



COUNTRY

OVERVIEW

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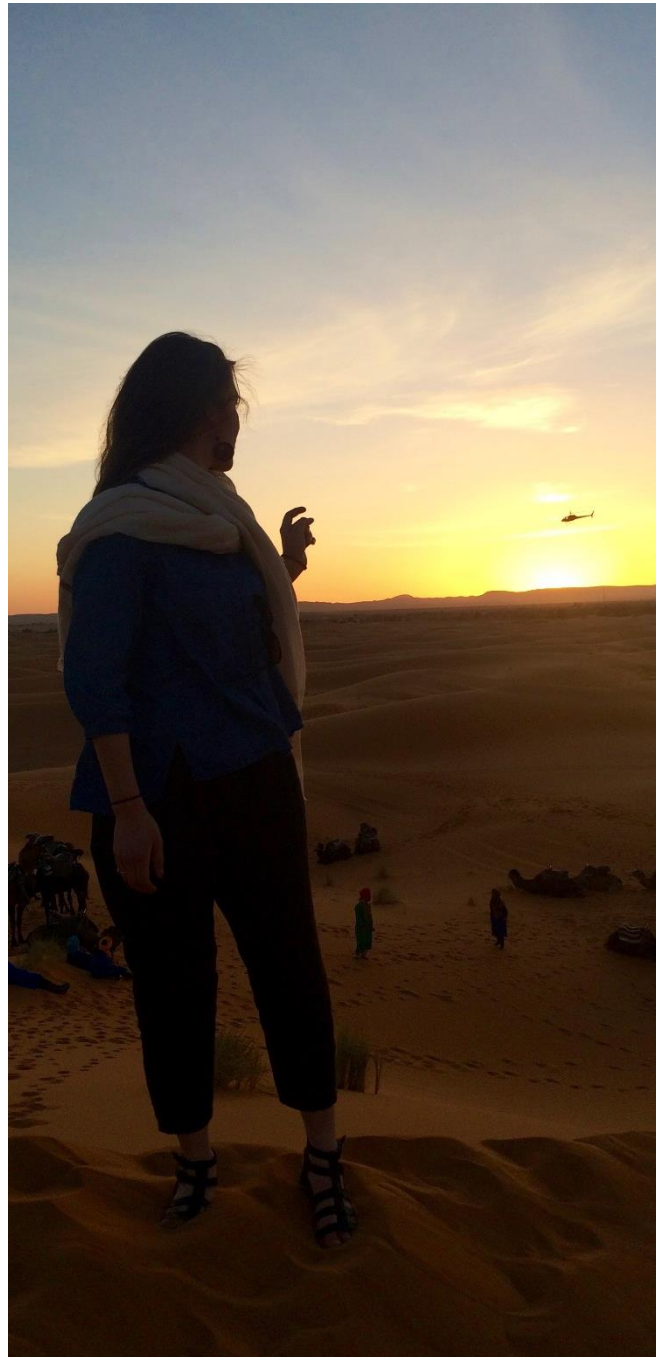
GUIDELINES

Morocco: Human Rights, Social Justice, and Cultural Transformation

Spring 2024

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COUNTRY OVERVIEW

GENERAL INFORMATION

Morocco is nestled on the northwestern tip of Africa, bordering Algeria and Mauritania, and it is separated from the rest of the continent by the towering Atlas Mountains and by the Sahara itself. Morocco's coast extends along the Atlantic Ocean and the Mediterranean Sea, a strategic position, which has, over centuries, made the country home to successive civilizations including the Phoenicians, Vandals, Byzantines, Carthaginians, Romans, and eventually Arab tribes who moved from Arabia. Since its independence in 1956, Morocco has opted for a constitutional monarchy as a mode of political governance. However, though the country is endowed with a multi-party system and a Parliament composed of Upper and Lower Houses, the Moroccan monarch enjoys effective power. In fact, the monarch is both the Head of the State and the Commander of the Faithful, a status that makes him the highest political and religious authority in the country.

