Student Handbook
Amman, Jordan

Spring 2019

Contact Information

AMIDEAST/Jordan
Program Staff:

Myrna Al-Tall
Program Manager
maltall@amideast.org

Ghassan Tlili
Program Officer
gtlili@amideast.org

Omar Tuguz
Program Officer
otuguz@amideast.org

Dana Shuqom
Country Director, Jordan
dshuqom@amideast.org

AMIDEAST Center Street Address:
Building No. 8
Princess Basma Street
Wadi Abdoun
Amman, Jordan

Mailing Address:
AMIDEAST Amman
Study Abroad
(Your name)
P.O. Box 852374
Amman, 11185 Jordan
Tel: +962-6-5929994
Fax: +962-6-65929996

AMIDEAST/Jordan Center Hours:
Sunday – Thursday 9:00 AM - 5:00 PM

AMIDEAST Headquarters
Program Staff:

Dr. Elena Corbett
Director of Education Abroad
ecorbett@amideast.org

Katie Johnson
Coordinator
kjohnson@amideast.org

Zerlina Bartholomew
Program Officer
zbartholomew@amideast.org

Hazel Unger
Senior Program Assistant
hunger@amideast.org

Address:
AMIDEAST Headquarters
2025 M Street, NW, Suite 600
Washington, DC, 20036
Web: www.amideast.org/abroad

EMERGENCY LINE: 202-412-8564
This number is for your family and your sending school to use in case of an emergency and will connect the caller to a staff member in our headquarters in Washington, DC, 24 hours a day. Emergencies in Jordan should be reported to the emergency line in Jordan, which will be programmed in your Jordanian cell phones.

Table of Contents

Ahlan wa sahlan! Congratulations on your admission to an AMIDEAST program in Amman! We look forward to welcoming you to Jordan. This handbook contains a great deal of useful information to help prepare you for a successful program in Jordan. Please read it cover to cover so you have clear expectations of this experience. You will be grateful you did![1]

Section I: Arrival Information 5

Program Management 5
Program Calendar 6
Get and Stay Connected 8
Arrival and Flight Information 8
Orientation 10
What to Wear in Jordan 10
Packing List 13
AMIDEAST Jordan Study Environment 18

Section II: Academics and Academic Policies 18

Who will be in your classes? 19
What will you study? 19
Modern Standard Arabic (MSA) with AMIDEAST 19
Who will be teaching? 20
Academic Culture 21
Program Excursions 21
Reflection Day 22
Note About Early Departure 22
Library Resources 22
Proficiency Testing and Arabic Placement 23
Academic Integrity 24
Academic Policies 24
Program Staff 25

Section III: While You Are in Amman 25

Rules and Regulations 25
Extra-Curricular Activities 25
Time Management 26
Guidebooks 27
Amman Events and Useful Websites 27
Host Family Accommodations 28
Housing Tips: 30
Student Housing Policies 31
Telephone Access 31
Internet Access 32
Electricity 32

[1] Note: The information contained in this Student Handbook was correct when it was written. AMIDEAST reserves the right to change any of the policies and procedures contained herein without notice.

TIME 33
RECEIVING MAIL IN JORDAN 33
CLIMATE 34
MEALS & INCIDENTAL EXPENSES 34
MONEY/EXCHANGE RATE 35
GENERAL BUSINESS AND BANKING HOURS 36
BUDGETING 36
TIPPING & SALES TAX 38
HEALTH, SAFETY, & SECURITY 38
General Safety Tips 42
Safety in Taxis 43
Crowds 43
Public Gatherings 44
Alcohol & Drugs 44
Money Safety 45
Exchanging and Withdrawing Money from ATMs 45

Section IV: Background Information 46

AMMAN 46
JORDANIAN SOCIETY & CULTURE 46
JORDANIAN & MODERN STANDARD ARABIC CHART 47
SOCIAL EVENTS & ACTIVITIES 49
RELIGION 49
SOCIAL RELATIONS 50
WOMEN'S ISSUES 52
MAKING FRIENDS 52
DRESS 53
FOOD ETIQUETTE & MEALS 53
CULTURAL ADJUSTMENT 54

Section I: Arrival Information

Program Management

America-Mideast Educational and Training Services, Inc. (AMIDEAST) is a private, nonprofit organization that strengthens mutual understanding and cooperation between Americans and the peoples of the Middle East and North Africa. Every year, AMIDEAST provides English language and professional skills training, educational advising, and testing services to hundreds of thousands of students and professionals in the Middle East and North Africa; supports numerous institutional development projects in the region; and administers educational exchange programs. Founded in 1951, AMIDEAST is headquartered in Washington, DC, with a network of field offices in Egypt, Jordan, Iraq, Morocco, Kuwait, Lebanon, Qatar, Tunisia, Saudi Arabia, United Arab Emirates, West Bank/Gaza, and Yemen.

AMIDEAST's Education Abroad department designs academic study, cultural immersion, and professional development programs that capitalize on the diverse resources of and experiences available in each country where AMIDEAST operates in the region. Using its extensive network of field offices and contacts throughout the region, AMIDEAST is able to customize programs to meet the specific needs and interests of each client. Its programs accommodate groups of any size and range in duration from a few days to an entire academic year.

With over 55 years in the Kingdom and 3,000 visitors a month in the Amman office, AMIDEAST is an integral part of the education scene in Jordan. Since 1956, the AMIDEAST field office in Jordan has been actively working with the Jordanian people and their government to identify, locate, and improve workable educational and training solutions for the people of Jordan.

AMIDEAST Jordan is a well-respected leader in providing high quality, advanced training and consultation to both students and business professionals. Our skilled, knowledgeable staff members offer expert, personal attention to clients' specific needs. AMIDEAST Jordan offers the following services:

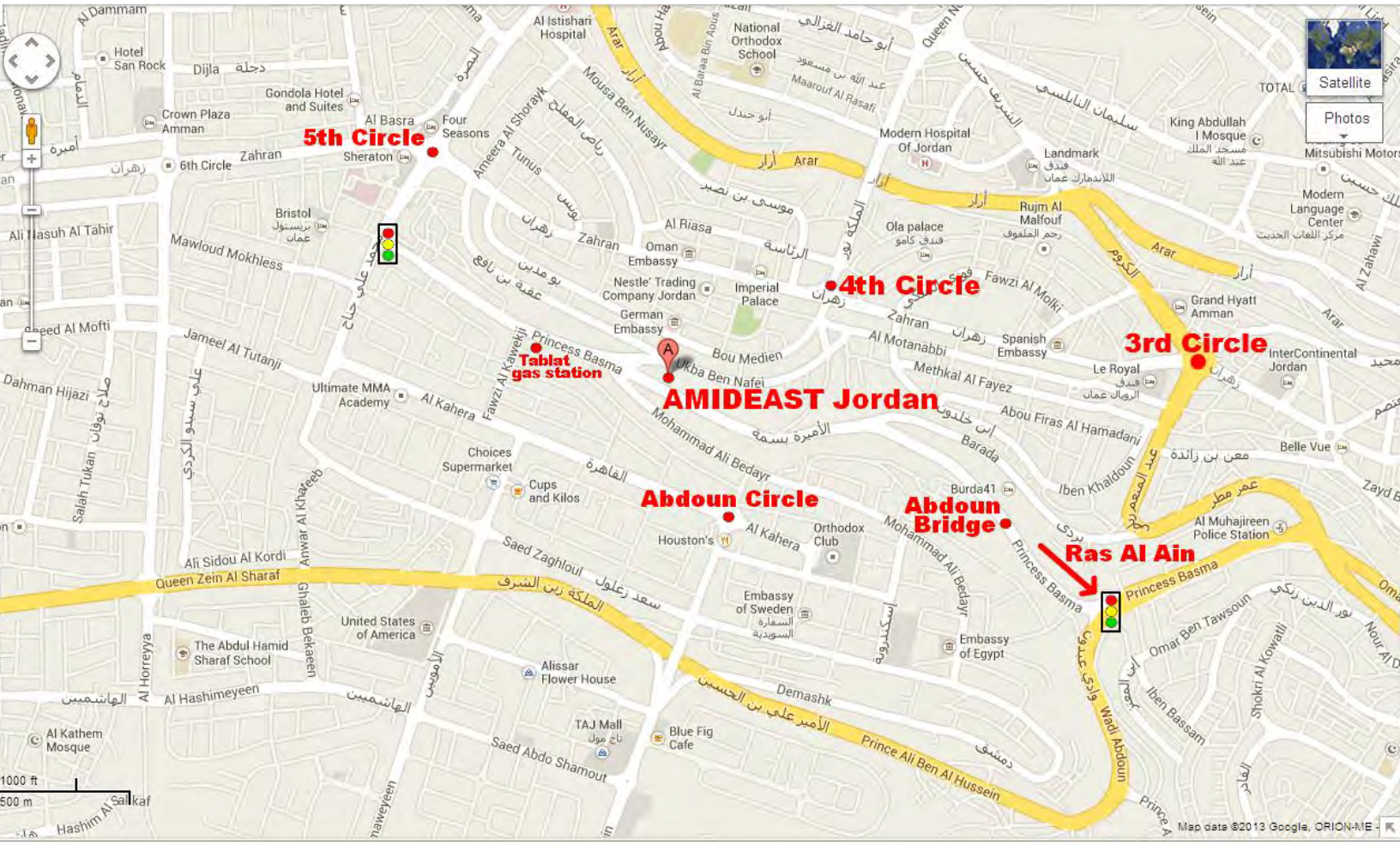
- Advising Services and Exchanges
- Testing Services
- English Language Training
- Professional Training & Development

In addition to the above services, AMIDEAST also offers support services to individuals and institutions (local, regional, and American) such as organizing study abroad programs for American students, assisting returning US graduates, administering training programs in Jordan for students of other Arab countries, and administering scholarship programs for Jordanians in the US.

PROGRAM CALENDAR FOR SPRING 2019

Available here on the AMIDEAST website.

AMMAN (ABDOUN) MAP



Before Leaving for Your Host Country

- Call your credit card company and bank.
  - Inform them of the dates you will be travelling and the countries you will be visiting so your cards are not blocked when used internationally.
  - Find out about fees for ATM usage and international purchases.
- Visit your dentist.
  - Your program insurance (CISI Insurance) does not cover routine dental care.
- Visit your doctor.
  - Discuss any chronic physical or mental health issues that may need attention while you are abroad.
  - Ensure you have prescription medicines to last for your entire time abroad.
  - Request a generic prescription and letter of explanation to bring along with all medications.
- Discuss your health insurance with your family.
  - While you will be covered by CISI Insurance during your time abroad, you will not be covered should you need any medical care in your home country. You should maintain your current health insurance in case you need to return home for medical care.
- Discuss with your friends and family how you'll stay in touch while abroad and have a plan (Skype, Facetime, WhatsApp, etc.).
- Research your host country and city to learn as much as possible before you depart.



https://www.cia.gov/library/publications/the-world-factbook/geos/JO.html

Get and Stay Connected

1. During your pre-departure process remember that there are several ways to connect online with AMIDEAST students, alumni, and staff.
2. If you haven't already, feel free to visit our collaborative student blog, at https://amideastedabroad.org to read about experiences from previous and current students studying abroad with AMIDEAST.
3. Visit and like our Facebook page at www.facebook.com/AmideastAbroad to connect with other accepted students and see what members of the AMIDEAST community have to share about the Arab World.
4. For daily updates on our current programs, AMIDEAST Alumni, or new content announcements, follow us on Twitter @AMIDEAST_Abroad.
5. Explore the Middle Eastern lifestyle, culture, and historical sites prior to departure by visiting our Instagram account: AMIDEAST_EdAbroad. If you have an account, hashtag#AMIDEAST_Abroad and #Jordan while abroad for a chance for your photo to be shared! All credit will be given to the student.
6. Check out our AMIDEAST Alumni association webpage at www.amideast.org/abroad/alumni to access Arabic language resources and other useful information.

Arrival and Flight Information

In addition to the information included here, please refer to the Student Portal for more information regarding arrival in Jordan.

- **Arrival Time:** All students are required to arrive in Jordan between **8:00 am and 10:00 pm** on the day indicated "Students Arrive" on the program calendar in order to participate in the program's orientation.
- **Flight Information**: When you have booked your flight, please pass this information along to our staff by email to DocsEdAbroad@amideast.org so we can arrange for your airport pick up. If you do not send us your flight information **one month before your departure,** we will not be able to pick you up from the airport.
- **Arrival Transportation:** AMIDEAST will provide transportation from the Queen Alia International Airport (QAIA) to your accommodations if you arrive during the designated time frame.
- **Early Arrival:** If you arrive before the start of the planned arrival dates, you will be responsible for your own transportation from the airport as well as accommodation up to the start of the program. If you are arriving early please email DocsEdAbroad@amideast.org and let us know where you will be staying in Amman prior to the start of orientation.
- **Late Arrival:** Students **are not** allowed to arrive after the indicated arrival date. **Orientation is mandatory**. Please note that if you purchase a ticket arriving after the designated arrival date you will be asked to change the ticket to an earlier date.
- **Departure:** You should plan to depart Amman on **the day following the last day of your program** as detailed above. We strongly urge you to secure your tickets as soon as possible to avoid flight problems.
- **Departure Transportation**: AMIDEAST will also provide you with transportation to the airport at the end of the program if you depart on the date indicated as "Students Depart" on the

academic calendar. If you choose to say on beyond the end of the program, you are responsible for your own transportation to the airport and additional days of accommodation.

- If you plan to travel before the program starts or after it ends, please be sure to keep us informed so we know whether we are arranging for your airport transport.

VISA INFORMATION

Please visit the Learning Content section of your Student Portal account to print a helpful form with the most up-to-date information about obtaining a Jordanian visa. Non-US citizens should get a head start in contacting Jordan's embassy or consulate in their home countries, as visa and residency requirements may require fees and significant time to process.

ARRIVAL INFORMATION

Once you arrive at QAIA, you will need to exchange money to purchase a visa if you haven't already bought Jordanian dinar or purchased your visa in advance. We recommend you exchange at least US $100 (approx. 70 Jordanian dinars, or JD), as you may not have access to Jordanian funds for your first few days in country. After exchanging money, follow the signs demarcating the lines at Passport Control to purchase a visa, which costs 40 JD.

Once your visa has been purchased[2] and your passport has been stamped, another immigration clerk will enter your arrival information into a computer. Please be patient, as the line might move quickly or it might take a while. Be sure to have the address and phone number of the AMIDEAST office in Jordan as well as the orientation hotel with you when you arrive, as visa officers sometimes ask for detailed information about your plans in country.

Once past immigration, follow the baggage claim signs downstairs to get your luggage. While a monitor may indicate which luggage belt will be carrying the luggage from your flight, it is a good idea to look around and see where people who were on your flight are gathered. If in doubt always ask; Jordanians are generally friendly and willing to help! You may at this point be approached by a porter offering to help you with your luggage. You can always ask for their help, especially if for medical reasons you should not be carrying a heavy bag, but expect to tip them 1 JD for their help carrying your bag to the trolley. Before agreeing to their help, insist that they help you get the bags through to the arrival lounge. Porters can be very persistent; if you do not want their help, be polite but firm and say "no, thank you." The carts are available for your use for free — you do not need to hire a porter to use the cart.

