

An aerial photograph of a large, winding lake in a mountainous region of Argentina. The lake is surrounded by dense green forests and is flanked by steep, rocky mountains. The sky is blue with some light clouds. The text 'COUNTRY' is overlaid on a dark green rectangular background in the top left corner.

COUNTRY

OVERVIEW

& PACKING

GUIDELINES

Argentina: Social Movements and Human Rights
Spring 2024

TABLE OF CONTENTS

COUNTRY OVERVIEW.....	3
General Information.....	3
Climate and Geography	4
Diet	4
Safety, Security, and Health	5
Homestays	6
Other Accommodations.....	6
Transportation.....	7
Communication	7
Phones and E-mail.....	7
Mailings.....	7
Money	8
Visitors and Free Time	9
PACKING GUIDELINES.....	10
Luggage.....	10
Clothing Guidelines	10
Computers and Other Electronics.....	10
Gifts	11
What You Can and Cannot Obtain in Country	11
Alumni Contacts	11
PACKING LIST	12



COUNTRY OVERVIEW

GENERAL INFORMATION

The first colonial landing in what we now call Argentina occurred around the beginning of the 16th century, during a voyage led by Juan Díaz de Solís, a Spanish sailor who was the first European to reach the shores of an estuary later named the Río de la Plata (River of Silver, or “River Plate” in British English).

In 1580, a small port named Buenos Aires was established by the colonial Spanish government in the southern territory of the Americas. Many years later, in 1776, this territory became the formal viceroyalty of the Río de la Plata.

In 1810, a week-long series of events called the May Revolution occurred, which ended on May 25 with the creation of the first local government: the First Assembly. Six years later, on July 9, 1816, a formal declaration of independence marked the end of Spanish rule. Argentina struggled to establish a nation-state and in 1853 finally adopted its constitution, many parts of which were based on the United States Constitution.

With immigration and investment from Europe, modern Argentina expanded greatly during a prolonged burst of economic growth. Between 1880 and 1930, Argentina was one of the world’s 10 richest countries in terms of per capita income. After a series of both radical and conservative governments, the people of Argentina elected Juan Perón as their president in 1946.

Perón initiated policies that focused on empowering the working class and building a strong welfare state. Massive income redistribution was sustained by many different sources, such as tax revenues, nationalization of industries, and the expansion of public services. Perón also strongly promoted union movements that enhanced his leadership.

After Perón was pushed into exile by the military in 1955, there were a series of military and civil governments throughout the 1950s and 1960s. Perón returned to the presidency in 1973, holding the position for just one year before his



death. He was replaced by his wife at the time (and vice president), Isabel Perón. On March 24, 1976, Isabel was overthrown in a military coup that led to what was to be the bloodiest period in Argentina’s history. In the last Militar and Civic Dictatorship, as many as 30,000 people were abducted and killed without a trace by the military. Those 30,000 people are now referred to as “the disappeared.”

Argentina returned to democratic rule in 1983 and since then has been led by stable and democratic governments, although these governments have been weak in enhancing real political reform and social welfare. Argentina’s economy exhibited a cyclical boom-and-bust pattern, with the worst economic crisis occurring at the end of 2001, when the country collapsed economically and politically. Since 2003, the country has managed to recover rapidly. In an era when optimism coexists with social and economic tension, some unresolved social issues, such as poverty and inequality, stand out.

Argentina has a long history of immigration, originally with people coming from Spain, Italy, and other European countries, later from Syria and Lebanon, and more recently from Eastern Europe and neighboring Latin American countries. The population is predominantly Catholic, but Argentina has the largest Jewish population in Latin America. The indigenous population is also important to consider. Now numbering less than 1 million (in a country of over 40 million), they live mainly in the northern, northwestern, and southern regions of the country. The majority of Argentina’s population lives in the urban centers of the nation.

Argentina is brimming with cultural activities. This is evident in its many festivals, expositions, cinemas, theaters, and concerts that take place throughout the major cities. For example, Buenos Aires has over 100 cinemas and 90 theaters. Fútbol (soccer) is the main sport in the country and is central to Argentine national identity. Other popular sports include tennis, volleyball, basketball, field hockey, and rugby.

Finally, Argentina is a federal republic consisting of 23 provinces and the autonomous capital city of Buenos Aires in southern South America, as well as other areas claimed by Argentina, including an Antarctic sector and the Malvinas Islands and several other islands of the South Atlantic.