In the decades following its independence, Morocco went through an authoritarian mode of governance where public liberties were suspended and basic human rights violated. Since the early 1990s, the country started a process of democratization that culminated in the coming to power of former opposition political parties in 1997, the creation of an Institute for the Amazigh Culture in 2001, the passage of the Moudawana in 2004 (hailed as the most progressive family code in the Arab world), and the release of a report by the Equity and Reconciliation Commission on human rights abuses in Morocco between 1956 and 1999. Today, Morocco is often cited as the leading Arab country in the areas of democratic elections, freedom of the press, promotion of human rights, respect of cultural diversity, and investment in human development.

This opening up of the public sphere is also being accompanied by a liberalization of the economy and privatization of a number of sectors that had, for a long time, been under state control. Foreign investment has thus substantially increased in the last decade and big projects in tourism, industry, and urban development that are now being undertaken are changing the landscape of the country. This makes for one of the most interesting areas to explore about Moroccan culture and society, namely the interface between modernization and tradition, innovation and authenticity, and inherited customs and invented traditions. Students are able to observe these dynamics on a daily basis with their homestay families and in the street. A sample of visible signs of this interface can be seen in the impressive number of satellite dishes, mosque minarets, franchised stores, and disenfranchised slums and neighborhoods which still surround urban centers.



The Moroccan community abroad, estimated at more than 3.2 million emigrants residing mostly in Europe and North America, now plays a decisive role in the economic, political, and cultural developments taking place in Morocco. Through remittances, artistic and cultural projects, and involvement in civil society projects, the Moroccan community abroad enhances economic growth, expands artistic landscape, and engages in the struggle against poverty and disenfranchisement across the country. Also, the presence of sub-Saharan immigrants and European settlers in a number of cities has furthered the debate on

identity, cosmopolitanism and cross-cultural dialogue in Morocco.

Overall, this interaction between global signs and local customs, imported capital and domestic pockets of poverty, the desire for freedom and liberty, and the weight of traditional practices makes Morocco an ideal site to study migration patterns in pursuit of new opportunities and social organization in the process of reconstruction.

CLIMATE AND GEOGRAPHY

Morocco's varied geography includes many mountain ranges as well as lush river valleys, beautiful sandy coasts, and wide expanses of desert. These prominent mountain ranges, which run parallel to each other from the southwest to the northeast, are the Rif, the Middle Atlas, the High Atlas, and the Anti-Atlas. The Moroccan coastline, which fronts onto both the Mediterranean and the Atlantic, offers plenty of great beaches as well as a number of fascinating old coastal cities. In the southeast, Morocco's magnificent mountain range gives way to the desolate expanse of the Sahara. The rivers that flow down this side of the High Atlas support long, narrow, and lush river valleys of palm groves that resemble linear oases. The program's southern excursion takes the students through the High Atlas mountains at an altitude of 5000 feet to spend the night in the southern Sahara desert.

The excursion to Northern Morocco unfolds a Mediterranean landscape with Tangier and Tetouan as a receptacle of Spanish and Moroccan cultural influences and the city of Chefchaouen, in the Rif mountains, as an extension of Andalusian Spain.

Rabat, Morocco: VERAGE HIGH/LOW TEMPERATURES (°F)					
JAN	FEB	MAR	APR	MAY	
63/46	65/47	68/49	71/52	74/55	
AUG	SEPT	OCT	NOV	DEC	
80/63	81/62	77/58	70/53	65/48	

The climate varies from area to area. The coast has a warm, Mediterranean climate tempered on the eastern coast by southwest trade winds. Inland

areas have a hotter, drier, continental climate. In the south, the weather is very hot and dry throughout most of the year, with the nights coolest in the months of December and January. Rain falls from November to March in coastal areas and throughout the country. Temperatures are mainly hot and dry during the summer. While there is a cooler climate in the mountains, Marrakech and Agadir enjoy an average temperature of 21° C (approximately 70° F) in the winter.

LOCAL CUSTOMS

In general, greetings start in Morocco with *Salam Alikoom* and often a handshake can be enough. Moroccans tend also to kiss on the cheeks for greetings, especially among people from the same gender, but it will not be seen as culturally inappropriate if you are not comfortable with physical contact and prefer to just say *salam* for your greeting. It should be noted, however, that with COVID – 19 pandemic, physical distancing has put these traditional greetings habits on hold.

