

PAROS ISLAND

SITE-
SPECIFIC
GUIDE



ACADEMIC
STUDIES
ABROAD

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Pre-Departure

Please see our Pre-Departure Guide for All Programs for additional important pre-departure information!

Please add the important numbers to your phone

<p>ASA Office in Boston, MA Academic Studies Abroad 72 River Park Street, Suite 104 Needham, MA 02494 Tel: 617-327-9388 24-hour Emergency Cell: 857-366-6821 Email: hello@academicstudies.com Web: www.academicstudies.com</p>	<p><u>Hellenic International Studies in the Arts (HISA)</u> PO Box 11, Paroikia, Paros Cyclades, 84400 Greece Tel: 228 402 8039* / 694 851 6797* hisa@paros-island.com; Website</p> <p>Site Director Barry Tagrin Tel: 694 851 6797*</p> <p>Associate Director/Student Affairs Coordinator Yuko Yamauchi Tel: 694 583 6250*</p> <p>Accommodation Contacts (24-Hour) Jimmy: Tel: 697 766 2645* Maria: Tel: 697 812 2954*</p> <p>*This is the LOCAL number you would dial once in Greece. To call from the U.S., dial 011 30 and then the local number. (30 = country code, 011 = int'l dialing code)</p>
<p><u>US Embassy in Athens</u> 91 Vasilisis Sophias Ave 10160 Athens, Greece Tel: 30-210-721-2951</p>	<p>Local Emergency Numbers (Local numbers, as dialed in Greece) Police: 22840-23333* (Paros) or 100 (general) Clinic: 22840-60000* (Paros) or 166 Ambulance: 22840-22500* (Paros) EU emergency #: 112</p> <p>Other Useful emergency numbers Paros port authority: 22840-21240* (24 hours) Paros airport: 22840-90900* Taxi service (paroikia): 22840-21500* Paroikia bus station: 22840-21395* Tourist Police: 22840-21673* (24 hours)</p>

In an emergency, please contact your ASA Site Director immediately.
It is of utmost importance that you notify your Site Director of any problems, issues, or concerns that you encounter while you're abroad.

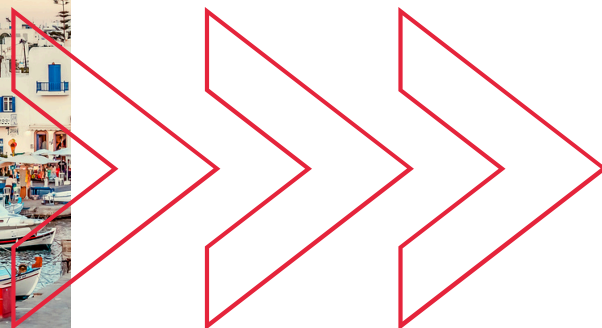
011 = International Dialing Code

30 = Greece Country Code

International Dialing Instructions



- To call from the U.S. to Greece, dial 011 + 30 + the local telephone number. For example, if the phone number is listed as (+30) 335 714 6082, you would dial 011 30 335 714 6082.
- To call the U.S. from Greece, dial 001 + area code and number.
- To call a Greek number within Greece, leave off the int'l code and country code (e.g. 335 714 6082).



Passport & Visa

All students must have a passport that is valid for at least 6 months beyond the day you plan to return to the U.S.

IF YOU DON'T HAVE A U.S. PASSPORT, PLEASE NOTIFY ASA IMMEDIATELY!

Non-U.S. citizens may have a different visa process than described below, that requires steps to be taken in the U.S. or your home country before you arrive in Greece.

What should I do if I lose my passport?

Contact the local police, the U.S. Embassy, and your Site Director immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced.

Student Visa

No visa is required for U.S. passport holders whose program dates are under 90 days.

American passport holders, participating in this program, will travel to Greece under the 90 day EU tourist status and do NOT need a visa. Greece is part of the EU Schengen zone, which limits your stay in the Schengen countries to 90 days or less. When booking your travel, please keep the 90-day limitation and the program dates in mind.

Time spent in a non-schengen country during the program allows you to add those days back to your total stay (for example time spend on the optional field trip).