After getting your bags, go through the customs area where your bags may be x-rayed and then head out to the arrival lobby. If you are arriving during the designated times, an AMIDEAST representative will be waiting for you there holding a sign with the AMIDEAST logo. If you go out and do not immediately find our representative, simply walk over to the Starbucks and wait. AMIDEAST staff will be tracking the status of your flight and will wait for you, even if your flight is delayed. Do not worry about being left at the airport. **Staff will wait for you**. Staff will also be tracking your arrival terminal and if someone is delayed it will probably be because the terminal was changed or the flight arrived early or late. Again, do not panic. Just wait and keep an eye out for our staff.

---

[2] NOTE: If you obtained either a single- or multiple-entry visa prior to arriving in Jordan, do not get in the line for purchasing visas. You should go to one of the counters to the left or the right of the visa counters.

NOTE: If you do not see staff when you first arrive, please first call the local Jordan staff (not DC as those in Jordan will be the best equipped to locate you): +962-77-6622664 (077-6622664 within Jordan)

If your luggage does not arrive, submit your claim *before* you leave the luggage area. To file a claim, you will need your luggage claim stickers that were given to you at check-in as well as a description of what your bags look like. Please make sure to keep your luggage claim stickers with you in your carry-on luggage. Do not worry about being left at the airport — we will wait for you in the arrival lounge.

If your flight is delayed, contact AMIDEAST immediately, especially if the delay requires that you take a new flight on the final leg of your trip to Amman. If you are delayed at any point on your trip, please call one or both of the following numbers giving as many details as possible, including your new flight number and expected arrival time. AMIDEAST staff will also be monitoring airline websites for any flight delays.

Numbers to call if your flight is delayed:

- **Between 3:00 pm and midnight (Eastern Time),** please call the AMIDEAST Washington, DC emergency line at: 1-202-412-8564
- **Between midnight and 3:00 pm (Eastern Time),** please call AMIDEAST staff in Jordan at: +962-77-6622664 (077-6622664 within Jordan) or +962-77-7227779 (077-7227779 within Jordan)

US Department of State Smart Traveler Enrollment Program

All students who are US citizens should enroll in the US Department of State Smart Traveler Enrollment Program (STEP) prior to leaving for Jordan. It is a free service provided by the US Government to US citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate. Once you enroll in STEP you can also subscribe to receive updates on Travel Warnings, Travel Alerts, and other information for Jordan. Please visit https://step.state.gov/step/ to register.

Orientation

AMIDEAST assumes that each student's home institution will provide an orientation covering relevant academic matters and health, safety, and security policies prior to departure. It is the sole responsibility of the student to be familiar with their home institution's relevant policies and information.

Upon arrival in Amman, AMIDEAST Education Abroad Program students participate in an in-depth orientation designed to introduce them to Jordanian culture and daily life and familiarize them with program logistics. The orientation combines structured informational sessions with organized activities. Topics such as safety and health, Jordanian family life, cultural adaptation, program regulations, participant responsibilities, and other essential information are all discussed during orientation. During this time students also meet their professors, receive final language placements, and become familiar with the program's IT environment.

What to Wear in Jordan

Though Amman may at first seem like a fairly liberal city, in many respects it is still rather conservative. What you wear can send messages to those around you, and some clothing that is quite normal in your home country might make your Arab friends and host family uncomfortable. Visitors from abroad can draw unwanted attention to themselves by wearing revealing, tight-fitting, or other inappropriate clothing. Even if your local friends wear these types of clothing without problems, a non-Jordanian does need to be more careful. The issue of clothing has the greatest impact on students identifying as women. Please also keep in mind that Jordanians tend to dress up, and wearing less-casual clothing in public (sweat pants, for example) is very uncommon.

Here are some tips on what to bring with you, specifically some clothing suggestions:

- *In General:* Jeans, khakis, trousers, or a long skirt, with cotton shirts, a sweater or sweatshirt, and comfortable walking shoes would be a good daily uniform. Tank tops and shorts are worn frequently in the US, but they would be considered inappropriate and disrespectful in most locations in Jordan.

- *Nice and Well-worn Options:* Bring a few relatively formal (but conservative) outfits as you may be invited out with your host family or Jordanian friends to a dinner or a wedding. Keep in mind that many Jordanians value dressing well, so clothing that you can wear out and that is also appropriate will be useful. Also bring a set of clothes you don't mind getting dirty in case you participate in community service projects.

- *Keep Warm and Dry:* While Jordan can be quite hot in the summer and fairly warm in the fall and spring, there will days when it is significantly colder than you might expect in the Middle East. Make sure you have a winter coat as well as a scarf, hat, and gloves. Bring a few sweaters and sweatshirts to ensure you keep warm both outside and *inside* the house. Central heat is not the same in Jordan as in the US, and most homes rely on space heaters. Jordanian houses are meant to keep heat out, so winter is hard because of how cold it can be inside. Students consistently comment that they wished they had brought warmer clothes and boots for staying warm. Students have also mentioned that it is important to have some waterproof clothes because drainage is poor in Jordan, and when it rains, you can get very wet. Be warned and be warm!



Snow and hail in the Sweileh neighborhood in Amman, late October 2013. Photo courtesy of BeAmman.

- *Culturally Appropriate Dress:*
    - Adult men and women rarely wear shorts in Jordan unless at a pool or beach. You should not plan on wearing them in your Jordanian home as it would be inappropriate to wear shorts in front of your host family and their guests.
    - No one should wear sleeveless, short, or revealing clothing, as this type of dress results in noticeably more unwanted attention and possibly harassment. Again, the greatest impact is on students identifying as women.
    - Jordanians can be quite fashionable, so most of the time, especially outside your home, you will want to maintain a neat appearance.
    - Keep in mind that if you will be living with a host family, how you dress and behave is a reflection not only on yourself, but also on members of your host family. No matter where you live, how you dress and behave is a reflection on all the members of the AMIDEAST community.
    - You will be commuting from your place of residence to AMIDEAST using mostly taxis but maybe various forms of public transportation (i.e., buses and collect taxis), and you will want to maintain dress and decorum in a way that best helps mitigate your discomfort.

- *Be Comfortable:* A hat is useful to keep the very strong sun off your head and to keep you cool. If your everyday walking shoes are not sturdy enough for more rugged terrain, please bring a pair of athletic shoes or hiking boots. Casual jewelry is fine, but keep your bling to a minimum. As with any valuables, bring only what jewelry you think you'll need or that you want to have with you for sentimental purposes.

PACKING LIST

Please make sure your luggage is sturdy and can withstand being thrown around. Below is a list of standard items to consider bringing with you to Jordan.

Carry-on Baggage Packing List:

- ☐ Passport (leave a copy of your passport with a parent or other trusted person)
- ☐ Contact information for AMIDEAST, including emergency numbers
- ☐ Contact information for academic advisor and study abroad advisor at home institution
- ☐ Phone numbers in case of lost or stolen credit card and/or debit card
- ☐ Debit and/or credit cards
- ☐ Computer or other electronics such as a camera
- ☐ Emergency cash
- ☐ Prescription medications for the first two weeks
- ☐ All valuable items you are bringing along
- ☐ Something to read/entertainment for the long flight!
- ☐ Extra change of clothes and a few changes of undergarments in case of lost luggage

Checked Luggage Packing List:

Medication & toiletries

- ☐ Prescription medications for entire stay with a copy of the written medical prescription and generic drug name. Make sure these are in their original containers. Also ensure that you check with CISI Insurance and your doctor to ensure that the medications you are bringing are *legal* in Jordan. **Do not mail** yourself medications as these will likely get held up in customs, and you will have to pay a lot of money to get them out of customs if you're allowed to take them at all. If you have any concerns about medications while you are abroad, please contact EdAbroad@amideast.org as soon as possible.
- ☐ Multi-vitamins or supplements
- ☐ Oral rehydration salts and anti-diarrheal medicine
- ☐ Sunscreen
- ☐ Travel-sized toiletries for your first few days until you have a chance to go to a supermarket. While nearly everything is available in Jordan, if you have a favorite brand of toiletry that makes you especially happy and comfortable, bring enough for the semester in case that particular thing is unavailable or very expensive. We also recommend that women who rely on tampons bring a semester's supply with them; brands are limited, boxes are small and expensive, and many stores carry only maxi pads.
- ☐ Eyeglasses/contact lenses (with lens solution). Saline solution is expensive in Jordan, but contacts can be obtained quite cheaply if you need replacements. Please bring your prescription with you.
- ☐ Students who use hair extensions should note that these are hard to find and very expensive in Jordan. If you think you'll need them, it's best to bring your own. It can also be extremely difficult to find hairdressers who know how to put them in, but staff will do their best to help.

Clothing (please also see "Notes on Dress" section below)

- ☐ Several cotton shirts, both short and long sleeved

- ☐ Pants or long skirts (mid-calf length or longer)
- ☐ 1–3 nice outfits for special occasions or for going out
- ☐ Underwear, bras, and socks
- ☐ Pajamas (bring one for the warmer months and one for cooler months, keeping in mind you also want these to be culturally appropriate)
- ☐ A sweater and/or sweatshirt — something warm for outside and inside the house!
- ☐ Comfortable walking shoes
- ☐ Light jacket
- ☐ Hat for sun protection
- ☐ Sunglasses
- ☐ Cotton bandana or scarf
- ☐ Bathing suit and cover up

Books & electronics

- ☐ 110/220V converter and adapter (consider bringing more than one)
- ☐ Small sturdy backpack or duffle/carry-all bag. Please note that most Jordanian university students don't carry backpacks. You may want to consider bringing a shoulder bag/satchel for day-to-day use.
- ☐ Pens/pencils and notebooks (will be available on site as well, but will be different than those you are accustomed to)
- ☐ Camera, memory cards, and batteries
- ☐ Travel size flashlight or headlamp
- ☐ Travel alarm clock
- ☐ For Arabic: 2nd Edition of *Al-Kitaab fii Ta'allum al-'Arabiyya* (Arabic book based on the level you believe you will be taking during the program). See the section called AMIDEAST Language Courses to know which book you will need.
- ☐ Arabic/English, English/Arabic dictionary (The Hans Wehr Arabic-English Dictionary is preferred)
- ☐ Guidebook

Other suggestions from past students:

- ☐ A laptop
- ☐ Small souvenirs or gifts for your host family and new friends
- ☐ Zip-lock bags
- ☐ Wet wipes
- ☐ Hairdryer, if needed (dual voltage with an adapter plug)
- ☐ Earplugs (if you're a light sleeper)
- ☐ Money pouch
- ☐ Durable, high-quality water bottle
- ☐ Favorite recipes
- ☐ Pictures of your family, friends, and university life (remember to choose those that will be considered culturally appropriate)
- ☐ Journal
- ☐ Slippers or flip-flops for wearing around your accommodations (most Jordanians don't walk around the house in bare feet)
- ☐ Address book
- ☐ Waterproof clothing (umbrella, rain boots)
- ☐ A windbreaker

- ☐ Note cards
- ☐ Small first aid kit
- ☐ Towels (available in Jordan, but some students prefer their own)
- ☐ Some students do bring their smart phones and turn off the data function so they can connect to Wi-Fi. Some students have also replaced their SIM card in their current phone with the card provided by AMIDEAST.

What NOT to pack:

- **Travelers' checks**: They are not accepted in Jordan, so don't bother bringing any. We suggest travelling with a small amount of cash and use ATMs to get local currency on demand. Credit cards are accepted in more places, but Jordan is still largely a cash-based economy. Again, make sure you've contacted your bank about traveling with your cards.
- **Clothes needing special care:** Dry cleaning is available and reasonably priced for most items, but it is much easier to deal with clothing that can be hand or machine washed. Your host mother may prefer to do your laundry; in this case, make sure not to give her things that need special care and hand wash those items yourself. If you do hand wash special care items, please be sure to be mindful about Jordan's scarce water resources and be sure not to be wasteful!
- **Clothing that is tight or revealing** (low cut, no sleeves, short, etc.): Generally, we recommend that you err on the conservative side.
- **Valuables:** Do not bring items that cannot be replaced or that you would be upset if lost or stolen.

Some more packing advice:

- Don't check anything you're not willing to lose; this includes cash, cameras, passports, jewelry, irreplaceable items, and breakables.
- Pack all liquid containers in sealable plastic bags in case they leak.
- Pack a carry-on with essential items that could get you through the first 48 hours in the event that your checked luggage is delayed or lost. If the airline demands that you check a carry-on at the gate, take the time to remove all valuables.
- If you do lose your baggage, keep in mind that most airlines require reports to be filed within 21 days of the date the luggage was lost. If you miss the deadline to complete a baggage report, the airline can deny your claim.
- Include a copy of your name and personal information, along with the AMIDEAST's contact information, inside your luggage, as exterior baggage tags can become separated from luggage.
- Prior to departure, determine your airline's specific luggage weight and carry on limitations, including quantity of liquids and size of containers you will be allowed to bring on the plane.
- **Less is more!** You will likely want to bring things back from your host country. Most students indicate that they brought too much with them. You will have a chance to donate gently used clothing and other items at the end of the program.

Departure Checklist

Before you depart for the airport, please be sure that you have the following items and have completed these tasks:

- Passport (valid for at least 6 months after expected departure from Jordan)
- Registration with home embassy (for US citizens, at https://travelregistration.state.gov)
- Insurance card and information
- Copy of passport left with family member
- Copy of credit and debit card left with family member (don't forget to call your bank and tell them you will be travelling so they don't block your card!)
- Bank information: make sure your card does not expire while you are in Jordan
- Emergency cash
- Jordan and Washington, DC staff contact information. Please leave a copy of this with your family and keep a copy for yourself during the flight.
- Baggage contains a durable name tag and adheres to airline weight requirements (see baggage considerations)

NOTES ON DRESS

- *AMIDEAST encourages both men and women to take extra precautions by dressing conservatively and being mindful of actions in public. Many students have found that it may help mitigate the frequency of harassment to adhere to standard cultural norms by dressing conservatively and to travel in groups whenever possible. Students identifying as women should keep in mind that just as in the US, you will very likely experience harassment no matter what you wear or who you are with. The brazenness of catcalling on the streets will likely be shocking for many students. A session of the on-site orientation is dedicated to harassment and strategies for dealing with it.*
- While students identifying as men typically have more flexibility in terms of what is deemed appropriate dress in Jordan, it is recommended that revealing clothing such as tank tops, muscle shirts, deep-V necklines, and shorts be avoided.
- Typically, we recommend that women's dress avoids clothing that is tight, clingy, or revealing. This can include, but is not limited to, skirts above the knee, sleeveless shirts, or clothes that are translucent.
- Using a scarf around the shoulders or neck is a simple way to add coverage to an outfit. While you may see others, including Jordanians, wearing clothing with less coverage, please keep in mind that the societal expectations and norms at play are different than those in the United States, and therefore the clothing that you might wear in the summer back home would not generally be considered appropriate in Jordan.