Moroccans are very conservative with regard to any display of couples' affection. While holding hands can be acceptable, more openly affectionate gestures such as kissing are not acceptable. Short skirts and dresses are to be avoided and you may opt for modest and conservative clothes. Staying out late and coming back home with alcohol smell on your breath is not acceptable for either males or females, but even more so for females.

DIET

Special Diets:

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 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.

In Morocco, you will be placed with families where you will have breakfast and dinner. You will have your lunches covered by SIT at nearby restaurants. On weekends, except when there is a group excursion organized by the program, you will have all meals with your homestay family. Homestay families decide on mealtimes and can accommodate a vegetarian diet but are not able to provide for kosher or vegan diets.

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 no longer requires vaccination to participate on programs except for locations where host country governments require it.

However, we strongly encourage students to be fully vaccinated against COVID-19 per CDC recommendations. SIT continues to closely monitor COVID-19 conditions in each program location and will advise students on any location-specific COVID-19 requirements and regulations prior to and during their program.

Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For instance, coming prepared with face masks for personal use if individual venues/location requirements deem in necessary after arrival. For information regarding safety and security, emergency communications, SIT policies, health and medical insurance, and general program tips, please read the [Safety, Security, and Health](#) document and [Student Handbook](#).

Remember that while you are a student in a cultural education program in Morocco, you are also an ambassador for your home country, home institution, and SIT Study Abroad. We ask all students to abide by all policies and guidelines in order to help maintain those important relationships as well as their own safety and wellbeing. Failure to abide by established guidelines may result in disciplinary measures.

SIT Study Abroad's Human Rights, Social Justice, and Cultural Transformation program in Morocco depends upon the integrated efforts of the academic director, program's host institution staff and the students themselves to maintain a very safe program. It will be important that you come prepared to be sensitive and respectful to local cultural norms and to abide fully by program rules and advice.

One of the main challenges students (particularly women) face is street harassment, mainly in the form of catcalls and whistles. The academic director will spend time during orientation preparing students for how to deal with this social phenomenon. The program organizes discussions with staff members of the host institution to talk about their experience with street harassment and how they deal with it. The orientation session is very constructive since SIT students have the opportunity to address the issue with experts in the field and thus get useful tips on how to deal with harassment in the street.

Before every program excursion, the academic director holds an orientation session to brief students on specific safety guidelines to follow during the excursion.



We recommend that students maintain a healthy lifestyle by avoiding food stalls in the streets or places that have not been recommended by reliable guidebooks or friends. However good the food looks it is never worth the stomach ailments that may ensue from eating unsafe food. This remains true throughout the semester; you build immunity over a lifetime, not just several weeks or months. Many students become ill later in the semester because they became less vigilant about following this advice about food and drink.

The program has compiled a list of doctors and health clinics, most of whom speak English, which can be recommended in case of health problems in Rabat. If a student speaks French or Arabic, he or she can communicate with all doctors and all pharmacists anywhere in Morocco. There are more and more English-speaking health professionals in the country, especially in cities and large towns.

When necessary due to language difficulties,

program staff will accompany a student to health clinics and/or pharmacies to facilitate communication.

During excursions, students have access to health services and are briefed on any health issues.

In our experience, students should see a doctor if not feeling well rather than waiting for their immune system to respond. It is important that you get the most out of your time in Morocco and this requires that you remain in good health. We encourage students to speak with the academic director or other program staff if you are not feeling well, so that staff can best help you get the support you need.

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.

While participating in this program, your homestay will be eight to twelve weeks long. You will be staying with families either located in the medina, Rabat's 17th century walled quarters, or outside of the medina. The medina is characterized by its narrow and winding streets, and one of your first challenges will be to learn how to navigate the medina's labyrinthine network. As time goes by, this closely-knit space will soon begin to feel like "home" as medina dwellers begin to look familiar and you become used to people's greetings in the street. Living in Rabat is a fascinating experience because it will give you a feel of the pace of Morocco's centuries' old culture and traditions. During your homestay, you will accompany your host family members on their regular activities such as shopping in the souk, taking bread to the neighborhood faran (bakery), or visiting the hammam (public bath). In addition, you may be invited to participate in family events such as weddings or the naming ceremonies of newborn babies.