STEP & ETA

STEP: Safe Traveler Enrollment Program

STEP registration is MANDATORY to complete before departure. This free service, offered by the US Department of State, enables the DOS to quickly contact US citizens abroad during emergencies, such as natural disaster, civil unrest, or a family emergency. By registering, you also get real time updates about safety, security, health, and weather in country. Click this link to complete your STEP registration before departure: <https://mytravel.state.gov/s/step>

MANDATORY:

**IF A US CITIZEN, YOU
MUST ENROLL IN STEP**

ETA: For visiting & transiting through England, Scotland, Wales & Northern Ireland

WHO:

For United States (US) passport holders, the ETA is required for anyone traveling through the UK for study, visit, or transit through (layover), via any method of transportation (e.g. plane, train, boat). If you are traveling on a non-US passport, first check to see if you can apply for an ETA [here](#). If your country is not yet approved for the ETA, notify your ASA Program Manager immediately (617-327-9388) for next steps.

WHAT:

The Electronic Travel Authorization (ETA) is a permission to travel for those who do not currently need to obtain a visa or do not have a United Kingdom (England, Scotland, Wales, and Northern Ireland) immigration status. **The ETA is valid for two (2) years from date of issue, or until passport expires, whichever is sooner.** It is valid for multiple journeys and must be valid for the entirety of your stay. It cannot be extended.

The ETA is digitally linked to your passport. There is no physical component. While you are not required to show a paper copy, we highly recommend saving a screenshot and/or printing your ETA approval email and adding it to your acceptance documents for your records. You are required to send a copy of your ETA approval email to your ASA Program Manager. To see how to apply, read on.

HOW:

Students apply for the ETA electronically via the [UK ETA app](#).

Application Steps:

1. Watch the short "Getting Started: Applying for the UK ETA" video.
2. Gather information for the ETA application (contact information, physical valid U.S. passport in hand, recent photo or headshot, method of payment). Your flight itinerary is not required to apply.
3. Follow the instructions on the app or the UK GOV website. We recommend applying and getting approval at least 1 week prior to arrival in the UK.
4. Once received, **SAVE** your UK ETA approval email as a pdf or jpeg. Be sure that it is legible and email a copy to your ASA Program Manager. This is a critical step, as we must ensure you are complying with immigration requirements.

Budgeting for Study Abroad

The EURO (€) became the official currency of Greece on January 1, 1999. Bills come in denominations of €5, €10, €20, €50, €100, €200, and €500. Coins come in denominations of €2, €1, 50 cents, 20 cents, 10 cents, 5 cents, and 1 cent.

Exchange rates fluctuate, so check <http://www.xe.com/ucc/convert.cgi> for today's exchange rate.

How much money should I bring?

US\$250-300 per week of your stay

Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.

What expenses should I budget for?

Please note: *Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.*

1. **Meals & Laundry** Each apartment has a fully equipped kitchen. Landromats generally charge €7 per load.
2. **Local transportation** Budget \$500 per semester. Budget \$250 per summer session. Local transportation includes getting around town or to other islands during your free time, getting to and from where your group is meeting to depart for an excursion or academic field trip, and getting home afterwards. This may include paying for boat, bus and taxi fares.
3. **Cell phone** Budget US\$400 per semester/\$75 per summer
4. **Spending money / Personal expenses** Entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation.
5. **Meals on excursions** (Accounted for in weekly recommendation above).
6. **Transportation back to the Athens airport at the end of the program**
7. **School/Art Supplies** Budget \$500 per semester. Budget \$250 per summer session.
8. **Have at least \$1,000 in savings for emergencies**

Budgeting for Study Abroad

Text Books

Textbooks are not typically required for HISA courses. Professors use a combination of handouts, excerpts, and textbooks in the local HISA library for class resources. As many courses at HISA are interdisciplinary, the workload is intensive, but not overburdening. Students enrolled in studio art courses are free to work in the gallery, digital lab and darkroom, and the painting studio until 11 p.m., and later if certain projects require it.

All students – please purchase, and/or bring, a USB flash drive (above 16GB). Bring your home campus student ID card – this will help you get discounts on museums, transportation, etc.