Here are examples of appropriate women's clothing:









- Skirts at least at the knee or longer (like maxi skirts) can be very comfortable in the hot months, and they certainly don't have to be frumpy.
- Erring on the side of caution is always best, and if you are unsure about the appropriateness of a particular article of clothing, it is best to leave it at home.
- It is appropriate to dress more conservatively when entering mosques or visiting rural areas.
- There is no need for foreign women to wear a *hijab*/veil (scarf on the head), but hair should be covered if visiting a mosque. Always having a scarf in your bag is a good idea. It can give you coverage in a pinch and is also good for heavily air-conditioned spaces in the summer.

Here are examples of appropriate clothing for male students:








Section II: Academics and Academic Policies

AMIDEAST Jordan Study Environment

All classes are held in AMIDEAST's center in Amman. The center is located in the Wadi Abdoun area of Amman and is located ½ kilometer walk from Abdoun Circle, where there are many cafes and

restaurants. It is also located approximately ten minutes by taxi from other popular neighborhoods such as Sweifieh, Shmeisani, and Jabal Amman. While the AMIDEAST center in Amman is not located on a university campus, there are many Jordanians who use this center for educational activities.

The AMIDEAST/Jordan center offers a number of different services to individuals and local organizations such as English language courses, professional training, entrepreneurship workshops and mentoring, scholarship opportunities in the US and elsewhere, management consulting and coaching, internationally recognized test administration, and educational advising and placement services. In other words, the AMIDEAST center is a hub for many different educational and training activities, not only Education Abroad Programs.

The AMIDEAST center is a large facility in a stand-alone building with a number of large and small modern classrooms, Wi-Fi access, two small lounge spaces dedicated specifically to Education Abroad students, staff offices, and a small, but growing, library of books specifically purchased for Education Abroad student use. The AMIDEAST center in Amman also has some computers reserved for student use. Although computers are available, AMIDEAST recommends that students bring a laptop if possible. Not only will you need to complete Arabic listening activities (using DVDs), recorded speaking activities, and to be able to complete homework outside of the AMIDEAST center, but you're going to want to use it for research, to stay in touch with folks at home, for entertainment, and so forth.

WHO WILL BE IN YOUR CLASSES?

All of the students in your classes will be other students on the AMIDEAST program. However, AMIDEAST arranges activities and contacts with Jordanian students in several settings:

- Language partners (Jordanian students with whom you can practice your Arabic in return for providing them with the opportunity to practice their English with you)
- Cultural dialogue sessions with Jordanian students
- Service learning projects in several fields
- At AMIDEAST where Jordanian students take classes (English, test preparation courses, etc.)

WHAT WILL YOU STUDY?

During your time with AMIDEAST Education Abroad Programs in the Arab World, you will be taking a total of 12–17 credits. Modern Standard Arabic (MSA, 5 credits) is strongly recommended, but is no longer required. Colloquial Arabic is required (3 credits during the semester and 1 credit during the summer program). In addition to Colloquial Arabic, you will also take as many area studies electives (3 credits each) as you need to remain a student in good standing, and depending on your requirements and preferences.

Students who test at the Intermediate and Advanced levels of Arabic may elect to take Media Arabic as one of their electives, with the permission of the Arabic Coordinator and course instructor. MSA meets for 5 hours per week and all other courses meet for 3 hours per week. You can view descriptions for the elective courses on our website.

Modern Standard Arabic (MSA) with AMIDEAST

MSA Level	Textbook	Coverage

Arabic 101	*Alif Baa* (2nd Edition); *Al-Kitaab*, Book One (2nd Edition)	All of *Alif Baa*, and Chapters 1-5 in *Al-Kitaab*, Book One
Arabic 102	*Al-Kitaab*, Book One (2nd Edition)	Chapters 6-13
Arabic 201	*Al-Kitaab*, Book One (2nd Edition) and local supplementary materials	Chapters 14-20
Arabic 202	*Al-Kitaab*, Book Two (2nd Edition) and local supplementary materials	Chapters 1-5
Arabic 301	*Al-Kitaab*, Book Two (2nd Edition) and local supplementary materials	Chapters 6-10
Arabic 302	*Al-Kitaab*, Book Three (2nd Edition) and local supplementary materials	Chapters 1-5
Arabic 401	Teaching Materials will consist of faculty-selected materials from around the Arab world. *Al-Kitaab*, Book Three (2nd Edition) will also be used, but not as a primary textbook.	N/A

WHO WILL BE TEACHING?

Area Studies courses in Amman are taught by a select group of professors from a variety of institutions in and around Amman. Like faculty on your home campus, they are a diverse group and may include both Jordanian and non-Jordanian experts in their fields. These lecturers possess a strong instructional experience in English-speaking environments. All faculty members have either earned post-graduate degrees from North American or European universities, or have spent considerable time at English-medium institutions as students, faculty members, visiting faculty, or visiting researchers.

Arabic classes in the program are taught by teachers working for the Qasid Arabic Institute, AMIDEAST's academic partner in Jordan. Qasid is one of the leading Arabic language teaching institutions in Jordan. The Institute began nearly 15 years ago as an organization primarily offering training in classical and Modern Standard Arabic for non-native speakers. Today it continues its high-quality programs and has added classes in colloquial Jordanian Arabic.

The word *qasid* is used to describe a path that is direct and smooth. This is the way the Qasid Arabic Institute believes the Arabic language should be taught. The term *qasid* is also used to describe an individual who strives forward with a direct, specific intention, and clearly defines the kind of student that Qasid attracts to its programs.

As the Qasid Arabic Institute's reputation has grown, its programs have made it the language institute of choice in Amman for embassies, international organizations, non-governmental organizations, and US colleges and universities seeking excellence in Arabic language instruction.

Please ensure that you bring a copy of *Al-Kitaab fii Ta'allum al-'Arabiyya* second edition textbook with you to Jordan. It is recommended that you also bring along your Arabic dictionary.

- Books are notably more expensive in Jordan and they are often unavailable.
- Please review the chart above to ensure you bring the appropriate version of *Al-Kitaab*.

- It is recommended that all students bring the following Arabic dictionary: Hans Wehr *Dictionary of Modern Written Arabic* edited by J.M. Cowan. While some of these will be available for use in the AMIDEAST Center library, it is recommended that you bring an Arabic dictionary that you are comfortable with.
- If you will be taking Arabic for the first time, you must purchase and bring both *Alif Baa* and *Al-Kitaab* Book 1, 2nd edition with you to Jordan.
- All students interested in taking Media Arabic must bring *Media Arabic: A Coursebook for Reading Arabic News* (Revised Edition), by Alaa Elgibali and Nevenka Koric. Paperback. 2014.
- For more information regarding required textbooks, please see the Student Portal.

Academic Culture

This is a serious academic program and as a result you should not expect it to be any easier than a term on your home campus — in fact, you may find it more academically challenging. Courses all assume that you will do a significant amount of work, at minimum 3–4 to hours per day, outside of formal classroom settings. Students consistently comment that this program is more rigorous than they were expecting, so expect a challenge!

While you should maintain the same standards for this academic program that you do for the courses at your home institution, the teaching styles, conditions, and approaches that you will encounter will inevitably be different than those to which you are accustomed. However, it is important that you do not undervalue the quality of the academic experience in your courses simply because they are not identical to those at your home institution. You should not let these differences negatively affect the rigor with which you approach your courses. In fact, the process of adjustment that you must make to accommodate these differences demands greater rigor, and this process will be a valuable part of your academic and intercultural experience.

At AMIDEAST, we craft our programs so that each component — from living situations, to courses, to excursions, to social and service activities — is tied into your overall academic experience. Therefore, to fully benefit from your experience you must treat each of these components as a learning experience.

Notes on MENA 390: Community-Based Learning

For students choosing to participate in the Community-based Learning (CBL) course with AMIDEAST, we want to take a moment to draw a distinction between this experience and that of an internship.

As a service-learning placement or volunteer position, your placement is intended to highlight classroom subjects through real-world activities that positively impact individuals and organizations in the wider community. An internship, in contrast, is designed to help a student develop their skills for post-graduation endeavors. The purpose of the CBL course is **not** to provide work experience for students, but rather for them to have the opportunity to interact with Jordanians in work environments. This opportunity provides a window into various aspects of Jordan's contemporary situation and Jordanian culture as they are manifested in the workplace, giving students greater cultural understanding.

AMIDEAST deliberately refers to the CBL work placements as community-based work placements, rather than internships, because of this distinction.

Program Excursions

Excursions are an integral part of the academic experience and are included in the program fee. The excursions are coordinated by AMIDEAST Jordan in conjunction with the program's academic staff and are led by an Education Abroad staff member. Organized activities are combined with free time to allow students to explore independently.

In past semesters, these have included excursions to northern Jordan, including visits to the Roman sites at Jerash and Ajloun Castle, an example of Islamic military architecture; one excursion to the Biblical sites of Mount Nebo, the baptism site, Madaba, and the Dead Sea; and an excursion to Petra and Wadi Rum. Details about the excursions will be provided by program staff in Amman during and after orientation. These excursions will provide you with a valuable, first-hand experience in different areas of Jordan to supplement what you learn from your courses and your experiences in Amman. While excursions are designed to be fun, their ultimate aim is to improve your understanding of Jordanian culture and society.

Reflection Period

All AMIDEAST Education Abroad Programs include a mandatory Reflection Period at the end of each semester program. Over the years we have found that at the end of the program, students often feel a great deal of excitement and anxiety about returning home. The Reflection Period has been designed to create the time and space for students to slow down, look back on their experience, and plan for their return home.

The purpose of Reflection Week is to provide you with opportunities to:

a) reflect on your academic learning in each of your courses
b) reflect on your intercultural learning in guided activities organized by program staff
c) have closure to your experience with
    - your classmates
    - the friends you have made in the local community
    - your host family
    - the places you have come to know and love

Logistics of Reflection Period

Prior to the final week of the program, all written work for courses will be turned in and exams for Arabic languages classes will be completed. Students will take their Post-program OPI (Oral Proficiency Interview) during the final week of the program. The last class period for your classes is intended to provide you with a time and space to reflect on your learning in the classroom and on the subject matter of your courses. In addition, there will be a series of activities throughout the week that give you opportunities to reflect on your experience over the course of the semester. These activities will focus on the more over-arching issues of intercultural learning and return home.

Note About Early Departure

As stated in the Student Agreement and Release, students must complete the program and remain at the program site until the end-date specified in the program's Academic Calendar. The Reflection

Period is considered part of the academic program and is mandatory. Early departures are not permitted, except under extraordinary circumstances.

Library Resources

AMIDEAST maintains a small but growing library in the Program Center for AMIDEAST students. The collection is focused on works to supplement assigned reading for the courses offered for each program. Other library resources are available to students at the American Center for Oriental Research (ACOR) and other institutes in Amman. By using the wireless internet available at AMIDEAST, students also may access the electronic holdings of their home institutions' libraries for research.

Proficiency testing and Arabic placement

AMIDEAST Education Abroad programs finalize Arabic language placements onsite. The placement process consists of two parts — an Oral Proficiency Interview (OPI) and a written placement test. All participants in AMIDEAST programs are required to take both the OPI and the written Arabic test. You must take and submit the written test prior to departure for Jordan. You should have already received information about this process in your Student Portal. The OPI test will happen on-site during Orientation.

The OPI can be a daunting experience. Everyone who takes the OPI feels like they have not done "well," because the purpose of the exercise is to push you to the limits of your oral proficiency in the language. Therefore, do not feel bad or like you have "failed" if you are not able to answer the questions at the end of the OPI — that is as it should be unless you are an educated native speaker.

During the first week of classes, teachers will pay special attention to the appropriateness of placements and, when necessary, students may be moved from one level to another.

In preparing for your time in Jordan, we ask you to spend time thinking about and setting realistic goals for language acquisition. As you may be well aware, Arabic is a challenging language, and, as such, students will learn a great deal during their time on an AMIDEAST program but will not be able to become fluent in one term. Although our Arabic classes are challenging, know that our Arabic instructors make efforts to be available for extra consultation.

Keep in mind that is possible that you will test into a level lower than you would wish. Please know that our Arabic teachers are well trained and want to place students in a class that will be an appropriate balance of being challenging, yet manageable. If there is a particular level that you need to test into, please make sure that you thoroughly review material covered in the previous AMIDEAST level prior to arrival.

Finally, as noted above, you will take the OPI again at the end of the program. You will not receive your OPI results (either the pre-program or post-program results) until you have returned home. At that time you will receive the outcome of both assessments so that you can measure the progress in Arabic language oral proficiency you have made during the course of the term.

ACADEMIC INTEGRITY

AMIDEAST requires that students demonstrate the highest standards of academic integrity. Standards of honesty and norms governing originality of work differ significantly from country to country. AMIDEAST expects students to adhere to the more stringent of the American and local norms.

Three important principles are usually considered when defining and demanding academic integrity. These stem from the fundamental tenet that a student should not present the work of another person as his/her own.

1. Final examinations, quizzes, and other tests must be completed without assistance from another person, without looking at or otherwise consulting the work of another person, and without access to notes, books, or other pertinent information (unless the professor has explicitly announced that a particular test is to be taken on an "open book" or "open notes" basis).
2. Use of another person's work must be documented in any papers, oral presentations, or other assignments carried out in connection with a course. This usually takes one of the following forms:
    a) If you are quoting directly from another's work, the usual form might be:
    As noted by Esposito (2005: p. 35-36): "The first four caliphs were all companions of the Prophet: Abu Bakr (reigned 632-634), Umar ibn al-Khattab (634-644), Uthman ibn Affan (644-656), and Ali ibn Abi Talib (656-661)."
    b) Or alternatively, if not including a direct quote, in the following way:
    Abu Bakr reigned as caliph from 632-634 C.E. He was a companion of the prophet, as were the three caliphs following him. These four caliphs are together referred to as the rightly guided caliphs. (Esposito 2005, p.35-36).
    c) If you are including information told to you by another person, a common form of documentation would be:
    While the colloquial forms of Arabic spoken in different countries across the Middle East and North Africa vary considerably, learning one of these forms will be very helpful in a student's efforts to learn Modern Standard Arabic, as well as other forms (Richard Allen, personal conversation, May 15, 2007).
    d) Of course, you do not need to document facts that can be considered general knowledge. For example:
    The Middle East is the home of the three great monotheistic religions – Judaism, Christianity and Islam.
    e) The general rule is that if you have to look something up, or if you learned it recently either by reading or hearing something, you have to document it.
3. The same written work may not be submitted in two courses, nor may a work for which you have already received credit in the United States be submitted to satisfy a requirement while studying on an AMIDEAST Education Abroad Program.

ACADEMIC POLICIES

For detailed information regarding policies regarding Grade Reports/Transcripts, Course Loads, Drop/Add Period, Withdrawal from a Course, Pass/Fail/Audit Options, and Appeals please carefully review the Student Agreement and Release. These policies are spelled out in detail and you will be expected to be familiar with them upon your arrival in Jordan.