The homestay families the program works with are quite diverse. Some households are run by widowed mothers, others consist of extended families, some have children in college, and others are young families. Some families have members who can communicate in English, while others speak only darija, the Moroccan colloquial Arabic. We expect you to adapt to the normative lifestyle of your homestay family and to develop a constructive relationship with your host parents and siblings based on mutual respect.

OTHER ACCOMMODATIONS

The program has planned two educational excursions. The northern excursion to the cities of Tangier, Tetouan and Chefchaouen; and the southern excursion which includes Marrakech, Tiznit, Agadir and its neighboring desert.

During these excursions the program will use rented buses and stay in hotels with large rooms.

TRANSPORTATION

Our host institution, Langzone, is located in downtown Rabat. Its strategic location near the famous Mohammed V Boulevard makes it a stone's throw from cafés, restaurants, shops, banks, parks, main post office, Rabat Ville train station, tram stations, taxi ranks and roughly 3-minute walk from the lively fortified 17th century old medina, which was established by the Moriscos, who fled from Andalusia in southern Spain.

Rabat now has a very hectic bus system due to recent changes happening in the capital to reform public transportation, including a tramway; however, most buses service all neighborhoods. City taxis are available outside the medina and the fare depends on the distance covered (taxis have meters). Taxis remain the best and most reliable means of transportation in the cities; we strongly recommend them to our students for their availability, inexpensiveness, and safety.

For the program's scheduled group excursions, buses are hired and remain at the program's disposal throughout the time of the excursion. For your independent travel on weekends or during ISP time, it is recommended that you use the train whenever possible (not all destinations are serviced by the railway system). Otherwise, it is preferable to take an inter-city bus, and in particular, the C-T-M, a reliable semi-public transportation company. SIT policy prohibits driving; therefore, you are not allowed to rent a car or ride a motorcycle.

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 cell phone capable of making and receiving both local and international calls, including a data plan so that your phone is operational when you are away from wifi. If needed, during orientation SIT Study Abroad staff can assist students in purchasing a local SIM card, and how to acquire minutes for calls and texting. Full compliance with this policy is expected.

You can purchase a local SIM card for DH 20 -30 (USD \$2 – 3), a local smart phone will be DH 500 – 2,000 (USD \$50 – 200). You can purchase credit as you go and top it up at many local retailers. Costs will vary depending on how much you use your phone, international calls will be more expensive.

The SIT program center provides internet access during posted hours. The program does provide email access to students within the Langzone Center. Langzone closes daily at 6:00 pm and is also closed on Sundays and holidays. The program will provide a USB mobile internet stick for students to use during the semester and pays for their monthly subscription. The students will have to leave a deposit of 400 MAD (approximately \$50) which they will get back at the end of the semester upon their return of the mobile internet stick. The USB mobile internet stick will allow students access to the internet remotely wherever there is mobile service. You are responsible for this item, and if it is lost, stolen, or broken, you will not receive your deposit back.

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, **FedEx, DHL, and UPS 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.

Posted letters should be sent to the following address:

Student Name
LangZone Center
3 Rue Hims, Apt 1.
Rabat
Morocco

If it is necessary for someone to send you a package, it should be sent to the following address:

Student Name
LangZone Center,
3 Rue Hims, Apt. 1
Rabat
Morocco

Please note that mail delivery is very slow and unreliable. We do not recommend using the post for any important correspondence. If you expect to have anything important or valuable sent to you while in Morocco, please use an express courier and put your local mobile phone number on it. Though family and friends may send you packages, be prepared for a lengthy wait at the post office and a bit of hassle involved with picking up those packages as well as the possibility to have to pay taxes for certain items or have to travel to the Casablanca custom area to get them yourself.

To minimize the hassle, tell your family and friends to use FedEx, DHL, or UPS for courier service and to ensure that the sent item is not taxable and can be delivered to you so we will not have to go and pick it up. Do not have anyone send cash through the mail because it will almost certainly never arrive and is illegal. Make sure your mail and package is in your name if you do not want anyone at the hosting institution to open it! Mail received after the end of

the program will be sent to SIT and then transmitted to you. This process might take two months or more.

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. **Any domestic travel, interpretation services, or supplies necessary for the ISP are the students' responsibility.** Please plan accordingly.