BUENOS AIRES: AVERAGE HIGH/LOW TEMPERATURES (°F)				
JAN	FEB	MAR	APR	MAY
98/78	95/75	85/64	74/45	65/45
SEPT	OCT	NOV	DEC	
70/58	75/61	77/63	85/75	

CLIMATE AND GEOGRAPHY

Buenos Aires is in central-eastern Argentina, which has a moderate climate. Summers (December to March) are quite warm, while the winter months (June to September) may be cooler. It rains every season. Also take note that in the spring, fall, and winter it may feel much colder because of the lack of sunlight that reaches the sidewalks due to the shadows cast by tall buildings.

During the Patagonia excursion, we travel to different cities, including Bariloche, 1,800 km south of Buenos Aires. The temperatures are always much colder there. In these cities the average maximum temperature is 50°F in September and 60°F in April. However, it has snowed during past excursions. Please plan accordingly and make sure you bring adequate cold-weather gear.



In the Northern excursion to Salta and Jujuy, we will go into the mountains where nightly temperatures may be quite cold and the temperature changes drastically from morning to evening. You should be prepared for these changes. Also, we will ascend to 13,123 ft. above sea level and you may experience symptoms of altitude sickness such as headache, nose bleeds, or shortness of breath. It is recommended to stay well hydrated and eat lightly to reduce symptoms.

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 diet of Argentina is largely influenced by the Mediterranean region, both in food and schedule. Mealtimes in Argentina are generally similar to those in the United States, except **dinners tend to be eaten much later in the**

evening (9–10 PM) and breakfasts are much lighter. The staple diet in Argentina includes various types of meat, bread, fresh vegetables, pasta, sandwiches, etc. It is also a common custom to drink *mate*, an infusion of herbs in hot water drank through a metal straw called a *bombilla*.

The day begins with a **light breakfast**, which typically includes a cup of tea or coffee, croissants/bread, and marmalade. Scrambled eggs and breakfast meats are not common in Argentina. **Around 5 PM, many families have what is called a *merienda***, a light meal similar to breakfast. *Merienda* is a great excuse to find new cafes (great part of our urban culture), chill out, spend some time with your friends and host family and to hold you over until dinner!

In Buenos Aires, the most important meal on weekdays is dinner, where the family gathers around the table. The families will expect that you arrive to eat with them; otherwise, you will have to tell them in advance that you are changing plans. You should not expect that the family is going to prepare lunch for you. During the program in Buenos Aires, you will be given a stipend in order to buy your lunch near the office or the university.

Argentine cuisine is generally cooked with very little use of condiments, with pepper being the spiciest condiment used.

Vegetarians and vegans can manage their diets in Buenos Aires. It will be necessary to be very clear to your hosts about your dietary preferences. Lastly, it is quite possible to keep kosher in Buenos Aires, but this may be difficult in the rural communities you will visit during excursions. Since kosher food is usually more expensive, you should be prepared to share some of these extra costs.

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, accident and illness insurance, and general program tips, please read the [Safety, Security, and Health](#) document and [Student Handbook](#).

Buenos Aires, like any big city in the world, presents certain health and safety risks requiring individuals to take appropriate precautions. Before the various homestays and excursions, students will receive additional safety and security briefings about specific local conditions.

The most common issues students have faced in the past have been robberies and pickpockets. Students who bring electronic equipment (i.e. laptops, iPods, cameras, etc.) must be conscious that these items tend to be quite expensive in Argentina, therefore conveying an image of wealth on their owners. It is crucial to be very careful about your visible use of such items while in public and even outdoor parts of your host family's home (such as a street-facing balcony).

The nightlife in Buenos Aires is very active, so there is great temptation to go out in the evenings. When returning home at night you should always travel in a minimum of pairs, if not small groups, and use registered taxis. It is **not acceptable** to return home after midnight during the week. Weekend behavior must depend upon and respect your host family norms.

Buenos Aires culture tends to be open-minded toward individuals identifying as LGBTQ. However, such open-mindedness cannot be guaranteed in the entirety of the Argentine population and may be much less present outside Buenos Aires. Please do not hesitate to discuss any questions about behavior or communication around sexual identity issues with your academic director.