Section III: While You Are in Amman

Program Staff

While you are in Amman, your program will be coordinated by several AMIDEAST staff members who work specifically on Education Abroad Programs. This staff coordinates all aspects of the Jordan Education Abroad Program, including orientation, housing, excursions, scheduling, student activities, and much more. Our AMIDEAST/Jordan staff will be an invaluable resource during your adjustment and adventure in Amman. To learn more about the in-country staff, please visit the AMIDEAST website.

Rules and Regulations

It cannot be stressed enough that you are a guest in Jordan. As such, we encourage you to think about your daily actions within the framework of a guest. You are expected to adhere to the terms of the Student Agreement and Release at **all** times during your stay in Jordan. Further, you are required to obey all directions given by AMIDEAST staff while participating on the program. Based on AMIDEAST's vast experience in the region, these have been put in place to ensure your safety and well-being and serve as a reference for appropriate standards of behavior while you are in Jordan.

We ask you to keep in mind that your actions represent not only yourself, but also affect the reputation of AMIDEAST as an organization, including program staff and fellow students (present and future). Ultimately, you are an unofficial ambassador for your country. The US Center for Citizen Diplomacy elaborates on this point by stating that:

> "Citizen Diplomacy is the concept that the individual has the right, even the responsibility, to help shape U.S. foreign relations, 'one handshake at a time.' Citizen diplomats can be students, teachers, athletes, artists, business people, humanitarians, adventurers or tourists. They are motivated by a responsibility to engage with the rest of the world in a meaningful, mutually beneficial dialogue."

Citizen diplomacy is one of the most effective tools of foreign policy, especially in the era of globalization and at this important time in the evolving relationship between the West and the Muslim world.

As a foreigner in Jordan, you may have a feeling of impunity or "being above the law." This attitude has dangerous repercussions, as you are always subject to the jurisdiction of Jordanian law and courts. Although the law is not evenly applied to foreigners and nationals, law enforcement agents have in the past arrested and continue to arrest foreigners in an arbitrary fashion (usually related to illegal drugs and political activity, though not limited to these two situations).

Extra-Curricular Activities

In addition to the academic program, the AMIDEAST Education Abroad Program in Amman offers a variety of extra-curricular activities. These activities are designed to acquaint students with Jordanian culture and society and create space for meeting Jordanian students.

AMIDEAST can assist in arranging and adapting volunteer projects to individual student interests to ensure a unique and educational service-learning experience.

LANGUAGE PARTNERS AND CULTURAL DIALOGUE SESSIONS

In each host country, AMIDEAST field staff recruits local students, young professionals, and participants in AMIDEAST English-language courses to act as language partners for semester/academic-year Education Abroad students. AMIDEAST Education Abroad students work with host-country peers to practice language and build cross-cultural friendships. Language partners are a core element of the Arabic language learning agenda of those programs.

During semester programs, Education Abroad students participate in structured dialogue sessions with carefully selected host country students. Held either in informal small groups or as larger speaker-led discussions, cultural dialogue sessions provide an opportunity for Education Abroad students to discuss cultural issues and interact with host country peers. AMIDEAST staff members strive to create a "safe space" for both Education Abroad and host country students to express their views and ask questions. These unique environments allow participants to broach topics that are not easily raised in day-to-day conversation. Some of the topics that may be discussed during these cultural dialogue sessions include perspectives on identity, marriage, politics, religion, and gender roles.

Students are required to attend AMIDEAST-arranged program functions, such as dialogue sessions, cultural activities, joint projects with other institutions, and field trips. The objective of these sessions is to connect you to Jordanian society and Jordanian peers and foster cross-cultural learning.

TRAVEL INFORMATION FORMS

Weekend travel, or travel on days when no classes or other Program events are scheduled, is permitted, provided the student submits the required Travel Information Form to the on-site AMIDEAST Education Abroad staff at least **5 days prior to the first day of travel outside the host country and 24 hours prior to travel outside the host city.**

The Travel Information Form must detail the following:

- An itinerary which includes city(ies) and country(ies) to be visited
- Complete and accurate contact information.

For more information related to the details of submitting Travel Information Forms, please refer to the Student Portal.

Prior to finalizing any independent travel arrangements, please be sure to review the AMIDEAST Travel Policy in your Student Portal account. Please note that if you plan to travel to a Level 1 or Level 2 destination, you must notify AMIDEAST staff two weeks (14 days) in advance of the first planned date of travel.

TIME MANAGEMENT

AMIDEAST cannot stress enough how important proper time management is during your time abroad. As mentioned previously, AMIDEAST Education Abroad runs serious academic programs and we expect all participating students to responsibly balance their work load with cultural exploration both in and outside AMIDEAST. In addition to rigorous academic courses and regular homework, AMIDEAST encourages all students to take advantage of the regularly planned extracurricular events and cultural activities.

Each term, AMIDEAST students struggle with finding the right balance of activities, and we encourage you to think proactively about this issue since effective time management is key in having a great term abroad. We suggest all students take a moment to read this article from the Mayo Clinic about utilizing time management tactics as a means for reducing stress: www.mayoclinic.com/health/time-management/wl00048. More thoughts on time management will be provided during the Pre-Departure Orientation Webinar.

GUIDEBOOKS

We strongly recommend that participants purchase a guidebook prior to departure. Selecting the best book is a personal choice and we suggest that you purchase one that you will feel most comfortable using. Some of our favorites include *Lonely Planet Jordan* and the *Footprint Jordan Handbook: The Travel Guide.*

AMMAN EVENTS AND USEFUL WEBSITES

- Jordan Tourism Board: www.visitjordan.com; http://www.jtb.com.jo/brochures/index.html
- Amman Snob: http://ammansnob.com/
- BBC, Country Profile, Jordan: http://www.bbc.com/news/world-middle-east-14631981
- Be Amman: http://beamman.com/
- The Jordan Times, English news site: http://jordantimes.com/
- Lonely Planet Jordan: www.lonelyplanet.com/jordan
- Ammon News English: http://en.ammonnews.net/
- US Department of State, Background Note, Jordan: www.state.gov/r/pa/ei/bgn/3464.htm
- World Health Organization: www.who.int/country/jor/en/
- UNDP Jordan: http://www.jo.undp.org\
- Official website for King Abdullah II: www.kingabdullah.jo
- A site managed by the US Department of State for Students studying abroad: http://studentsabroad.state.gov/

HOST FAMILY ACCOMMODATIONS

Most AMIDEAST students stay with Jordanian host families during their time in Amman. This gives students the opportunity to form personal relationships with Jordanians and participate in Jordanian family life.



Mansaf – the Jordanian national dish

You will find out your host family assignment upon arrival in Jordan. In almost all cases, you will be placed with another student on the AMIDEAST program so that two of you will be living with the same family. Living with a fellow study abroad student roommate allows you to bounce ideas off of each other during your cultural adjustment process and travel more easily to and from your home. Additionally, research has shown that pairing students with host families provides a more positive home stay experience. You will learn who your roommate is upon arrival in country.

Living with a host family will also require some adaptation on your part. For example, you may be sharing a room with a host family member of the same sex or a fellow AMIDEAST student, and you may not have the amount of private time, personal space, or independence that you are accustomed to having. You will also probably be expected to inform your host mother of where you are going and when you are coming back. There will certainly be differences in economic means among the families, so it may be difficult to make fair comparisons between your family at home or with other students' host families in Jordan. You will observe and experience many different aspects of life in Jordan, and you will be expected to be respectful and approach these experiences with flexibility and an open mind.

Please keep in mind that accommodations in the Middle East often vary significantly from those that you may be accustomed to. Homes may not have internet or satellite televisions, the heat may be kept at a very low level, and hot water may not be as plentiful as you are used to. **Students should not flush any toilet paper in Jordanian toilets**. Piping systems are old and can easily clog when toilet paper is flushed. Instead, deposit used toilet paper into a trash can beside your toilet.

Part of the study abroad experience will require students to expand their comfort zones in regards to the environment in which they are living. Keep in mind that although your host family may have some of these amenities, you will need to work with them to find the best way to use them. For example, you will perhaps need to ask permission to use the internet, let them know when and how often you might need hot water, and dress in cooler layers for hotter summer weather as not all families have AC, and certainly not central air.

AMIDEAST staff have carefully screened and selected your host family so that it is representative of Jordanian society. While around 96% of Jordanians are Muslim, the Middle East contains many members of religions other than Islam and AMIDEAST does not accept or reject host family applicants based on religion. Families from any religion will help students obtain a deeper understanding of the intricate make-up of the Middle East.

Jordanians speak Jordanian Arabic at home. Your host families will be able to understand your MSA until you learn the Jordanian dialect. Most host families also speak at least a little English, and especially at the beginning, will be patient with you until you are a little more confident using your Arabic. Do not worry about making mistakes as your family will appreciate your efforts to try to use the language. Be courageous and try speaking Arabic with them from the start! Most of the families have hosted non-Arab students before and will not think less of you for making mistakes. It is better to try and make mistakes than not try at all! In fact, making mistakes is a necessary part of the language-learning process.

Jordan is a family-oriented society. While living with your hosts, you will be expected to spend time with them and play an active role in the family. You are not a boarder, but a member of the family. As such, make sure to spend time with them, talk to them, and join them for family events as often as you can. Weekends can be an especially good opportunity to learn and enjoy Jordan with your host family.

In Jordan, children live with their parents until they get married and start their own families, so it is not uncommon for Jordanian households to include a number of adult children. Even after getting married and having their own children, the extended family remains very close. Regular visits and joint activities are normal. Do not be surprised to find members of the extended family often in the house. Most families will include you in at least some of the extended families' activities. Take advantage of these opportunities and join them!

While staying with your host family, three meals per day will be provided for you but you may have to prepare your own breakfast or dinner. Jordanian families may eat at least one meal a day together and sometimes more, depending on their schedule and needs. Based on your schedule, you may or may not be able to join them in family meals. Your food will, however, be available when you get home.

Lunch is the main meal in Jordan and commonly consists of rice with cooked vegetables and/or meat or chicken. Generally, families will share this meal together and it is often eaten between 1:00 pm and 3:00 pm. However, as children grow up, go to university, and start working, meal times are often altered as members of the family may come home at different times. Some families may either have a late lunch together or have dinner as a main meal. Many may not eat together at all during the week. Become aware of your family's specific routine and do your best to adapt.

Friday lunch is usually a special meal, and even families who do not eat together regularly are likely to share this meal. Extended family members may also be included. Your host family will know your schedule and will understand if you cannot eat lunch or dinner with them on a daily basis. However, especially on Fridays, try your best to be there and join them in a meal.

We want you to start thinking about issues of **flexibility** and **communication**, which will prove to be invaluable during your time abroad. Families who choose to host foreign students are often taking a risk; they are opening their home to outsiders, sharing the inner workings of their family, and often need to make large adjustments in order to accommodate student needs. Just as you will be attempting to adjust to life in Jordan, so too will your host family be trying to adjust to having you in their home.

It is not uncommon for students participating on our programs in the Middle East and North Africa to have a number of different dietary, religious, health, or other restrictions. Although we cannot

guarantee all specific requests, we will review your Housing Profile Questionnaire carefully to try to locate the most appropriate family for you.

Communication is essential to your host family experiences, particularly in the cases when things do not go as planned. If, for example, a family forgets on a certain day to remember some of your preferences, we encourage students to keep the situation in perspective and move forward using respectful communication to resolve issues. Sometimes families are unclear what exactly it means to be a vegetarian, keep kosher, or to have a low-sodium diet. Although the restrictions may be obvious to you, they may not be to the family. Our staff will help to facilitate the conversation regarding your restrictions by telling the family about them in advance, but if you find that problems arise we expect that you will take the initiative and speak with your family (to the best of your ability) to respectfully discuss any issues you are having.

Not all Jordanian families are willing to serve as host families, and those we have chosen to serve as AMIDEAST host families are truly unique. These individuals are going the extra mile to welcome you to their homes and share their country with you. Here at AMIDEAST, we expect our students to likewise go the extra mile by showing consistent respect to host family members. As you are preparing for your travels, please take some time to think about this issue. Know that our staff in Jordan is always there to assist you with concerns that you may have.

APARTMENTS

Some students elect to stay in furnished apartments. These are shared with other AMIDEAST Education Abroad students. Apartments are available only when there are at least two students of the same sex who indicate a preference to live in apartments. The apartments are fully furnished. While some apartments have sheets and towels available, students may need to purchase these once they arrive in Jordan. Students are responsible for their own personal hygiene items. Once in country, students are also responsible for purchasing cleaning products for the apartment. Those choosing apartments as a housing option will be responsible for buying and preparing all of their meals. Study abroad fees cover apartment rent and utility bills, but not food. Utilities include electricity, water, heating, and cooking gas up to 50 JOD.

While students who choose to stay in apartments will have more independence than those staying with families, they are still expected to respect cultural norms and building rules. Please keep in mind that the buildings you live in are family buildings. Neighbors can be annoyed and offended by behavior that falls outside of their cultural norms. Please be conscious of your behavior.

Remember to ask yourself, "is this behavior appropriate anywhere, but especially in Jordan?" Because you are a guest in the building, just as you are a guest in the country, we ask our students to strive to show respect to those who live around them. This is especially important if the landlord is living in the same building. Many landlords in Jordan feel responsible for tenants renting a furnished apartment from them. Respect this relationship. Being on good terms with your landlord can be very rewarding as they may take on the role of an adoptive family.

HOUSING TIPS:

- **There is a significant shortage of water in the region**; Jordanians are typically brought up to conserve water and take short showers, often turning the water off and on to soap and rinse. In addition, they do only full loads of laundry. Taking longer showers or using water carelessly

can lead to your building having water shortages. Municipal water comes once a week and fills a tank; once it runs out, that's it.

- **As in many other parts of the world, you should NEVER place toilet paper in the toilet.** While some apartments' plumbing may allow it, toilet paper will clog most toilets and cause you embarrassment! There is usually a small basket near the toilet for you to dispose of your toilet paper. Please do so considerately. If you are living in an apartment, please be sure to take it out daily.
- Buildings in Jordan are made of stone and are designed to keep cool in the summer. During the winter it will not be very warm inside. All apartments and host families have heating, mostly from space heaters. Don't expect it to be warm enough to walk around in shorts and t-shirts! You'll still have to wear sweaters/sweatshirts at home.
- Students should be wary of leaving windows or balconies open, as private behavior/dress can be seen by neighbors or from the street. Keep in mind that cultural norms about privacy differ in Jordan and Jordanians typically try to ensure that others cannot see into their homes by utilizing blinds and drapes.
- Successful housing placements are dependent in part on mutual respect and consideration between roommates. If any dispute arises that the roommates cannot resolve themselves, AMIDEAST staff will attempt to help them find a fair and equitable solution.
- Requests for a change in housing will be reviewed and acted upon by AMIDEAST staff on a case-by-case basis.
- Keep your host family and roommates in the know about your whereabouts. If you are going out, let them know when you will return.

Student Housing Policies

For detailed information regarding housing policies and related program-provided accommodations, please carefully review the Student Agreement and Release. These policies are spelled out in detail and you are expected to be familiar with them upon your arrival in Jordan. Further regulations regarding housing may be provided to you during the on-site orientation.