The currency is the Moroccan Dirham (DH or MAD) and is divided into 100 centimes. Many banks have ATMs, so it is relatively easy to get money. However, the program recommends that you only withdraw what money you need at the time. Keep in mind that ATMs are generally only found in cities and towns and some branches are not available in the smaller towns and rural areas. A Visa, MasterCard, or American Express credit card is very useful for emergencies, medical or otherwise. It is also possible to wire money to Morocco using Western Union, which is now available in all urban centers.



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\$1,200 to \$2,700**. 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.

Check current exchange rates:

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

Please budget approximately:

Personal spending: (from past student suggestions)	\$600-1,500
Books, printing, supplies:	\$120
Up-front medical costs:	\$240-1,200
Potential ISP travel expenses:	\$120-240
USB Internet stick (deposit will be refunded at end of program)	\$50
COVID-19 Test(s) (may be required for entry; subject to change and costs may vary)	\$100-250
Cell phone:	\$50 – 300
Estimated total:	\$1,200-2,700

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/Internship period. 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.

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.

Most students find that a large internal frame backpack and a smaller daypack/duffel are the most convenient choice of luggage. However, you should also have a smaller bag to use for carrying your books and personal items, as well for use during short excursions. You will find that you can store your larger piece of luggage at your homestay during the semester.

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

It is important to note that Morocco is a land of contrast. Some women wear the traditional Moroccan dress (*djellaba*) and some wear modern clothes. You will see that quite a few women wear the *hijab* while others choose to wear revealing and very informal clothing, such as tank tops, especially in urban areas like Rabat, Casablanca, and Marrakech. However, SIT prefers that students dress like the majority of the young people: modest and conservative. Students have always found jeans very practical.

EQUIPMENT

You do not need to bring tents, mosquito nets, or a sleeping bag. We do, however, require that you bring a flashlight and mosquito repellent for the village stay. In the packing list below, we have tried to list all important items you may need for the months you will spend in Morocco. Although it will not be necessary to carry everything that you bring during excursions, we still encourage you to pack lightly. When packing, do not forget to include flexibility, patience, and a sense of humor. This is the best preparation for the months ahead.

COMPUTERS AND OTHER ELECTRONICS

It is strongly recommended that you bring laptop. It will be your personal property and responsibility. It is recommended that you ensure it is fully functional and that you buy insurance for all your electronics 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.

LangZone, the program’s host institution in Morocco, has a reliable wireless system. Some students may find it useful and much easier to use their own laptops to write their seminar papers and ISP final project. You will also need your laptop because readings and assignments are given in electronic form to save paper. Moodle is also used, and you will need an external CD drive for your Arabic homework if your laptop does not have one. In addition, it is easier for you if you have your laptop to stay in contact with your academic director concerning academic material or with friends in Morocco and in the US. It is not possible to rent laptops in Morocco. Thus, the program highly recommends that you bring your laptop with you. Otherwise, access to computers will be limited to Internet cafés.

If you plan to use video in your ISP project, then you have to bring with you the necessary audio-visual equipment you will need (video camera, tapes, microphones, etc.), as the program does not provide such equipment. You will be responsible for making

arrangements to store your laptop and any other electronic equipment you choose to bring with you in a secure place while on excursions. However, it will not be difficult to find ways to keep your laptop and your electronic equipment safe.

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

You will only need a plug adapter for your laptop, as all laptop chargers work with 220 voltages. However, do not bring any electrical appliances without voltage converters and two-prong adapters. The electric current is 220 volts. Outlets in Morocco use plug types C and E.

GIFTS

As you might imagine, it is best to be prepared with a gift to offer the families you'll interact with 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 the family that will interact with you and host you for a meal 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 the families that will show you hospitality. Remember to bring pictures of your friends and family to share.