There are high-quality medical and mental health facilities available in Argentina's urban areas. Facilities may be limited in more rural zones. The program has identified sources of medical care in all excursion destinations.



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.**

In this program, you will be staying in one homestay within the city of Buenos Aires for approximately 7 weeks. Some are closer to the university or the office of SIT, while some are farther away. The families are generally middle class.

OTHER ACCOMMODATIONS

Other accommodation will include small hotels and hostels. They are generally safe, but you may want to bring a lock to protect your belongings. During the ISP portion of the program, students will also be staying in homestays, unless their research takes them outside Buenos Aires to conduct fieldwork. In

that case, the student will have to make his/her own lodging arrangement with the program staff's assistance and approval.

TRANSPORTATION

Public transportation in Buenos Aires is very good. Participants can move throughout the city by public bus or subway. This mode of transportation is cheap and safe during the daytime. Using taxis is also affordable and safe. Transportation on a daily basis will include either public bus, subway, or walking. Specifics on public transportation in Buenos Aires are discussed in detail during your orientation upon arrival in-country. During excursions, the group will primarily be using private vehicles.

The program uses airplanes and/or buses for long distance trips to educational sites such as Salta and Bariloche. When by bus, these trips are roughly 20 hours each. They are very comfortable buses and have very good service. Within each site we usually rent a small bus for the group.

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 soon as students arrive in Buenos Aires, they are provided with an opportunity to call home or send an email. SIT will have information about safe arrival, so family members may also call the US office to confirm participants' arrival.

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.

Since you will obtain a local phone number, **do not purchase an international plan for your US phone number unless you have a dual SIM smart phone.** If you do not have an unlocked smartphone, one can be purchased locally for about \$200. You can purchase calling plans, like a calling card, in order to regulate your cell phone expenses. Argentina's principal cell phone systems are CDMA and TDMA.

You will not be able to use most US-purchased calling cards in Argentina, and in any case calling cards in Argentina are less expensive than those from the US. Email and Internet access is readily available throughout the major cities and in the SIT office and is often quite inexpensive.

To call someone on a land line in Argentina from outside of Argentina, callers will need to dial their country's international access code, then Argentina's country code (54), then the city's area code, and finally the number itself. The area code for Buenos Aires is 11.

The program office in Buenos Aires has Wi-Fi access and two computers for students' use.

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 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.

Posted letters and packages should be sent to the following address:

Student Name
School for International Training – Argentina
CEDES (Centro de Estudios de Estado y Sociedad)
Sánchez de Bustamante 27 (C1173AAA)
Ciudad de Buenos Aires, ARGENTINA

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.

We do not encourage you to bring Argentine pesos with you from the US. It is quite easy to find money exchange offices throughout the airport and cities. Some students also prefer to bring more US dollars in cash. The majority of stores in Buenos Aires also accept credit cards, the most common being Visa, MasterCard, and American Express. 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 the country. Consider that ATMs charge relative high fees for taking out money (\$6-10 USD).

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.

The official currency of Argentina is the Argentine *peso*, which is divided into 100 *centavos*. Students can check country currency and current exchange rates at:
<http://www.oanda.com/currency/converter/>

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\$1800 to \$3000**. 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:

Personal spending (from past student suggestions):	US\$1000
Books, printing, supplies:	US\$100
Up-front medical costs:	US\$300
Bottled water:	US\$25
Typical Internet Café usage:	US\$50
Cell phone costs:	US\$100
Laundry:	US\$25
COVID-19 Test(s) (may be required for entry; subject to change and costs may vary)	\$100-250
Potential ISP travel expenses:	US\$400
Estimated total:	US\$2,000

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.

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.

For day-to-day use, we advise you to bring a school backpack. Note that larger backpacks or notable brands (such as North Face or Patagonia) are more vulnerable to theft.

For the week-long excursions, it is best to bring a smaller suitcase or medium-sized duffel bag. In the past, students have also bought internal-frame backpacks.

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, it is essential to keep a neat, clean appearance. Jeans with holes, sloppy T-shirts, tank tops, etc., are discouraged. People in offices and NGOs 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.

Dressing in layers is the most sensible solution to the varied seasonal and geographic climates you will encounter. There will be two, 1-week excursions to the north and south of the country, where it can reach highs of 90°F/32°C and lows of 35°F/2°C.