Telephone Access

Mobile Phones: AMIDEAST will provide you with a mobile phone within the first two days of arrival. These are pay-as-you-go phones, so you will need to immediately add money to the phone by buying a top-up card either from the mobile provider at a company store or from any supermarket that sells them. This may be used while you are in Jordan, and you do get to keep it at the end of the program. Money can be added to the phone as needed by purchasing prepaid phone cards, which are available at most supermarkets. You will be able to call home with this phone, although this option is more expensive than the other options available (see International Calls section). Most participants prefer to text each other and use Skype for international calls as these can be relatively expensive to make on the pay-as-you-go phones.

A smartphone will work in Jordan, but it will need to be set up for roaming and this tends to be rather expensive. If you intend to bring a smartphone, please make arrangements with your carrier before you leave home. You may be able to call and send text messages from your smartphone with the AMIDEAST-issued local phone line, but you will not be able to use most of the other features. Use of the internet on your mobile smartphone is very expensive and not recommended. Turning a smartphone on "airplane mode" and turning its Wi-Fi connection on can allow you to connect to internet in cafes or anywhere with a wireless connection free of charge. Like any valuable item,

students are encouraged to use their smartphone wisely and to maintain awareness of their surroundings to reduce the likelihood of theft.

If you have an unlocked phone, you can use it with the SIM card that AMIDEAST provides. Additionally, it is possible to go to a Jordanian SIM card provider and switch plans. Data plans in Jordan are relatively expensive, but still cheaper than in the US.

International Calls: You have several options to call home while in Jordan. One of the cheapest is to buy a prepaid calling card which allows you to call home from a landline or a mobile phone. Please make sure to ask your host family's permission before using their landline. There are several kinds of cards available at different supermarkets. Most will allow you 30 minutes of talk time for 2 JD. (Please note that not all homes, including student apartments, have a landline).

Calls can also be made directly from your mobile phone, but rates tend to be more expensive. Mobile phone international calling rates will be provided with the phone.

Skype can be used to call another user accessing Skype from a computer or smartphone for free. Another option is to use Skype to make calls from a computer to a US phone as rates are fairly cheap (www.skype.com). If your host family has an internet connection that you are allowed to use, you can place your call from your host family's home. Otherwise, you can use the computers provided for you at AMIDEAST (or bring your laptop and use our wireless internet connection). There are a number of cafes in Amman that also offer free Wi-Fi with any purchase, but this may be less reliable than the AMIDEAST center Wi-Fi.

Your family and friends can also buy calling cards in the US and call you. It is free to receive international calls in Jordan. A good site to use is www.callingcards.com. Please do not give your host family's land line number to your friends without their permission. Also make sure your friends and family are aware of the time difference, which is usually seven hours ahead of US Eastern Time.

Directions for Calling Internationally:

Calling the US from Jordan
001 + Area Code + Telephone Number

Calling Long Distance within Jordan
0 + city code + number

Calling Jordan from the US (for family and friends)
011-962 + city code* + number
*Amman city code is 6

INTERNET ACCESS

The student lounge in AMIDEAST's facilities has a few computers reserved for student use. Amman also has a large number of internet cafes that charge around 1 JD (approximately $1.50) an hour for use of their computers. Although computers are available, AMIDEAST recommends that students bring a laptop if possible. This is not a requirement. You may want to consider purchasing laptop insurance in case of damage or theft. Please note that Mac support is limited in Jordan. Students may either use the computers in the student lounge or bring their own laptops and use the network during working

hours (Sunday–Thursday, 8:30 am to 8:00 pm). If you do bring your laptop, many cafes have Wi-Fi available for paying customers.

Some host family homes may have internet access, but we don't require it and families are not obligated to allow students to use it. If your family offers, please use their internet with discretion. Wi-Fi is generally not as fast as it is in the US, is very expensive, and most plans still don't include unlimited data. Do not assume you can spend long hours online, download large files, or stream TV shows or movies, especially when using your host family's internet connection. Many plans can run out of data or simply start accruing charges for exceeding monthly allowances. In addition, the use of Skype requires a large amount of bandwidth and we ask that you be conscious of using Skype frequently in your host family's home.

If your host family does not have internet, you may consider buying a portable Wi-Fi hotspot from one of the local providers.

Please keep in mind that internet will not be as fast or as consistent as you are used to at home. Whether at AMIDEAST, at your host family's house, or at internet cafes, the internet connection in Jordan will be slow in comparison to internet in the US. Further, please keep in mind that you may not have access to free internet as frequently as you are used to at home. You should budget adequate funds to be able to pay for internet access periodically during your time abroad.

Electricity

Jordan's electricity supply is 220 volts/50 cycles AC. Sockets are generally of the two-pronged European variety, but there are several other sockets and plugs — especially the 13 amp square three-pinned plug — that are also prevalent. To be safe, bring a multi-country adapter. American equipment requires an adaptor, but rarely a transformer. Adaptors can be purchased prior to departure and in Amman.

You can check if your electronics or other items will work in Jordan by looking at the range of input voltages, usually found on the bottom in fine print on things like chargers. Some appliances, like hairdryers, will have a physical switch to change between voltages; make sure to flip this switch if present so you don't fry your stuff.

Time

Jordan is seven hours ahead of the east coast of the US (most of the year, as Daylight Savings starts and ends on different days in Jordan and the US). When it is noon in Amman, it is 5:00 am in New York. Jordan is either two or three hours forward of Greenwich Mean Time, depending on the time of year.

Receiving Mail in Jordan

You can use the following address for receiving **mail** when you are in Amman:

AMIDEAST Amman
Study Abroad
(Your name)
P.O. Box 852374
Amman, 11185 Jordan

Please note that mail in Jordan can be somewhat unpredictable. Mail may take as little as a week or as much as several months to arrive, or may never arrive at all. **AMIDEAST is not able to redirect letters and packages which arrive once the program has ended.** For **any** program length, we do not encourage you to tell family and friends to send you mail; it is likely to arrive after you leave.

We strongly discourage you from receiving packages from home while in Jordan. The customs department may charge you large customs fees on the packages. Payment of these fees can only be made at the Central Post Office in Downtown Amman, and you may have to pay for or claim your package at the airport. The customs charged are based on an estimated value of the contents, which is different from the value declared by the sender and may not be the content's actual value. Even packages sent through a courier service may be charged customs. AMIDEAST is not responsible for getting goods out of customs for you. Packages may not even arrive, so make sure that anything that is sent is not expensive or irreplaceable. **Please do not rely on having medications mailed to you while you are abroad.**

In case of an emergency situation in which you feel that a package needs to be sent, please see the Education Abroad Program Manager in Amman BEFORE the package is sent to you. Please make sure that your family and friends understand the challenges of sending mail to Jordan before you leave home. You simply may not get the package. If you do, you may have to pay exorbitant fees and invest significant time to pick it up.

Climate

While summer days can be quite hot in Amman (reaching an average of 95 ºF/35 ºC), the evenings can get quite cool. Spring and fall evenings can sometimes be as cool as 55 ºF/13 ºC. By mid to late October, the weather gets cooler, and winter can be surprisingly cold with a lot of rain and snow in Amman. Average winter temperatures are 50 ºF/10 ºC during the day and 39 ºF/4 ºC at night.

A light jacket or a windbreaker would also be useful in the warmer months at night, and a winter jacket is strongly encouraged for programs through the months of November to March. We suggest bringing clothing that layers well, so that the same items can be used during both the hot days and chilly nights.

Meals & Incidental Expenses

For those students who are staying with a host family, breakfast, lunch, and dinner will be provided by your host family during the week and on the weekends. On most days, your class schedule probably won't allow you to return home for lunch. Your host mother can leave food out for you that you can heat up, you can bring lunch from home, or you can eat out. Please make sure you communicate your lunch plans with your host mother on a daily basis so she knows whether or not to prepare food for you.

For students in shared apartments, all meals are the responsibility of the student. There are many supermarkets and small grocery stores throughout Amman. Students are able to cook in the kitchen in their shared apartment or purchase meals at restaurants.

Amman has many fairly inexpensive restaurants with a wide variety of choices. More of these are opening up in closer proximity to AMIDEAST (where your classes will be held), so it's becoming more convenient for you to find places to eat. However, most students find that it is inconvenient to leave the AMIDEAST center for lunch due to class schedules.

You will need to bring money (or have access to it through the use of an ATM card) for expenses during your time abroad. Some common personal expenses include transportation, cell phone cards, personal items, and any other incidentals you wish to purchase during your time in Jordan. While there are many ATMs in Amman, PLEASE NOTE that ATM machines are not available in smaller villages! If you decide to travel during the weekend, you are responsible for all expenses.

You should also expect taxi rides to be a significant incidental expense. Since you are not living on a university campus, you will usually need to take taxis from your host family or apartment to the AMIDEAST center and back each day. Taxis are much cheaper in Jordan than in the US, but you will literally take them everywhere. Please visit the "Costs" section of the AMIDEAST Education Abroad website to understand the estimated personal expenses for the program. You should have access to funds to cover these expenses while you are abroad.

MONEY/EXCHANGE RATE

The basic unit of currency in Jordan is the Jordan Dinar (JOD), typically called a "dinar" or "JD."

The exchange rate of the Jordanian Dinar to the US dollar is fixed at USD 1 = JD 0.71. However, do check exchange fees before changing money as these can vary based on the exchange location. Prior to departure, check with your bank about the charges they will apply when you withdraw money from an ATM outside the US. It is also essential that you inform your bank that you will be using your cards in Jordan so that they do not block your accounts as a result of unusual international activity.

One Jordanian Dinar is divided into 100 *piastres* (or *qirsh*) or 1000 *fils*. Although the *fils* no longer exists as a physical coin, you still see price tags in some shops quoting the cost in *fils*. For example, 0 750 means JD 0.75 or 75 *piastres*. However, when quoting prices, most Jordanians do not use *fils*.







http://www.kcshop.com/imagegallery/Jordan.htm

There are 1, 5, 10, 20, and 50 JD notes. As for coins, there are coins for 1, 2.5, 5, 10, 25 and 50 *piastres*.

Credit cards are accepted at most large restaurants, hotels, and shops. You can also use your ATM card to draw cash at any bank linked with your credit card network (check with your bank prior to departure) and most ATM machines. Again, check if your bank charges you a fee to withdraw money from an ATM outside the US as well as what exchange rate they use. Some banks do not charge international ATM fees, but most charge between $2.50 and $5.00 per transaction.

DO NOT bring travelers checks, as they are usually difficult to cash if you can find anywhere to cash them at all. They are not accepted as a form of payment. We recommend that you rely primarily on

your ATM card to access money. It is technically possible for an Academic Year student to get a bank account, but this can be challenging and is only practical if you are in Jordan for a truly extended period of time. If there is an emergency and you need someone at home to send you money, it is possible to have funds wired through Western Union.

General Business and Banking Hours

Friday is the weekly holiday when government offices, banks, businesses and academic institutions are all closed. Most businesses and banks are also closed on Saturday. However, some businesses may be open a half-day on Saturday and instead take a half-day off on Thursday. Department stores and supermarkets are usually open on weekends and have their own working hours and days off.

Government departments are generally open from 8:00 am to 3:00 pm. Banks are typically open from 8:30 am to 3:00 pm. Businesses and shops have differing working hours; it is generally a good idea to call and ask before going in the early morning or evening.

Budgeting

Amman is very expensive, and is often cited by statisticians and surveys over the past few years as one of the most expensive cities in the MENA region. While most American study abroad students initially find the cost of individual things to be fairly inexpensive, they quickly find that the daily cost of living adds up and can be comparable to that in many American cities. VATs, taxes on imports (which account for a lot of what you buy), and other factors account for much of this cost. On their home campuses, many students are on meal plans, pay for everything with an ID card linked to an online account, are accustomed to local student discounts, and use apps for most of their purchases. When in Amman and suddenly using cash every day in an expensive environment, it can be shocking to watch how money leaves your pocket. The amount of money you can expect to spend depends on your own personal interests and habits.

Program Fee

The AMIDEAST program fee includes:

- Pre-departure preparation
- Courses up to 17 credits
- All-inclusive orientation
- Housing (either with a host family or in a shared apartment)
- Most meals, if with a host family
- Three program-organized excursions, including one to Petra and Wadi Rum
- Supplementary lectures and special events
- Medical insurance, including medical evacuation and repatriation, and political and security evacuation coverage
- Program-supplied mobile phone for use while in Jordan (usage charges not included)

Additional Expenses

There will be additional costs that are not included in the AMIDEAST program fee, and you will need to budget for them from your personal funds. For more details, you can visit the "Cost" section of your program on the AMIDEAST website: http://www.amideast.org/abroad

Expense	Estimated Cost
Round trip international airfare	$1,300
Local transportation	$1000 per semester
Personal Expenses	$1,600 per semester
Entry and residency visas	$60 (or more, depending on independent travel)
Books and supplies	$100 per semester

- We encourage you to shop for flights early to get the lowest fares possible.
- Meals in Amman range from $2 (1.5 JD) for local food to $10 or more (7 JD or more) for nicer restaurants. Cooking at home with local produce will save money, but imported foods will cost more than eating locally.
- Here is a sample of estimated prices in Jordan for common items:
    - A 1.5 liter bottle of water — 0.50 JD ($0.75)
    - Shampoo — 3-8 JD ($4-$12)
    - Dress shirts — 10-20 JD ($12-$28)
    - A kilogram of tomatoes — 2 JD (~$3)
    - A box of cereal — 1 JD ($1.50) for local brands & 7 JD ($10) for imports.
- Many local supermarkets stock imported products at comparable prices to the West, and there are newer stores, such as Cozmo, whose prices are slightly higher than in the US.
- Taxis range from $1 to $5 depending on the length of the trip. **Please note that you should also expect taxi rides to be a significant incidental expense during your time abroad.** Since you are not living on a university campus, you will most likely need to take taxis from your host family or apartment to the AMIDEAST Center and back each day, along with many other places you may plan to go in the city.
- Students who are extremely cost-conscious can budget for as little as $300 a month, though students may find themselves spending upwards of $1000/month when including recreational

activities, weekend trips, and souvenirs.

Tipping & Sales Tax

Most hotels and restaurants will add a gratuity of 10% to your bill. However, they usually still expect you to leave a small tip according to the service you received. Since you have already paid 10% towards service, the tip can be 5% of the bill or less. Taxi drivers are generally not tipped, but it is customary to pay the nearest round figure to the price on the meter. It may be difficult to get change for large bills throughout the country, but it will be particularly hard in taxis. Be sure to carry plenty of small denominations and coins for taxis. Seriously — hoard your small bills and change.

There is a 16% sales tax on most items in Jordan, but keep in mind that many listed prices for services and food do not usually include this 16% sales tax. When paying a restaurant bill, expect that a 10% service charge and a 16% tax will be added. That's 26% — which is high. If you are not sure if tax is included, ask the shopkeeper.

Health, Safety & Security

Health and Travel Advisories

The Centers for Disease Control and Prevention (CDC) provide current information for travelers on their website: http://wwwnc.cdc.gov/travel. There are no vaccinations required for travel to Jordan, but the CDC does provide suggestions. We recommend that you consult your physician prior to departure for any supplemental advice.