Fine Arts Courses

Painters, drawing enthusiasts, sculptors and mixed media artists should inform HISA of any ideas they have for projects while in Greece, so that we may best help them prepare for both the work itself and its exhibition at the HISA end of semester Community Showcase. HISA supplies an amount of mounted canvas, roll paper, and many incidentals, as well as clay for those wishing to work either in sculpture or ceramics.

Painting Courses

Bring a minimum of 5 personal brushes (pointed XS & S-M & L, flat S & L) and 6-8 primary color acrylic or oil paint (acrylic recommended). Summer students are suggested to stick with either watercolor or acrylic paint.

Digital Photography Courses

Digital Photography students must bring the following materials:

- DSLR camera or mirrorless camera (with manual adjustment)
- Laptop with Photoshop (30 day free trials of Photoshop can typically be downloaded if you don't already have the software)

Black & White Photography Courses

While black and white film is available in Paros (about six Euros) and so is photo paper, we suggest that semester students bring the following materials with them as it is usually less expensive to purchase these items in the U.S.:

- SLR camera with manual adjustment functions
- 10 or more rolls of B&W film with ISO400 (suggested brand Kodak TMAX 400 ASA)
- 50 sheets of RC 8 × 10 inch glossy photo paper

FOR SUMMER STUDENTS

Summer photo students MUST bring 5 rolls of film and 10 sheets of paper due to the time limitation for ordering in Paros. HISA supplies all of the chemicals for black and white photo courses and an amount of paper and glass for mounting at the exhibition.

SPECIAL NOTE

When transporting photosensitive materials, they MUST be taken as carry-on luggage, and the airport check-in security guards should be informed so they do not open them outside of a special darkroom.

Arrival

What should I do when I get off the plane at Athens (ATH) airport?

01 Passport Control/Immigration

After you de-plane, you will go through Passport Control (also called Immigration) and Customs. After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline's lost luggage counter before exiting the baggage claim area!

02 Baggage Claim

After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline's lost luggage counter before exiting the baggage claim area. Staff cannot meet you at Baggage Claim.

03 Meet ASA Staff

After claiming your bags, exit into the airport lobby and look for a HISA sign OR a sign with your name on it. Your HISA Site Director or one of our drivers will be waiting for you in the airport lobby.

Once you have found a HISA staff member or driver, we will take you to your program accommodation for your first night in Athens.

- HISA has arranged for accommodation in Athens at a small, comfortable hostel in a safe and well-lighted location, right in the center of the Plaka, minutes from the Acropolis. Beds are in a shared room and include small breakfast. There are individual rooms for men and women. Accommodation is included in your tuition during official program period (starting on start date listed on ASA website). Please send us your arrival details and tell us as soon as possible if you want to reserve a space.
- You will explore the magnificent ancient site of the Acropolis (entry fee included) and the vibrant city of Athens before sailing off to Paros Island. A HISA representative and/or teacher will be there to help students when they arrive and travel down to Paros with you on the boat.
- The ferry ride from Athens (Piraeus) to Paros lasts around 4 hours. Ferry ticket from Athens to Paros at program start is included if travelling with the group.
- Lunch and dinner in Athens is not included.

If my flight is delayed, will you still pick me up at the airport?

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your Last-Minute Checklist. They will let you know if you will still be picked up at the airport. We will make every effort to pick you up.

HELPFUL TIPS

Address for delivery of delayed luggage:

Your Name
c/o HISA
PO Box 11
Paroikia, Paros
Cyclades, 84400
Greece

Academics

HISA

Paroikia, Paros, Cyclades

84400

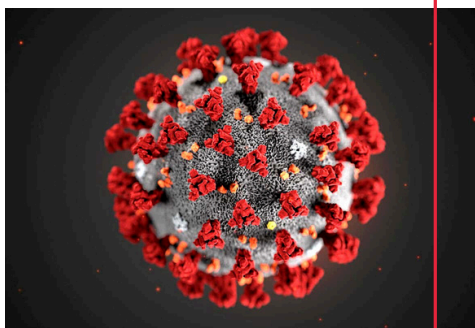
Greece

Tel: +30 694 851 6797

HELPFUL TIPS

Website:

[Hellenic International
Studies in the Arts](#)



COVID-19

Your host university may have COVID-19 protocols you must follow, such as sanitizing your desk after class, not congregating indoors, wearing a mask, sanitizing hands, and others. Please follow accordingly.



