and Participation section of the [Student Handbook](#).

Please note that any visitors during the course of the program must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual understandings with SIT, should not be asked to host students' guests.

During the program, students follow an intense schedule of classes and field-based learning assignments, even during the ISP. Free time for pursuing an independent interest or hobby during

the program will be limited. Your admissions counselor can advise you about particular interests you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist. Please note that you will not have a long break during the program, such as Thanksgiving or Spring Break.

**Travel outside of Chile during the 15-week program (other than for medical or family emergencies) and/or participation in extreme or adventure sports is strictly prohibited** according to the [Conditions of Participation](#), which you signed. No student will be authorized to leave Chile before the final evaluation session.

Given the current global health situation, SIT advises against independent travel. If a student wishes to travel independently, they must submit a request that will be reviewed by the Academic Director and the Student Health, Safety & Wellbeing Regional Manager. SIT reserves the right to deny independent travel requests. Further details regarding the current independent travel protocols can be found here:

<https://studyabroad.sit.edu/health-safety-and-well-being/risk-management/covid-19-risk-management-protocols/>



# PACKING GUIDELINES

## LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. We recommend a small daypack, which will also be useful for short excursions when on the program.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the [Safety, Security, and Health](#) pre-departure document.)

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

## CLOTHING GUIDELINES

While informal dress is acceptable and common in most settings, particularly in Arica, it is essential to keep a neat, clean appearance. Jeans with holes, sloppy T-shirts, and short shorts are discouraged. People in health facilities, offices, development agencies, etc., are apt to be much more open and responsive if the visitor shows respect by dressing accordingly. It is not necessary to be “fashionable,” just neat and clean. It is very important to have at least one set of clothes for formal occasions, and one set of clothes that can get dirty during different projects or excursions.

You will experience a seasonal change during this semester. Be sure to pack accordingly. The south of Chile can be rather cool and rainy, while the north is warm on the coast and cold at higher altitudes. Dressing in layers is the most sensible solution to Chile’s varied seasonal and geographic climates. Bring a pair of sturdy shoes or hiking boots, which will keep your feet warm and dry even in the rain and mud.

## EQUIPMENT

We recommend that you bring a small flashlight that will come in handy during the program. It is not necessary to bring a sleeping bag.

## COMPUTERS AND OTHER ELECTRONICS

It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer, smartphone, or other valuables for full coverage in the event of loss or theft. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

A laptop will be useful both during the first eight-week period in Arica, and especially during the ISP period. The program center and the host family houses have Wi-Fi service. It is not necessary to bring a printer.

You will have also convenient computer access at Internet cafés in Arica, if necessary. The cost for computer use is about US\$1.5–\$3/hour. Unfortunately, it is not possible to rent a laptop locally.

We recommend that you bring a voice recorder for the ISP period, if you would like to tape interviews.

Electricity in Chile runs on 220-volt current and uses European style connecting plugs. Therefore, if you plan to bring a laptop and/or any other small appliances, be sure to take along a 110-volt and plug converter appropriate for your appliance. These can be purchased at any electronics store (Radio Shack, etc.) in the US. They are also readily available in Chile.

Please see the following website for information about electricity, voltage and electrical adapters. <http://www.worldstandards.eu/electricity/>.

## GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts

that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

Former students have recommended calendars, picture books, postcards, music, or souvenirs from your college bookstore as gifts.

## WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Imported (North American) brands of toiletries, medicines, vitamins, etc., can be readily bought in Chile, although locally made brands can be a more affordable substitute. For women, there are local as well as North American brands of tampons available.

## ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact: <https://studyabroad.sit.edu/admissions-aid/application-process/contact-a-former-student/>.

### **Don't miss the Packing List on the next page!**

These packing guidelines are based on suggestions from past students and your academic director.



# PACKING LIST

## GENERAL

- 1 dressy outfit suitable for a wedding or important meeting and something for going out in the evenings
- Light, water-resistant jacket
- 1 pair heavy duty, water-resistant shoes or hiking boots
- Wet weather shoes/sandals (could be one of above pairs)
- 1 pair sneakers/comfortable walking shoes
- 2 vests for the cold
- 1 scarf or something to wrap your neck
- Swimsuit
- Raincoat or jacket (or shell plus fleece liner)
- 3–5 casual pants/jeans/dresses/skirts
- 2–3 pairs casual pants
- 2-3 warm tops
- 4–5 shirts (1 dressy)
- Underwear (10-day supply)
- Socks
- Pajamas

## TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card (see the [Safety, Security, and Health](#) document for more information)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa
- Proof of COVID-19 Vaccine
- COVID-19 PCR test with negative result up to 72 hours before the trip (subject to change).

## HEALTH/TOILETRIES

- Adequate supply of any medications you use regularly, including birth control. Please make sure you pack *at least* 105 days' worth of your medication (duration of program), as it is expensive and complicated to send these to Chile due to customs and health ministry regulations
- Small first aid kit with Band-Aids, hydrogen peroxide, moist towelettes, and over-the-counter-drugs for minor pain, diarrhea, anti-itching, and motion sickness, as approved by your doctor
- Insect repellent (please bring a cream, not a spray), especially for fleas; topical cream for flea bites
- Sunscreen (at least SPF 30)

- Extra eyeglasses or contacts (saline solution is available in Chile)

## To prevent the contraction and spread of COVID-19 students should come prepared with:

- At least 3 reusable masks\* and gloves for personal protection (disposable masks will also be available)
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially while traveling from the US

\*Cover your mouth and nose with a mask when around others. Masks help reduce the risk of spread of COVID-19 both by close contact and by airborne transmission. Masks must have two or more layers of washable, breathable fabric. Do not wear face shields alone (evaluation of the effectiveness of face shields is ongoing but is unknown at this time).

## OTHER IMPORTANT ITEMS

- Sunglasses and hat
- Travel alarm clock
- Flashlight
- Fold-up umbrella
- Homestay family gifts
- Spanish/English dictionary
- Laptop computer for writing papers
- Small tape recorder for interviews
- Durable water bottle

## OPTIONAL

- Travel guide if you plan to do post-program travel (Lonely Planet is recommended)
- Camera and film
- Voltage and plug adaptors
- College or university ID