The Morocco program recommends one gift per family, something that the whole family can share such as chocolate (without alcohol) or a souvenir from your state that can decorate the living room. Please avoid anything with alcohol or pork as these will be offensive to the culture.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

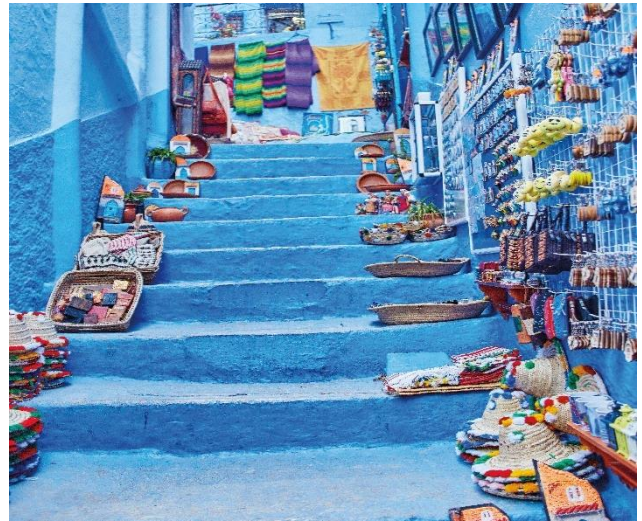
One can generally obtain most of the above toiletries in franchised stores or big supermarkets in Rabat and other major cities like Casablanca, but usually at a higher price, and specific brands may not be available. Due to the lack of available laundromats in Morocco and many families not having washing machines, you may end up doing your laundry by hand and hanging it up to dry.

ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or [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. The clothing you bring may be adapted to your own style, within cultural norms of acceptable dress.



PACKING LIST

CLOTHING

- Underwear: one-week supply
- Socks and stockings: one-week supply, some wool
- Warm sleepwear
- 1 'workout' outfit (could include T-shirt/**conservative** shorts or running pants for jogging/sports)
- 1 pair **comfortable** everyday shoes that are fairly dressy and good for walking
- 1 pair sandals for outdoors
- 1 pair flip-flops for the house
- 1 pair sneakers
- 1 pair wet weather shoes
- All-purpose jacket
- Light rain coat: something that folds up small but covers as much as possible
- 1 swimsuit (conservative, **no bikinis**)
- 1 hat (to prevent sun overexposure)
- 1 flashlight (absolutely necessary for village stay)
- 1 or 2 dresses
- 1 nice outfit (for festive events, meetings with officials)
- 2 or 3 skirts
- 3-4 pairs of pants
- 2 pairs nice slacks
- 4-5 casual pants (including jeans)
- 4-5 T-shirts
- 3-5 blouses or shirts
- 2-3 light sweaters
- 2 warm sweaters

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card/International Certificate of Vaccination or Prophylaxis or list of your vaccinations (see the **Health Guidelines and Requirements** document for more information)
- 2 photocopies of your passport stored separately from your actual passport

- Proof of COVID-19 vaccination and/or booster encouraged
- Photocopy of visa (if applicable)
- 2 passport photos

HEALTH/TOILETRIES

- Prescription medications used regularly
- Over-the-counter medications as approved by your doctor:
 - Pain reliever/fever reducer
 - Cold medication/decongestant
 - Laxative
 - Anti-diarrhea medication such as Imodium
 - Travel sickness medication
- Good quality thermometer (for taking your temperature)
- Small First Aid kit
- Sunscreen (SPF 15+)/solarcane spray
- Adhesive bandages/antiseptic/antibacterial cream
- Mosquito repellent w/20-30% DEET for use on skin and up to 100% DEET (Permethrin) for use on clothing
- Flashlight
- Water disinfectant tablets (1 bottle) or iodine
- Vitamin supplements (if you take them)
- Tampons or sanitary napkins (Consider enough for 3 ½ months. They are available, but not in all sizes.)
- Deodorant
- Soap and shampoo (both available in Morocco but you may have particular brands you are accustomed to)
- Bath towel
- Hand-wipes and/or antibacterial hand wash

OTHER IMPORTANT ITEMS

- Travel alarm clock
- Good quality, small locks (for luggage)
- Daypack or book/shoulder bag
- iPod/MP3 player

- External CD drive for your Arabic homework if your laptop does not have one
- Extra contact lenses and/or spare pair of glasses (if you wear them)
- Contact lens solution needed for semester (can be found in the cities but very expensive)
- Bed sheet to use from time to time on excursions
- Water bottle
- Sunglasses
- Digital Camera
- Photos of your family & friends and small portable book about your state