Field Trips

Field trips are an integral component of the Paros Island program. As a part of the courses, you will travel throughout the surrounding Cycladic Islands to take advantage of rich history Greece has to offer, as well as to inspire you. These course field trips typically include islands such as Santorini, Naxos, Mykonos, Anti-Paros, and Delos.



Academic Calendar

A detailed Calendar of Events, including orientation and excursion dates & locations, will be emailed to you about 2 weeks before your program starts. Calendar is subject to change. Click [here](#) to view the general Academic Calendar for your upcoming program (which includes dates of any breaks).

HISA

HISA was founded on the concept of an experiential immersion into the cultural and artistic legacy of Greece and specifically the Cycladic Islands, famous for their individualistic and creative lifestyle and social environment. HISA was built to be a program where students can live as members of the community, securely in their own space, and free to personalize their experience. The classes, workshops and studio environment are set up to allow students to absorb ideas, create works and develop projects in a collaborative relationship with their teachers. This program is perfect for any student wanting to get in touch with their artistic side or further their artistic endeavors. The courses, the people, and vistas can't help but push your current limits and awaken you to the world's beauty.

Course Confirmations

Course registration is on a first-come first serve basis, and all courses must meet a minimum enrollment requirement to run. You must provide alternate course selections in case your first choice course is not available.

Preliminary course confirmations may be provided a few weeks prior to the start of the session, and after all students have submitted their enrollment materials. A final course schedule will be presented during orientation on-site and is subject to change based on the add / drop period.

Community Art Showcase

At the end of each semester HISA students put on a Community Showcase where the students have the opportunity to exhibit their work to the island community. Including everything from fine art gallery exhibits to spoken word and literature readings, these Community Showcases have become a local event and the entire town looks forward to it each semester.

Course Late Assignment Policy

Written assignments, including both response papers, essays, or research reports, should be submitted no later than the due date unless prior arrangements are made with the teacher and a new due date is established. Students submitting assignments after the due date without having made prior arrangements with their teacher, a minimum of 5 points (based on a grading scale of 100 points) will be deducted for each class period that the assignment is late. In order to receive credit for assigned discussions, or debate forums, the student must actively participate during the assigned period. Late assigned presentations will receive a 10-point grade deduction. Late submission on the assigned studio projects will have 5 points deducted per class time, unless the teacher considers the excuses are unavoidable such as unexpected material shortage, accidental collapse, etc. No artwork will be accepted beyond the duration of the final critique.

Attendance Policy & Absences

1. Course attendance is a primary requirement for a responsible learning experience at HISA.
2. Absences will also be counted during the first days of class unless students added the class during the add/drop period.
3. Punctuality is mandatory. Students must arrive in class on time: any lateness, leaving class during the lesson without notice, not showing up on time after the break, or leaving earlier, will impact the participation grade and the Final Grade.
4. Students are responsible for keeping track of their absences and for catching up on any missed work.
5. Excused absences must be requested promptly and must be supported by appropriate documentation. Excused absences do not alter the academic requirements for the course. Make-up classes for excused absence are always mandatory as part of the course program. If an absence is excused, the instructor will either provide the student an opportunity to make up any quiz, exam or other work that contributes to the final grade or provide a satisfactory alternative by a date agreed upon by the student and instructor.
6. If a class occasionally creates conflict with another class, the student is required to inform both instructors in advance.
7. Students will receive an "F" on each assignment they miss, unless they seek out their instructor and make up the assignment.
8. Students who leave HISA or leave a class before the end of the term must fill out an Official Withdrawal Request form and return it to their advisor. Students who submit the form by the "W" Withdrawal deadline will receive a "W" for each non-completed course. Students who submit the form by the "W/F" Withdrawal deadline will receive a "W/F" for each non-completed course. Students who leave HISA without submitting the form will receive an "F" in each non-completed course. In all cases, students will not be eligible for credits or receive a refund.
9. Students who absent themselves from courses will have their final grade penalized as indicated on the following table, unless other arrangements have been made with your course instructors:

	Final Grade lowered by one full letter	Final grade = F; No credit awarded
Semester courses meeting 1 x per week	3 absences	4 or more absences
Semester courses meeting 2 x per week	4 absences	5 or more absences
Summer courses	3 absences	4 or more absences

Academics

Academic Integrity Policy

Violations of academic integrity, in any of their forms, are detrimental to the values of HISA, to the students’ own development as responsible members of society, and to the pursuit of knowledge and own creativity. Violations include but are not limited to the following categories: cheating; plagiarism; fabrication; falsification or sabotage of research data; unauthorized collaboration during a test or on an assignment; substitution for another student to take an exam, course or test; or other academic misconduct. Instructors are the primary means by which the academic standards are upheld. In response to violations that occur within the context of a course, the instructor is free to impose any sanction up to, and including, failure in the course.

Grading System

The syllabus for each of your courses will tell you what your grade is based on – i.e. attendance, participation, papers, exams, etc. If you do not receive this on your first day of class, ask the professor or the Institute staff for a copy.

You must check with your home institution to ensure you understand:

- The minimum grade you need to earn to receive transfer credit. Typically you need to earn a C or C+, but this can vary by institution. Check with your home institution to ensure you understand their requirements!
- Will your grades impact your GPA? Every institution handles this differently! Some institutions transfer in study abroad grades and it impacts your gpa. Some transfer in the grades and it doesn’t impact your gpa. Others transfer in study abroad grades as pass/fail. Be sure you understand how your institution handles this.

Grades are determined according to the following scale, unless instructors specifically indicate otherwise:

A 93 - 100%	A- 90 - 92%	B+ 87 - 89%	B 83 -86%	B- 80 -82%
C+ 77 - 79%	C 73 - 76%	C- 70 -72%	D 60 - 69%	F 0 - 59%

Grade Dispute Policy & Other Grievances

A student who thinks that a grade has been assigned unfairly or has another academic grievance should bring this to the attention of the instructor during the term. Once the term is over or if the grievance cannot be addressed with the instructor directly, the Registrar’s Office handles those issues. If complaints cannot be resolved at this level, they may be referred to one of the following in writing: Academic Director, General Director. In the case of a dispute, their decision shall be final. The complaint shall be filed within 30 calendar days of the alleged conduct unless there is good cause shown for delay, including but not limited to delay caused by an attempt at informal resolution. The complaint shall be as specific as possible in describing the conduct complained of.

Student complaints other than grade disputes should be made to the session's student advisor, and resolution of most complaints can likely be resolved at this informal level. If not, the student should then submit, in writing, his/her grievance formally to HISA's central administration including, at a minimum, the student’s name, details, an account of the complaint, and a desired outcome.

Americans With Disabilities Act (ADA) Policy Statement

HISA does not discriminate on the basis of disability in the administration of, or access to, its programs, services or activities. The Americans with Disabilities Act (ADA) is a federal non-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this law requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the student advisor, Yuko Yamauchi, +30 694 5836250 or email: registrar@hisa-studyabroad.com.

Nondiscrimination and Non Harassment Policy

HISA admits qualified students of any race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity, veteran status, or marital status to all the rights, privileges, programs, and activities generally accorded or made available to HISA students. Consistent with its obligations under applicable laws, HISA prohibits unlawful discrimination on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status or any other characteristic protected by applicable law; HISA also prohibits unlawful harassment including sexual harassment and sexual violence. This policy applies to HISA programs and activities both on and off-campus.



COVID-19 In Country

You are responsible for complying with all COVID-19 protocols and recommendations throughout your journey. COVID-19 protocols will vary based on the city where you are studying. Once you arrive, our Site Director(s) will educate you on the COVID-19 protocols you need to follow on site. PROTOCOLS ARE SUBJECT TO CHANGE WITHOUT NOTICE! Local officials make changes to protocols based on case data, which may become stricter or more relaxed at any time.

Your housing and host institution may have their own COVID-19 protocols you must follow as well. Once again, these are subject to change without notice.