You will need warm winter clothes for both the spring and fall semester, since you will be there

either for the end of summer and beginning of cold weather or the end of winter and the beginning of warm weather. It is a good idea to bring clothes for all seasons. It would be good to have a fleece, warm pants, and boots for Buenos Aires as well as some summer clothing for a few of the excursions. For the excursions, bring clothes that are easy to wash, no iron needed, and lightweight. Some comfortable trekking shoes may also be useful.

COMPUTERS AND OTHER ELECTRONICS

It is strongly recommend 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. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

During the program you will need to upload your homework to the web so a laptop will be very useful. Host families have Internet access at home. In addition, the program office in Buenos Aires has Wi-Fi access, so a laptop with this capability can prove quite useful.

We do not recommend bringing your computer or other electronics on excursions. You will have a locker at the office where you can leave your computer if you do not wish to carry it around. If you have a warranty or repair plan, be sure to bring that information with you in case of any technical problems.

Please see the following website for information about electricity, voltage and electrical adapters. <http://www.worldstandards.eu/electricity/>. If you plan to bring electrical equipment you will need to bring a voltage adaptor (110v to 220v) as well

as a plug converter (European style two-prong outlets).

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. If you enjoy giving greeting/birthday cards, it's recommended to bring some with you since they are not very easy to find.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Buenos Aires is a well-developed cosmopolitan city that has all the amenities of any large city in the United States. Therefore, it will be quite easy to find most familiar products. However, please note that in order to stick to a favorite brand, you might pay elevated prices due to import taxes.

Also consider that the first days of the program will be spent at an *estancia* or *hotel* without the possibility of buying any necessary items. Make sure you bring basic toiletry items for those days.

If you are a woman and your shoe size is greater than 10, or a man with a shoe size



greater than 14, you may find it difficult to obtain shoes in Argentina. It can also be difficult to find clothing for women greater than size 13. The brands of clothes for young people are smaller than in the US. In some cases, an XL can be a 9 or 11 in the US.

We recommend you either bring or buy locally (in Argentina) any cosmetics, food, clothes, or electronic devices, that you will need during the program. If you are taking any prescription **medicine**, please bring enough for the duration of the program. If you have any preference for US brand over-the-counter medicine (such as ibuprofen), please also bring with you. If any of the above is mailed to you from the US it may be withheld by customs, and it is very expensive and difficult to get them once they are retained.

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 pair warm pants
- 2–3 pairs casual pants, such as leggings or joggers
- 2–3 pairs jeans
- 4–5 shirts (one dressy)
- 3-4 T-shirts or short-sleeve shirts
- 3-4 shorts, such as jean shorts or running shorts
- 2-3 long-sleeve shirts or warm tops
- 2–4 sweaters or warm tops
- 1-2 sweatshirts or pullovers
- Underwear (at least 2-week supply); be aware that you will be going on a 2-week excursion.
- Socks (at least a 2-week supply)
- Pajamas
- 1 pair comfortable walking shoes
- 1 pair sneakers
- 1 pair sandals
- Wet weather shoes/sandals (could be one of above pairs)
- Sufficient supply of cold-weather clothes
- 1 pair of cold weather shoes or boots
- Swimsuit
- Raincoat
- Winter / Warm jacket
- 1–2 bath/beach towels
- 1–2 dresses or skirts

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card/International Certificate of Vaccination or Prophylaxis (see the [Safety, Security, and Health](#) document for more information)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (*if applicable*)
- Digital copy of your passport
- College or university ID or other picture ID (most restaurants and stores require you to provide a photo ID when using a debit or credit card) Proof of Covid19 vaccine and/or booster encouraged

HEALTH/TOILETRIES

- Sunscreen (at least SPF 30)
- Repellents
- Sunglasses

- Basic toiletry items
- Hat
- Adequate supply of any medications you use regularly, including birth control. *Please bring all the medications you will need during the program with you, as medicines will be withheld in customs if sent by mail once you are in Argentina.
- 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, extra eyeglasses, or contacts.

OTHER IMPORTANT ITEMS

- **An open, unlocked smart phone (see Phones section for more details)**
- Homestay family gifts
- Durable water bottle
- Lock for luggage

OPTIONAL

- Camera
- Voltage and plug adaptors
- Waterless anti-bacterial hand soap/cleansing towelettes)