The US Department of State's website (http://travel.state.gov/travel/cis_pa_tw/cis/cis_1149.html) is a source of current information regarding travel to Jordan, and we strongly suggest that you read it.

AMIDEAST requires that all students who are US passport holders register in the Smart Traveler Enrollment Program (STEP), a free service that registers your upcoming travel with the nearest American embassy or consulate. Please register using the following link and familiarize yourself with the program: https://travel.state.gov/content/passports/en/go/step.html/. Non-US citizens should register with their country's embassy or consulate in Amman.

The US Embassy in Amman is located very near to AMIDEAST in Abdoun, Al-Umawyeen St., Amman, Jordan.

Mailing address:	P.O. Box 354, Amman 11118 Jordan
Phone:	962-6-590-6000
Fax:	962-6-592-0163
Website:	http://jordan.usembassy.gov/

Insurance

As part of the program fee, AMIDEAST provides medical and evacuation insurance for all students through Cultural Insurance Services International (CISI). Once in country, AMIDEAST program staff help students deal with medical issues as they arise and have a list of recommended providers and hospitals both in the host city and in areas visited on excursions. Please review the brochures that are attached on your Student Portal so that you are aware of what is covered by CISI insurance. The information on the Student Portal also provides details regarding reimbursement for medical care. We recommend that you save these brochures in your personal files for reference while in your host country.

AMIDEAST staff in Washington, DC, will register you with CISI Insurance (you do not need to do this on your own). Approximately 2-4 weeks prior to the start of your program, your CISI Insurance card will be uploaded to the Student Portal. We recommend you print a copy of the card to bring with you to your host country.

If you need to receive a letter to verify your insurance coverage in order to meet a scholarship requirement, please write to DocsEdAbroad@amideast.org to request this. Please allow at least 10 days in advance of the deadline for the letter to be processed.

Staying Healthy: Before Traveling and In-Country

It is important to maintain good health when studying abroad. Becoming sick and spending days in bed can be particularly frustrating when you are far from home. You can prepare for your time in Jordan by reading about health risks and becoming aware of the dangers associated with the places you'll be visiting (see the Centers for Disease Control's Travelers' Health Website at http://www.cdc.gov/travel or the World Health Organization's Travel Health Information online at http://www.who.int/ith/en).

AMIDEAST provides a thorough **Health, Safety, and Security Guidelines print-out** in your Student Portal account. Please be sure to download and read this resource prior to your time abroad to learn about how to stay healthy during the program.

Health Services

AMIDEAST does not maintain its own on-site heath facility, health staff, or pharmacy. However, there are clean, safe, and well-equipped hospitals and clinics in Amman, as well as qualified doctors in all specialties. AMIDEAST keeps a list of private clinics and doctors and will provide students with recommendations as needed. AMIDEAST will assist students seeking medical care during their time in Jordan. Students and host families are provided with emergency telephone numbers for use should they become necessary.

Some General Thoughts on Dating and Relationships while Abroad

A number of students may already identify as lesbian, gay, bisexual, transgender, queer, pansexual, asexual, non-binary, or they may still be exploring their identity. In either case, students will find that the social climate, laws, and personal interactions in the Middle East and North Africa differ drastically from the United States. Jordan is heteronormative; there is no general concept of sexual or gender fluidity, and society is as patriarchal as anywhere else. LGBTQIA+ students face unique experiences and sometimes additional challenges during study abroad programs.

In some cultures (including many in the Middle East/North Africa) understandings of "gay" and "straight" do not exist, or do not carry the same importance as they do in places like the US. People involved in same-sex relationships in other countries may not see this as an identity. In addition, in many parts of the Middle East and North Africa, there are laws forbidding intimate same-sex activity, particularly for men. Jordan currently has neither an anti-sodomy law nor any laws referring to same-sex relationships between women, but every so often political and religious elites will target the LGBTQIA+ community, prominent activists, and businesses in the press, and threaten the application of laws related to the public morality of the state. That said, there is an LGBTQIA+ community in Jordan, space for its extremely subdued expression (but there is no Pride, and no one but a very few activists are out), and things like Grinder do exist and have thousands of users.

As anywhere and no matter how you identify, be mindful and use caution in any decision to pursue relationships while abroad, be very careful of your use of social media and dating apps, and engage safely in the behaviors to which you consent with another consenting adult. Even if one does not plan to have a sexual relationship while away, students should be informed about specific laws pertaining to sexual behavior and sexual orientation/gender identity.

Before departure we encourage **all** students to reflect on the culturally based ideas and definitions of gender and sexual identity. Some questions to consider before you depart are:

- What are the laws regarding sexual orientation and gender identity in your host country?
- Are issues of sexual orientation and gender identity openly discussed or more taboo in your host country?
- If most Jordanians live with their parents and family until they're married, what does that signal about boundaries between partners in a romantic relationship and widespread notions of sex outside of marriage?
- If there are particular taboos and norms regulating notions of gender and sex in Jordan, how might some Jordanians understand the potentials of romantic relationships with foreigners?
- What is the social attitude towards the LGBTQIA+ community in your host country?
- If you personally identify as LGBTQIA+, how open will you be about your sexual orientation and gender identity with your teachers, peers, friends, host family, and others?
- Why will it be important for you to understand political climate and consider your personal safety before confronting a different way of thinking about LGBTQIA+ issues?
- If you are open about your gender and/or sexual identity, consider that the culture of your host country might make you feel like you are "sent back into the closet." How might you manage this issue?

Overall, we encourage students to place their own personal safety and security as a top priority. While students identifying as LGBTQIA+ may face additional frustrations and difficulties as a study abroad student in the Middle East/North Africa region (or not, as binary heteronormativity dominates the public sphere to the extent that anything else isn't even on the radar for many people), it is helpful to view this differing cultural climate as a unique learning experience and useful insight into a differing way of life. Please feel free to talk to staff in DC prior to departure or on site if you have any questions about LGBTQIA+ issues and romantic relationships more generally.

Discrimination

Some Jordanians stereotype others more than may be common in your home culture. Stereotypes and direct comments are often directed at racial minorities and may not be meant in as prejudicial as they sound. However, like everywhere else, racism and discrimination can be a problem in Jordan. There are certainly negative, hurtful attitudes towards people who identify as LGBTQIA+, as well as people of color, and people with Asian features. It is important to note that not all Jordanians have these negative attitudes. Some simply have limited or no experience with people who are different from themselves, take their cues from Western media and entertainment, and repeat what they hear others saying.

<u>Sexual Orientation and Gender Identity</u>

The environment regarding LGBTQIA+ issues in Jordan is discussed under general health, safety, and

security notes above. It follows that LGBTQIA+ individuals in Jordan generally do not show affection in public and are not open about their sexual orientation with strangers, or even with close friends. Most people in the LGBTQIA+ community simply aren't "out." You should thus be extremely confidential about the identity of Jordanian LGBTQIA+ friends. You may also wish to be discreet about your own sexual orientation in public, as it is difficult to judge how strangers may react.

Racial Attitudes

Most Jordanians are genuinely curious about foreigners and may be quick to ask you to identify your race and background. Racial profiling of foreigners tends to be prevalent, and assumptions may be made about foreigners based on film, music, and other popular entertainment, which can lead to misunderstandings and misconceptions. As there is a sense that the United States is a country for white people, many Jordanians can be curious about Americans who don't fit this stereotypical image.

Students of color or those with Asian features have reported attitudes and behaviors that at times made them feel uncomfortable, embarrassed, and sometimes even unsafe. There is an added socioeconomic stigma in that Jordan has a large migrant labor force with a substantial number of domestic and service industry workers from Asian, Southeast Asian, and Sub-Saharan African countries, and the Sudan. These people are among the most vulnerable in contemporary Jordanian society. Students report that most incidences tend to be fleeting and innocuous enough that they can dismiss them and carry on. Nonetheless, you should be aware of the situation and exercise caution, particularly in new environments.

Exercise & Fitness

AMIDEAST does not have a gym or fitness equipment, and maintaining a fitness regimen in Jordan can be a challenge. The best options are walking as much as possible and joining a gym. After arriving in Jordan, interested students should talk to the in-country staff to understand the gym options and figure out which one is best for you. Running or jogging outdoors is not as common as it is in places like the US, and many students may find themselves targets of harassment while jogging, women more so than men. Our staff is also willing to help try to connect students with clubs that play sports or with language partners who might also play the same sport.

Water

For health reasons, AMIDEAST recommends that students NOT drink Jordanian tap water. Tap water is fine for brushing teeth and taking showers, but consumption should be avoided to prevent diarrhea and other bacterial infections. Bottled water is readily available, though you should always make sure that it is properly sealed. Do not swim in any fresh water or canals in the Middle East/North Africa or drink unfiltered water outside of major cities, as you risk contracting bacterial infections, hepatitis, and/or the parasitic disease schistosomiasis. Drinking lots of clean water, washing your hands regularly, avoiding sharing utensils or water bottles, getting enough rest, and keeping a positive attitude will go a long way toward keeping you healthy during your study abroad experience.

Safety and Security

AMIDEAST takes issues of safety and security very seriously and does everything in its power to assure that students have a healthy, safe, and secure environment. AMIDEAST's longstanding physical presence in Jordan has enabled it to develop an extensive network of contacts and a very positive reputation among Jordanians. AMIDEAST/Jordan's Country Director maintains close ties to the Regional Security Officer at the US Embassy and local program staff are included in the US Embassy warden network. AMIDEAST is a member of the Department of State's Overseas Security Advisory Council and also reviews other sources of information from international organizations, news media, and informal networks within the region.

AMIDEAST facilities are accessible only through controlled entrances that are guarded 24 hours a day. Local staff is able to simultaneously send out text messages (SMS) to all students' mobile phones to update them instantly on issues related to safety and security. Most of the staff members at AMIDEAST are Jordanian, and many have worked for AMIDEAST for years. They maintain a vital local network and contribute to the understanding of ongoing and developing situations on the ground.

While neither AMIDEAST nor any other institution or program provider can guarantee that accidents will not happen or that unexpected security situations won't arise, AMIDEAST does take these matters very seriously and continually monitors the local environment. AMIDEAST also continually updates safety and security procedures and has contingency plans in place to respond effectively should unforeseen events occur. Finally, a superb communications infrastructure links AMIDEAST's headquarters office in Washington, DC, with the local AMIDEAST center in Jordan, and key staff members are available around the clock to respond to emergency situations.

AMIDEAST advises all students to read the US State Department's Country Specific Information Sheet for Jordan (http://travel.state.gov/content/passports/en/country.html).

General Safety Tips

- Do not carry your passport with you (unless you are leaving your host city), but always carry a copy of your passport information page, along with another form of identification.
- Avoid mannerisms that draw attention to you: smiling directly at or making eye contact with new people as you walk down the street or speaking loudly in public. While these things may be normal and friendly in your home country, they could draw unwanted attention while in the Middle East.
- Traveling with a friend or in a small group is better than traveling alone or with a large group. Walking with someone else helps deflect approaches by people who might bother you, but walking in a large group may call more attention to you.
- If you are out at night, always walk with someone else. If you visit friends alone in the evening, ask them to escort you home or until you are in a taxi. Call them when you reach your destination to let them know you're okay.
- Always tell someone where you are going and when you expect to return.
- If you want to visit a new neighborhood, make your first visit during the day. Look at the map and note the nearest sources of public transportation and routes.
- When asking for directions, use common sense and approach people who seem non-threatening.
- Traffic accidents are the biggest risk to the health of study abroad students. Always stay alert as a pedestrian and make safe, informed decisions when crossing the street. Never assume a car will stop for you or steer out of the way. Stay on sidewalks away from the curb, and walk

facing on-coming traffic whenever possible. Remember that you can't be a situationally aware pedestrian if you're walking around listening to your headphones.

- Be aware of purse snatching, pickpocketing, and other thefts as they do occur in Jordan, even in broad daylight and especially in busy marketplaces and tourist areas. If someone threatens you and demands your belongings, give them up. Your safety is more important that your belongings.
- Never put your wallet in your pocket, whether in a backpack outside pocket or in a clothing pocket. Wallets in the back pocket of your pants make for an especially attractive target.
- If you have any concerns about the city, speak to AMIDEAST staff. Your safety is one of their goals, and as locals they will be able to give you more detailed information about areas you may want to avoid.

Safety in Taxis

Taxis are the most ubiquitous and efficient way to travel around Amman. Be careful when selecting taxis, and follow the tips below:

- You can hail a taxi from any location but you should always make sure you are in a safe place to get in the taxi from the street.
- Taxis range from $1 to $5 (0.5 JD to 3.50 JD) depending on the length of the trip. You generally don't tip a taxi driver, but it is customary to pay the nearest round figure to the price on the meter. It may be difficult to get change for large bills anywhere, but it will be particularly hard in taxis. Be sure to carry plenty of small denominations and coins for taxis.
- When riding in a yellow or silver taxi or an Uber or Careem, **women should not sit in the front passenger's seat** of the car.
- Uber and its local equivalent Careem are both good, but please be advised that the use of such services is legal on a fluctuating basis due to the authorities' fluctuating relationship with the taxi drivers' association.
- After getting in a taxi, make sure the driver turns on his meter (عداد); if he doesn't do this automatically, you can give a friendly reminder.
- Official street names and building numbers are useless for navigating in Amman. Taxi drivers will take you to your destination based on the district within the city followed by a well-known landmark (like a major restaurant, shopping mall, hotel, etc.); unless your destination is main road or intersection, be sure you look up ahead of time what is near your final destination. Also feel free to ask staff or your host family what might be a good landmark in the vicinity of your destination.

Crowds

Keep an eye on your purse, bag, or wallet, especially in crowded public areas such as at bus stations, crowded sidewalks, and markets.

- In crowds, keep your bags close to your person, either under your arm or by your chest.
- Backpacks aren't really used by adults in Jordan and should not be worn on crowded public transportation, as you will not be able to watch them. If you must wear a backpack, keep your valuables in a separate location and use a small combination lock on your zipper. You may wish to hold the backpack in front of you or over one shoulder to ensure that you can watch it at all times.
- Avoid carrying large bags during travel, as it will draw attention and attract pickpockets.

Public Gatherings

The Middle East and Jordan has a changing political climate, which can easily lead to protests, demonstrations, and strikes. Protests are of special concern for foreigners in Jordan. Students are required to stay away from public demonstrations and should always avoid areas prone to instability and disorder.

Alcohol & Drugs

Being a more conservative Muslim country, it is discouraged for Muslims to purchase or consume alcohol. If you do decide to drink, be mindful of the following:

- If you plan to drink, always drink in moderation. It is inappropriate to return to your host family's home intoxicated or smelling like alcohol. Please have a safe and viable plan for getting home and being sober any time you consume alcohol.
- If there is a group function where alcohol may be present, and you would like to invite your language partner or other Jordanian friends to attend, let them know there may be alcohol present.
- As anywhere, be careful where and with whom you drink, and always maintain a buddy system.
- Alcohol is extremely expensive.
- Most bad incidents that have happened on this program in the past have involved misuse of alcohol — which makes this environment not that much different from that on your home campus. Please be mindful of that, act accordingly, and look out for one another.