Small Town on a Small Island

Paros Island is the best of both worlds when it comes to Greece. Being one of the smaller and lesser known islands, Paros gets a fair amount of tourists each year but not nearly as many as some of the other famous islands such as Santorini or Mykonos. This means, that while many people still stop to see the sites on Paros, the island has not been completely overtaken by tourism. Parikia, the port town of Paros Island, is where HISA is located. This small Greek town still has locally owned shops and restaurants, and in true small town fashion everybody knows everybody, making it a very safe and culturally immersive study abroad destination.

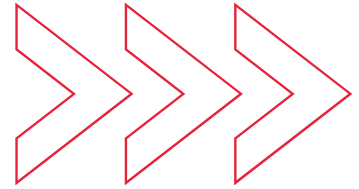
In the cooler months, this island is a slower-paced fishing village, where fresh catches come in daily, and life is simple. In the warmer months, the island awakens and more people flock to this beautiful coastal gem. Like two sides of a coin, both seasons are truly Paros and bring the charm to this Greek island.

CITY PERKS: On this small island, where everyone knows each other, you will find a tight-knit community that is waiting to welcome you with open arms. Hiking the island opens your eyes to its incredible beauty. And its close proximity to the many other Greek islands will provide you with an endless supply of adventure.



Everyday Life

Housing



In order to foster a creative and educational environment, students are housed in Cycladic studio apartments located within a 5-10 minute walk from the town and just a few meters from the beach. All apartments are fully furnished with a bed, linens, personal bathroom, kitchenette, and a private patio. Rooms are cleaned twice a week, and there is a washing machine on-site, as well as local laundromats. Rooms are single-occupancy during the semester and double-occupancy in the summer. Summer students may request a single room for an additional fee (subject to availability).

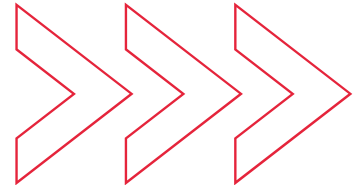
The lodging building also has communal spaces where students share a full kitchen, lounge area (with WiFi), lovely rooftop garden, a large covered rooftop patio (complete with BBQ area), and various spaces to build artistic and personal relationships with each other.

Here is some basic information regarding the apartments in Greece:

- Each student will have comfortable, fully furnished, and private accommodations.
- Rooms may vary in size however all come equipped with a bathroom, kitchenette, and bedroom furniture.
- Clean linens, towels and kitchen utensils will be provided, so there is no need to bring these items.
- You will be shopping more often for food because the refrigerators are usually smaller in size.
- Electricity and water are expensive. Europeans generally are very conservative with their use of these. Buildings can be anywhere from 50 to 700+ years old and therefore the heating systems are not as powerful as the ones in the US. It helps to bring clothes you can layer.
- Carpet is not as common in Greece so house slippers can be helpful. You can bring these or buy them there.
- Electric plugs look different in Greece. The voltage in Greece is 220 (US is 110). Make sure to use adapters when using electrical items from the US. You can easily buy small electrical appliances (curling irons, etc.) in Greece, so there is no need to bring these items from the US.

If you have particular needs, please be sure to let us know early to see if any special arrangements can be made.

Everyday Life



Housing: Care of the Building

Every person is given the responsibility to keep the common area of the building clean and presentable. Please do not leave trash, personal possessions, papers, food, or books lying about. In both the school building and student accommodation, if you use public dishes, it is your responsibility to wash and replace them. Please do not leave food, drinks or wrappers on the table or floor of the classroom or in the kitchen sink.

Accommodation staff will clean your rooms twice a week. Otherwise, each person is responsible for the clean maintenance of his/her room. Anything damaged or broken must be fixed or replaced. Please pay special attention to keeping the kitchenette area clean and tidy. This helps prevent stains and the drawing of ants or flies. The rooms are expected to be in the same condition as when you arrived.

Close your room door as well as balcony doors whenever you leave the room. Although theft is nearly non-existent on Paros, better safe than sorry. Also, the wind tends to come up suddenly in the Cyclades, and the balcony doors are easily blown shut and glass broken. (As above, in any cases such as this you are responsible for the cost of replacement.) Remember to lock apartment doors as well when leaving, and to ensure outer complex doors are shut behind you.

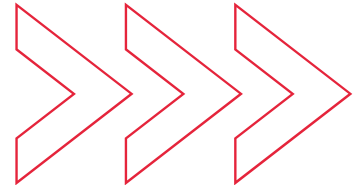
HISA is not responsible for the loss or theft of any items, though we will assist students to the extent of our abilities in retrieving the items.

AC/Heater MUST be turned off when not in your room, as well as lights. The unit must not be used more than four hours per day.

As is the case all over Greece, you must not put any toilet paper in the bowl, but in the bin provided. Putting paper in the bowl can easily lead to overflow and clogging.

Sorry, but no baths are possible. Showers only. Hot water use will be greatly enhanced by a sense of shared responsibility. Please take short showers to ensure everyone has a chance for some hot water.

Everyday Life



Housing: Care of the Building

Library books in the school need to be checked out and taken care of. Check them out by writing your name in the sign-out book on the library table. Return them in the same condition as borrowed and place them on the shelf (not on the table). Please do not lend them to others or leave them around. There are a few restricted shelves (labelled) for class materials, be sure to ask the teachers first before borrowing from these as they need to be in stock.

Please leave the teacher's room in the school for instructor use. The kitchen in the main class building is also off limits to students.

Art Studios and Photo Lab Hours open 24/7 for independent use. Please work quietly during siesta (2 p.m. - 6 p.m.), especially in the interrelated media studio. This means no loud music, shouting or hammering during this time. It is important to be as respectful as possible towards the surrounding Greek community. Please turn off all the lights and air-con before leaving and lock up.

Please be conscious about the trashes. There are trash bins for recycle materials; cans, bottles, and plastics, and the boxes for paper scrap. For those students printing papers for Creative Writing Classes or any class, please try to reduce our environmental footprint by printing papers that will soon be disposed of (i.e. creative writing workshop copies, quick readings) on the backs of scrap paper, a pile of which is next to the printer in the lab. Please do not leave your papers in the classroom afterward. Either seek to recycle them or replace them as scrap paper when possible. Let's try to keep the island green!

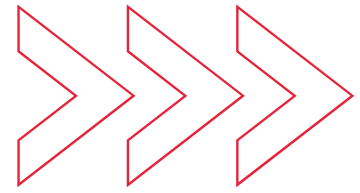
Building Security

HISA has gone to lengths to make your accommodations as secure as possible. However, as anywhere, we cannot foresee all situations. Therefore, students should also take it upon themselves to act responsibly. If anything happens in the accommodation, please let Jimmy/Maria know immediately. Maria is staying in room 208 (next to the reception).

- Do not give your lodging address or room number to strangers
- Do not give any HISA Wi-Fi passwords to anyone outside the program
- Do not allow strangers to walk you home at night after dinner or events in town.
- Keep doors and shutters closed when asleep.

Keep all emergency numbers in your phone

Everyday Life



Foul Language

Impolite and challenging speech is taken much more seriously in Greece than many other countries. Slander against a Greek citizen can be considered a crime. Students must uphold a respectful vocabulary when speaking with HISA instructors and staff, locals, and each other. Abusive language is not tolerated and will result in disciplinary action.

Guest Policy

The HISA student accommodation building is first and foremost for HISA students. Our vision is to provide each student with his/her own private and respected space in which to live, study and relax while with us on Paros. However, certain areas are for the exclusive use of HISA students – specifically the internet stations, the art studio, and the darkroom.

NO local overnight guests are allowed.

Visiting friends from abroad must have prior permission from the school and apartment director. You should inform Maria at the reception and the other participants beforehand. Those who enter the facilities are the student's responsibility. Please be considerate of your classmates.

Leaving the Island

You must notify the director if you are planning to leave the island for a weekend. Remember, emergencies do sometimes occur back home, and we need to be able to contact you if necessary. Be sure to bring a phone with you during this trip. Students in the Cycladic Culture class must be present for field trips, however, and be aware that non-attendance will result in a lowered grade.