Do not use illegal drugs during your time abroad. Using illegal drugs is not only a health risk, but also puts you at risk for arrest:

- The ramifications of using illegal drugs abroad (i.e., weed, hash, any non-prescription pills or prescription pills in a non-prescribed way, etc.) can be very serious, and a home government cannot get a citizen out of jail overseas if he or she has been convicted of a drug offense abroad.
    - Jordanian officials have been cracking down on those using illegal drugs or those suspected of using illegal drugs. Suspects have had their entire homes searched. In some cases where illegal drug use is found at a party, all party attendees are arrested and given blood tests. If suspects test positive, even if the illegal drug use occurred outside of Jordan (i.e., students who use marijuana legally or not in the US need to be especially mindful), they have been fined and done jail time. It is important to be aware of your surroundings, who you're hanging out with, and to avoid illegal drug use during your time in Jordan.
- Illegal drugs can be tainted or contain substances other than those advertised, and taking them can lead to an overdose or worse.
- Misuse or abuse of prescription drugs is dangerous. Do not respond to the stresses of adjusting to a new culture by taking more than the prescribed dosage of either your own psychological medication or drugs prescribed to another student.
- The social and cultural consequences of using drugs can be different in a foreign country. This behavior may be viewed negatively by your new acquaintances abroad. Drug penalties in Jordan are strict, and Jordanians view illegal drugs much more harshly than Americans as a result.

Money Safety

- Do not handle or display large quantities of money — Jordanian Dinars or dollars — on the street. Retrieve from your wallet or pocket only the amount of money needed.
- Be discreet with credit cards, jewelry, and electronic devices.
- Exchange small amounts of money frequently rather than large amounts all at once. You will get the most current exchange rate and will be less of a target.
- Never carry more money than you immediately need or than you can afford to lose.
- If you need to carry substantial amounts of money, wear it under your clothes in a concealed money belt or pouch.
- At home, lock your money and credit cards in a suitcase in your room, and be discreet with money around your host family. Even if you trust them, you may not be able to trust visitors they have while you are out.

Exchanging and Withdrawing Money from ATMs

- Bring your passport with you when exchanging money because you may be asked for it.
- Avoid exchanging or withdrawing money when it is dark outside.
- Do not call attention to yourself by speaking loudly when dealing with money.
- Count your money before stepping away from the exchange counter. Use your cell phone calculator to figure the exchange rate and be sure you received the right amount of money.
- Most exchange offices are licensed only to exchange, not to perform other banking functions.
- Bring new, clean, and crisp dollar bills. Jordanian banks and exchange offices rarely accept bills that are old, torn, or have any markings on them.
- ATMs in Jordan typically accept Visa, MasterCard, Cirrus, Plus, and NYCE. ATMs dispense money only in Jordanian Dinars.
- Do not rely entirely on your ATM card for retrieving money. Have some cash you can exchange if your ATM card is not working.
- Make sure your ATM card will not expire during your time abroad. If it seems that it will, call your bank ahead of time and request a new card early.
- Alert your bank that you will be going overseas; they may put a block on your card if you do not let them know and they see foreign transactions.

iJET and Your Safety/Security

To further enhance our access to up-to-the-minute information in crisis situations, AMIDEAST contracts with a company called iJET: Intelligent Risk Systems, which offers certain services directly to our students as well. iJET's mission is to protect international travelers by using technology and intelligence.

All students on AMIDEAST Education Abroad Programs are able to access the iJET website for background information on their local community and other places they may be visiting. Detailed information about iJET and the services available will be communicated shortly before your departure for Jordan. Prior to departure you are required to register with iJET on-line. During your time abroad any travel outside Amman must be registered with iJET as well. Full information about the registration process will be sent to all students by email about 10 days prior to departure to the host country.

Section IV: Background Information

AMMAN

Your program is based in Amman, the capital of the Hashemite Kingdom of Jordan, situated in the northwest of the country. Inhabited by several civilizations starting around 8,500 B.C.E., it is an ancient city facing distinct modern challenges, thus making it an exciting place to live and study. Originally built on seven hills, Amman has expanded in size and population from a quaint, sleepy town at the close of World War II, to the bustling, multicultural metropolis it is today. With nearly 6 million inhabitants, Amman is also the largest city in Jordan.



http://en.wikipedia.org/wiki/Amman

While the majority of Jordanians are Sunni Muslim, there are many ethnic and religious minorities living among them. About 4% of Jordanians are Christian, other Jordanians belonging to religious minorities include adherents to the Druze and Bahá'í Faiths. Many Jordanians are of Palestinian origin, even if they hold Jordanian passports. Others are Circassian, Chechen, or Armenian. Jordan is also a host to other nationalities with a significant number of Palestinians, Syrians, Egyptians, and Iraqis.

JORDANIAN SOCIETY & CULTURE

Characteristics of Jordanian society, such as an emphasis on family, religion, gender roles, and honor, are reminiscent of those found elsewhere in the Arab world. Life still revolves around the family, and people have many duties and obligations to both their immediate and extended family members. Nuclear, and sometimes extended, families occupy the same house, and children continue to live with their parents until they are married. Religion plays a major role in daily life, with the call to prayer coming from every mosque five times a day. Civil law is based on the Napoleonic Code and family law is dictated by separate religious authorities for Muslims and Christians. Jordanians view the roles of men and women as distinct and complementary. Though this divide is fading due to urbanization and the greater economic security that comes with two incomes, women are still traditionally seen as housekeepers and men as breadwinners.

As you prepare to live and study in Jordan, you should reflect on the fact that a significant proportion of the Jordanian population is of Palestinian origin. They, and indeed virtually all Jordanians, are dedicated supporters of the Palestinian cause. Many harbor anti-Israel (and even anti-American) views. While Jordan and Israel signed a peace treaty in 1994 and have an open border, virtually all Jordanians have very strong views on Israel and the predicament of the Palestinians. It is common for Jordanians to hold Israel responsible for what they view as expropriation of Palestinian land for Israeli settlements in the West Bank. They also hold Israel responsible for violence against Palestinians both in Gaza and the West Bank. Many Jordanians also have negative views of the US government because of what they regard as its total support for Israel, as well as the US involvement in wars in Iraq and

Afghanistan. Bear in mind that the last several years, marked by uprisings, counterrevolutions, and civil strife across the region, have been very difficult for Jordan in numerous ways. Many Jordanians have American family members, most are extremely friendly towards Americans, and differentiate much better than Americans can between a country's policies policy and its citizens.

You should also keep in mind that your fellow AMIDEAST students may themselves have a variety of very firmly held views on these topics. You may very well disagree with some of them, sometimes strongly. We would encourage you to be conscious of the fact that these are extremely sensitive issues in Jordan, and be cautious when discussing them, remembering that you are a guest in Jordan.

Things to Keep in Mind

- Ideas about family and reputation relate to your stay in Jordan: you can earn respect for yourself by upholding your best behavior, but you can harm the reputation of Jordanian friends and associates if you behave inappropriately (e.g., appearing intoxicated in public or visiting a member of the opposite sex alone).
- While you may have differing views from those with whom you live and study, you should always approach any discussions of international affairs and politics in Jordan, both with Jordanians and with your fellow AMIDEAST students, with respect.

JORDANIAN & MODERN STANDARD ARABIC CHART

Below is a short chart to introduce you to the basic differences between Modern Standard Arabic and Colloquial Jordanian Arabic. Studying these differences will help you adjust to speaking Arabic in Amman. Colloquial Jordanian Arabic will be discussed during orientation and will be taught throughout the program.

English	MSA (transliteration)	MSA (Arabic script)	Jordan (transliteration)	Jordan (Arabic script)
Hello	Ahlan	أهلا	MarHaba	مرحبا
Yes	Na3am	نعم	Aiwa	ايوا
No	La		La	
OK	Hasanan	حسنا	Mashee	ماشي
God willing	In sha allah	إن شاء الله	In sha allah	إن شاء الله
Excuse me. (to get attention)	Law samaHt	لو سمحت	Law samaHt	لو سمحت
Excuse me. (to get past)	IsmaHlee	إسمحلي	Law samaHt	لو سمحت
May I/Do you mind?	Hal timna3	هل تمانع	Mumken	ممكن
Sorry	Asif(a)	آسف(ة)	Asif(a)	آسف(ة)
How are you?	Kayfa halak(i)	كيف حالك(ي)؟	Keef(ak)(ik)	كيفك

Fine. And you?	Hasanan, Wa inta(i)	حسن. و أنت)ي(؟	Mneih, Wa inta(i)	منيح و أنت
How much is this?	B'kem howa hatha	بكم هذا؟	Qadaysh?	قديش؟
Where is the….?	Ayna al	أين ال– .....؟	Wayn al .....?	وين ال...
Where are the toilets?	Ayna al hamam	أين الحمام	Wayn al hamam	وين الحمام
Do you have change?	Ma3ak fakah?	معك فكة؟	3andak fakah	عندك فكة
Can I take a photo (of you)?	Yumkoonani tasweerak?	يمكنني تصويرك؟	Momkin asawarak?	ممكن اصورك
Turn right	Lif yameen	لف يمين	Lif yameen	لف يمين
Turn Left	Lif Yassar	لف يسار	Lif yassar/ Lif shamal	لف يسار/ لف شمال
Go straight ahead.	Ila al-amam	إلى امام	Seer doghri	سير ضغري
What is your name (male)?	Ma ismak	ما اسمك؟	Shoo Ismak?	شو إسمك ؟
What is your name (female)?	Ma ismik	ما اسمكِ؟	Shoo Ismik?	شو إسمك ؟
My name is…	Ismee…	اسمي	Ismee…	اسمي
I am from…	Ana min	أنا من	Ana min	أنا من
I am a student.	Ana talib(a)	أنا طالب)ة(	Ana talib(a)	أنا طالب)ة(
Everything is good/ok.	Kul shay' be kheir	كل شي بخير	Kul shay' tamam	كل شي تمام
No problem.	La moshkilla	مشكلة	Mish moshkila	مش مشكلة
Vegetarian	Nabitee	نبتي	Nabitee	نبتي
Allergy	3andi Hasasiya li	عندي حساسية لِ	3andi Hasasiya li	عندي حساسية لِ
Help!	IlHaquni	إلحقوني	IlHaquni	إلحقوني
Water	Ma'a	ماء	My	مي
Food	Ta3am	طعام	Akil	أكل
I would like…	Oureed	أريد	Biddi	بدي
Do you speak English?	Hal tatakalam alengilizee	هل تتكلم الانجليزية؟	BitiHki engilizy	بتحكي انجليزي
I speak only a little Arabic?	Atakalam Al 3arabi qaleel	أتكلم العربية قليل	BaHki 3arabi Shway	بحكي عربي شوي

I don't understand.	Ana la afham	أ أف مم	Ana mish fahim	أنا ميش فهم
Please	Min fadlik(i)	من فضلك	Min Fadla(i)k	من فضلك
Thank you	Shukran	شكرا	Shukran	شكرا
You're welcome	Afwan	عفوا	Afwan	عفوا
Welcome!	MarHaba	مرحبا	Ahlan wa sahlan	أهلا وسهلا
Good morning.	Sabah El Kheir	صباح الخير	Sabah El Kheir	صباح الخير
Good evening.	Masa'a El Kheir	مساء الخير	Masa'a El Kheir	مساء الخير
Goodbye.	Ma3 salama	مع مة	Ma3 salama	مع مة
Nice to meet you.	Tasharrafna	تشرفنا	Ahlan wa sahlan	أهلا وسهلا
Let's go!	Yalla	!	Yalla	
Congratulations!	Mabrouk	مبروك	Mabrouk	مبروك
Where are you from?	Min ayn inta (inti)	من أين أنت؟	Min wayn inta (inti)	من وين أنت؟

Social Events & Activities

Jordanian social events range from intimate gatherings at home to public outings. Invitations for visits to Jordanian homes should be readily accepted, as you will be treated with great hospitality. Generally, you will be invited for a meal, though you may also experience an invitation just to "be together." Tea and coffee may be offered, along with *argeela* (water pipe/hookah) for a few hours of pure socializing and talking.

Jordanians also socialize by going to public parks, strolling along Rainbow or Wakalat St., visiting malls, and engaging in many other activities that are also common in the West. As is true in many Arab countries, Jordanians love sitting in an *'maqha* (café) drinking tea and smoking *argeela*, preferably while watching a soccer match on television (Manchester United, Barcelona, or Real Madrid).

Religion

Approximately 96% of Jordanians are Muslim and 4% are Christian. As you will encounter people from both religious faiths during your time in Jordan, we suggest that you become familiar with religious etiquette. Keep in mind that students may live with either Muslim or Christian host families.

Throughout your time in the country you will be exposed to many aspects of the daily practice of Islam. From hearing the call to prayer five times a day, to seeing women wearing the veil, to hearing a recording of the Quran in shops, you will be immersed in aspects of Muslim religious culture. If you visit a mosque, appropriate dress is essential; bare shoulders and shorts are inappropriate, and for women, the head must be covered.

More common than visits to mosques will be your presence around people who are praying. In Jordan, like many Muslim countries, not everyone goes to the mosque for prayers, as it is acceptable to pray at home or at work. You may see many people stop in the middle of activity to pray. General etiquette requires that you do not disturb people praying; do not talk loudly or walk in front of them. You will also hear the Call to Prayer five times a day. While this may take some getting used to, and might wake you up at dawn your first week in Jordan; remember to be respectful when discussing it or referring to it with your Jordanian friends.

You will also meet many Jordanian Christians during your time in Amman; you may even live with a Christian host family. Jordanian Christians are Arabs, and will have as much to teach you about Jordanian culture as Jordanian Muslims. The Middle East is where Christianity was born. Jordanian Christians are not the result of Western influence or the work of missionaries in the region, as many visitors believe. Many take pride in being descendants of the earliest Christians.

People of both religions see their faith as part of their identity, even if they do not actively practice their religion. Because of this, you will be exposed to outward displays of both religions throughout your time in Jordan, including the use of many phrases with the word Allah (the Arabic word for God for both Muslims and Christians).

In general, students are expected to be respectful of all religious and cultural differences. The staff in Jordan will discuss this with you during orientation, and will — throughout the term — point out if your behavior is inappropriate.

Social Relations

Rules, both formal and informal, governing social interactions vary substantially depending on the circumstances. Though foreigners are sometimes "exempt" from traditional customs governing social relations, it is still best to observe how Jordanians interact among themselves to get an idea of what is appropriate.

Relations between men and women, even when a foreigner is involved, are still subject to public scrutiny in Jordan. A large segment of Jordanian society still values traditional gender roles, and interactions that may be common between members of the opposite sex in your home country may be considered offensive in Jordan. Still, people from certain class levels and with certain personalities may be comfortable with social relations as practiced in the West. Your interactions with Jordanian society depend largely upon how well you know the person and the specific situation.

Same-sex friendships in Jordan are generally more intimate, even in public, than in the West. Same-sex friends will make intense eye contact, smile, and touch, while greeting each other with a kiss on the cheek and a long handshake. Same-sex friends will often walk hand-in-hand or arm-in-arm in public; this should not be interpreted as romantic behavior. If a Jordanian friend treats you in this fashion, it generally means that you are viewed as an equal and accepted as a friend.

Mixed-sex situations can be complicated, and rules depend exclusively on how familiar you are with the person and the specific circumstances. Well-educated Jordanians who have traveled extensively are more likely to have a relaxed approach and are unlikely to misinterpret the meaning of your actions. On a formal level, mixed-sex relations may appear somewhat distant and conversations may seem impersonal. Take your cue from Jordanians you meet about handshakes, eye contact, and other

boundaries; if in doubt, talk to program staff.

Women should keep in mind that some, but certainly not all, Jordanian men may approach and pursue foreign women, in part because they may assume that sex or marriage is a possibility. These assumptions are based on a limited understanding of Western women, due partly to portrayals in the media of sexual freedom in the West or observations of women tourists who drink alcohol and wear clothing that would be unacceptable for Jordanian women to wear. Some Jordanians may also see marriage to a foreigner as a passport (literally and figuratively) to a more affluent life.

Dating practices in Jordan differ significantly from those in the West, but there are also many variations within Jordanian society. Only a very small minority of Jordanians consider it proper for young men and women to socialize on a one-to-one basis. Couples get to know each other by spending time in groups and in public venues; this often includes activities such as going to movies, cafes and restaurants, going to social clubs, or taking walks.

Couples are not usually recognized as such until their families have met, often reaching an agreement for marriage. Intimate time in a private setting, such as an apartment or house, is not common even among the wealthy and Western educated. Rarely will unmarried couples spend the night together, unless one of them is not Jordanian, and this would offend neighbors' sensibilities, and the couple (especially the woman) may experience reprisals from the doorman or landlord. Intimate or affectionate behavior, such as kissing, is not seen in public, and bystanders will respond negatively. Holding hands has become more common among young, engaged or serious couples in Jordan, although usually only in certain locations where the atmosphere is more liberal.

Things to Keep in Mind

- As with any kind of relationship, please approach opposite-sex relationships with caution at first, until you understand acceptable behavior. Observe how the Jordanians around you behave, and follow the lead of your Jordanian same-sex peers, or discuss with program staff if you have questions.
- Foreign men should act more reserved in the presence of Jordanian women, as too much attention may be misinterpreted (as interest in marriage or sex) and compromise a woman's honor and reputation.
- Foreign men should not approach or converse with Jordanian women if they have not been properly introduced. As long as male students understand the social distance that exists between men and women and avoid behavior that suggests familiarity or intimacy, they should not experience any problems.
- A foreign woman who starts a conversation with an unknown Jordanian man — for purposes other than bargaining, academic work, or business transactions — may run the risk of having her behavior misinterpreted as openness to a sexual advance or interest in marriage.
- You will not be subject to the same dating rules as the most conservative classes of Jordan, but you should be aware that not all practices in the West are acceptable in Jordan.
- Interactions in public, whether between foreign men and women or with Jordanians, should conform to Jordanian standards of conduct.

Important Notes for Women Students

Important issues faced primarily by women students will be discussed in greater detail during the on-site orientation, but we ask that you be familiar with this section before departure.

Jordan is a conservative society in which women do not enjoy the same level of social freedom as men. Most Jordanian women do not stay out late at night or travel alone. At the same time, many women work and are active in politics, business, and community development. Foreign women living in Amman are not expected to follow the same social customs as Jordanian women, but you should be aware of these differences. Foreign women should also be cautious when befriending or dating Jordanian men, keeping in mind the aforementioned information about relations between men and women in Jordan.

While Jordan is generally a safe country with a low crime rate, gender-based harassment is commonplace and increasingly recognized as a problem by Jordanians. Forms of harassment can include catcalling, whistling, staring, making lewd comments, pursuing women on the street, and occasionally groping them. Women may be more likely to experience persistent gender-based harassment than men.

Things to Keep in Mind

- There is little you can do to avoid harassment completely, because it is not a function of the victim's behavior, but rather a result of normative gender roles and hierarchies. However, dressing respectfully and avoiding eye contact on the street might help mitigate the instances and severity of harassment.
- Avoid walking alone, especially on empty, dimly lit streets at night.
- If you are verbally harassed, you should ignore the harasser, and talk to program staff if you are having issues. If you are groped, however, you should shout and publically indicate that the man has touched you. Someone will likely intervene, and there have been recent well-publicized cases where the harassers were sentenced to long jail terms when the victims pursued the cases. Please be sure to report to our staff if you are involved in any incident such as this.

Making Local Connections

Amman is a cosmopolitan city with residents of many nationalities. Though foreigners often find it easier to make friends with fellow expatriates, making Jordanian friends is the best way to really learn about Jordanian culture and society. International students sometimes say it is difficult to make friends with Jordanians, whether due to cultural misunderstandings, differing perceptions of friendship, or language difficulties. There are many opportunities to make friends with Jordanian students, however, and one failed attempt should not discourage you from being open to new friendships. As in any country, there may be a certain segment of the population that may wish to become friends with you for less than desirable reasons, but this is not true of the vast majority of the people you will meet. Many will be eager to become friends with you to learn more about your culture, interests, and life.

While it may take more effort and time to build a friendship with a Jordanian, once the friendship is formed, it tends to be closer than the average American friendship. Friends are there for each other, support each other, and see and talk to each other frequently. In the context of Jordanian culture, the bond of friendship includes many rights and obligations, and your new friends will not be shy to ask

for and offer favors or call you daily. This is considered a part of being friends, and you'll notice that Jordanians will often go out of their way to respond to any requests you initiate.

Things to Keep in Mind

- There are many ways to meet Jordanians, including through the activities AMIDEAST arranges, educational and cultural functions, hosted house gatherings, coffeehouses, and attending concerts, theatre, or gallery openings.
- Take advantage of these opportunities to meet and speak with Jordanians in their own environment; your efforts will be generously repaid in warm friendships and improved Arabic skills.

DRESS

Contemporary Jordanian dress includes an array of styles, from "traditional" to modern. How people dress is a function of their age, class, religion, upbringing, economic status, and location. Dress differs depending on what part of Jordan and Amman you're visiting. For example, West Amman will contain mostly Western fashion (though still conservative), while East Amman is generally more conservative and dress that covers more and may signal more about the wearer's religious identity is prevalent.

International students are not expected to wear the more conservative Jordanian dress. Most male Jordanians wear "Western-style" clothing, like suits or jeans. Men who wear earrings may be assumed to be gay. Tattoos and face piercings are also not common, and may cause some people to stare. Men generally do not wear tank tops or shorts in public, except at tourist sites or the beach. Most women wear Western fashion, though fits are generally looser and tops have longer sleeves.

The wearing of the veil (*hijab)* is a religiously and politically debated topic. There is no one unified Islamic belief concerning the veil; some religious scholars say that veiling is required by Islamic law, and others see the veil as a cultural symbol that was imported into the Islamic world from the Byzantine court after the death of the Prophet Muhammad. Even those who agree that women should be veiled have varying opinions over the type and amount of covering provided.

In Jordan, especially outside of West Amman, the majority of Muslim women wear a veil that covers only the hair. The full-face veil, or *naqab*, is less common. Although the *naqab* is less common than just a hair-covering, there are an increasing number of women choosing to adopt this dress. For many women, it's what makes them feel comfortable engaging in public life.

FOOD ETIQUETTE & MEALS

Jordanian food is a combination of Mediterranean cuisine, predominantly from Lebanon, Syria, Greece, Turkey, and Palestine, with a few distinctly Jordanian dishes. Restaurants often offer a number of *mezze*, or small dishes, which are often followed by a main dish. Some common *mezze* include *hummus* (cooked chickpeas ground into a paste with tahini, garlic, and lemon), *mutabal* (mashed eggplant and tahini), *tabbouleh* (parsley, cracked wheat, and tomato salad), and cheese. Most main dishes are made up of chicken, meat kebabs, or meat/vegetable stews. The most famous Jordanian national dish is *mansaf* (lamb or chicken with rice and a thick yogurt sauce).

Things to Keep in Mind

- Food etiquette is important, especially in your host family and when you are invited to be a guest in a Jordanian home.

- One sign of appreciation to your host is simple: eating and not declining what is offered to you.
- Don't attempt to fill your plate full of food, as your host will be delighted if you return for a second helping.
- If you are offered a food you absolutely cannot eat, respond with sensitivity. For instance, if you are allergic to a specific food, you can explain this and your hosts will understand.
- If you get full and don't want to be served more food, don't clean your plate. Cleaning your plate is a sign to your host to give you more food. Jordanians may offer you a plate full of cookies, for instance, assuming you can't and won't eat them all. If you eat them all, more food will be served.
- Remember that all meals have multiple courses. Pace yourself.
- As a guest, it is polite to first refuse the food or drinks offered and wait until the host insists. You should always wait to be offered before helping yourself, unless it's already been agreed upon otherwise.
- You should expect to share whatever you are eating (such as a bag of chips) with those around you.
- If you are a vegetarian and offered meat, you can explain to your hosts that for health reasons you do not eat meat. This will be better received than a lengthy explanation of your personal beliefs about eating meat.
- There is always food left over from any meal with a guest present, as running out of food makes the host appear stingy.
- After entering the house, pay attention to whether your host or other guests have removed their shoes; if they have, you should do the same.
- Wash your hands before sitting at the table.
- Always wash your hands after using the toilet (it would be wise to carry hand sanitizer with you).
- Traditionally, you should only eat or offer/pass food with your right hand (this custom is fading, as most people use utensils).
- The same table manners you would practice at home are generally applicable in Jordan: blowing one's nose, loud speech, touching your hair and then touching your food, eating with your mouth open, belching, or farting during a meal are all considered impolite.

CULTURAL ADJUSTMENT

Many students choose to study abroad to experience living in a new and different culture. Studying in Jordan is a fulfilling and rewarding experience, although adapting to the new environment is not always easy. The stress of cultural adjustment is experienced differently by each student, but there are some common stages that many will encounter. It is difficult to assess in advance the degree to which the process of cultural adjustment will affect you, but preparing yourself prior to departure and understanding your reactions as you experience them will aid in successful adaptation.

AMIDEAST Education Abroad Programs are structured to include opportunities for students to develop their intercultural competence. Using five frameworks — language use, non-verbal behavior, communication style, perceptual style, and cultural assumptions and values — as key windows for understanding cultural difference, students on AMIDEAST programs in Jordan are encouraged to look below the surface and search for deeper understanding of how Jordanians perceive the world around them. Equipped with those tools, students can then move to adapting their behavior to Jordanian norms while in Jordan. Those same tools can later be used in other cultural contexts to become truly effective intercultural communicators in a wide range of contexts both at home and abroad.

One way to prepare for the challenges you will face is to understand and identify the stages of cultural adjustment and their corresponding emotional states. The length of each phase depends on the individual student. These stages are not disconnected and often overlap during transitions. They are also not exclusive, as some aspects of one phase may show up in the middle of another one.

The Honeymoon Stage: *Unconscious incompetence*

When you first arrive in Jordan, everything around you will be new and fascinating. This stage is also known as blissful ignorance, where the predominant feeling is one of exhilaration and excitement after months of anticipation. Your new surroundings, especially the sites, people, and language, may make you eager to engage and accept your new environment, though many people still are unsure about asking for assistance. For these reasons, it may not occur to you that you may be making cultural mistakes or misinterpreting your surroundings. Cultural misunderstandings may accumulate, making you more likely to experience the second, less pleasant stage of cultural adjustment.

The Hostility Stage: *Conscious incompetence*

The hostility stage is characterized by frustration, anger, anxiety, a judgmental attitude, fear, and often depression. You realize that differences exist between you and your host culture, but you do not always understand how to deal with problems as they arise. The strains of living in an unfamiliar environment and speaking a foreign language can lead to feelings of isolation. You may seek comfort from your peers, but sharing your frustrations can exacerbate the problem and create an "us-them" mentality. The difficulties you encounter may seem to outweigh any sense of achievement. You may become more critical of the physical environment and Jordanians. The demands and stress from your academic program can exacerbate the situation. You may feel like no one understands you, and homesickness often accompanies this stage. This phase can be short-lived but it also can recur. However, you will get over it once you start to integrate and gain a better understanding of aspects of Jordanian society.

The Integration/Acceptance Stage: *Conscious competence*

Humor is a sign that a visitor has moved from the hostility stage toward the integration stage. You know that cultural differences exist and you start to understand them and adjust your behavior accordingly. These changes don't come naturally to you, but you make a self-conscious effort to act appropriately, with a better perception and awareness of your surroundings. Cultural mistakes that would have caused frustration previously are now more easily laughed off. This stage is best reached through making Jordanian friends, finding shared leisure activities, accomplishing daily errands, and being willing to ask questions when things are unclear to you. You begin to feel more functional in your life and often have settled into a normal daily schedule.

The Home Stage: *Unconscious competence*

A sense of fulfillment is achieved when you are able to strike a balance between retaining your own culture and being functional and happy in the new culture. You are successfully adjusted to the norms and standards of Jordan, and culturally acceptable behaviors are instinctive and come naturally to you. This phase is accompanied by a sense of acceptance of the Jordanian environment, as you understand that it is not likely to change and you have found a way to fit into it. Cultural awareness is a learned and valuable, life-enriching skill. Reaching this stage takes time

and work on your part; there may be many times when it seems unattainable, but perseverance and flexibility ensure success.

Things to Keep in Mind

- Before going to Jordan, you should acquaint yourself with the basic outlines of Jordanian culture and history.
- Your adjustment to your new surroundings and to Jordanian culture will be easier if you are willing and able to manage frustration well, try new things, understand your strengths and weaknesses, step out of your comfort zone, be flexible with schedule changes, interact with people from diverse backgrounds, and be ready to laugh at yourself and your new surroundings.
- You will experience Jordan in your own way, and it is best to come without preconceived notions, unrealistic goals, or expectations. Remain open-minded.
- If you suffer anxiety while you are in Jordan, step back and remind yourself that you are undertaking one of the most unique experiences in your life and remember to enjoy all aspects of it. Always maintain your sense of humor, especially when you get annoyed, frustrated, discouraged, or embarrassed.
- If at any point you feel overwhelmed, talk to program staff. Not only will you feel better after talking about this, but all our program staff have studied abroad and have experienced the highs and lows of the experience, so they can relate to what you are going through.

END OF THE PROGRAM

While it may seem like a way off, before you know it you will have completed your AMIDEAST Program and be an AMIDEAST Education Abroad Alumus/na. When you return home, we encourage you to go to our website and learn more about the AMIDEAST Education Abroad Alumni Association. We have developed a number of resources for AMIDEAST's former students, and we hope the alumni section of our website will be a means to search for future opportunities, learn how to integrate your experience abroad into your resume, and locate resources for continuing to learn about Arabic and the Middle East and North Africa

On the alumni section of our website you can also request your grade report/transcript and find a link to review your AMIDEAST program. It is important to keep your contact information current so that we can be in touch with you about alumni opportunities. Please notify us if your e-mail address changes by writing to: EdAbroad@amideast.org.