Extra-school Activities

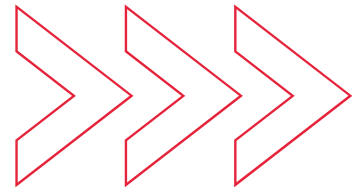
There are numerous opportunities for sporting activities on Paros apart from our program. These include a gym, scuba diving, windsurfing, kite surfing, sailboat rental and lessons, horseback riding, etc. We will be happy to provide you with pertinent information as regards these, but we cannot be held responsible for any accidents or injuries that may occur.

Driving in Greece, and particularly in the islands, can be extremely dangerous. We ask that students under no circumstance rent motor scooters or four-wheelers while part of the program. Students wishing to rent them should present us with parental permission. HISA assumes no responsibility for student extracurricular activities.

Drunken behavior will not be tolerated. Students are expected to conduct themselves with maturity and respect for the building premises, fellow students, and teachers, as well as the island community in general.

Drugs: HISA follows a zero-tolerance policy. Use or possession will force us to terminate your continued participation in the program.

Everyday Life



Sending & Receiving Mail

All letters and packages should be sent to the school's mailing address – DO NOT mail anything to your apartment address! If sending by FEDEX or DHL ALWAYS put HISA's telephone number +30 6948516797.

Your First & Last Name

c/o HISA

PO Box 11, Paroikia, Paros Cyclades, 84400 Greece

It is recommended not to send any package unless a real necessity. Most items imported from non-EU countries will be charged with a custom clearance fee now in addition to you having to show the receipt to prove the value. If there is no indication on the packet of the items cost, then Greek customs makes an estimation of their own and tax based on that. This is happening to even used clothing or personal goods from home. Never put high value price or high insurance price if you MUST mail something.

FAQs

Will I be able to travel?

Yes! Five inter-island boat trips are included (weather permitting) for both the summer and semester programs.

If you are looking for independent travel, the semester program does have open weekends that allow for travel. For the summer programs, so much is included in the program, so there is not as much time available for independent travel. Many summer students choose to stay after the program ends if they are interested in independent travel.

How many students are on the program?

A typical program will have anywhere from 8-30 students on the program. This makes for an incredibly personal and high-quality study abroad experience, things we at ASA pride ourselves on.

What is the food like?

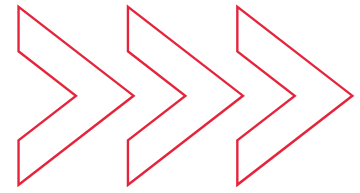
Delicious! Being on the Aegean Sea gives the island restaurants many seafood dish specialties. Traditional Greek dishes are also all around the island, including gyros, Greek yogurt, baklava (a delicious dessert), olives, and many more.

In general, even a picky eater should be able to find food that fits his or her palate. An adventurous eater will be very happy as there are many opportunities to explore dishes that aren't readily available in many American restaurants.

Vegetarians: HISA's resident vegetarian gives Paros Island an 8 out of 10 for being vegetarian friendly!

Everyday Life

FAQs



Can I request to room with my friend?

Yes! For summer programs, you can certainly request who you would like to have as your roommate. This is done after you are accepted into the program; you will note this in your housing request forms.

For the semester program, you will have your own room (unless space becomes limited, then singles go on a first-come, first serve basis). If you would still prefer to share your room with a friend, we can certainly accommodate that request.

How do I get to Paros?

You will fly into Athens, Greece. From there, you will stay with other ASA/HISA students in Athens for 1 or 2 nights, depending on the day you arrive.

On the morning the program begins, you and your classmates will take a ferry ride over to Paros Island, which typically takes about 4 hours. You will have an orientation and get settled into your new island life!

Paros Island Specific Packing List

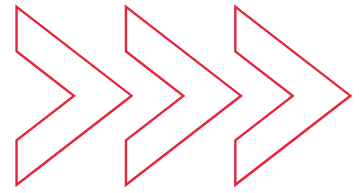
- Simple Wardrobe – Greeks tend towards a simpler style comprised of solid colors.
- Clothes for Layers – The temperature can fluctuate, and it is not customary for buildings to have the same type of AC or heat we have here in the U.S. So it's best to prepare for dressing in layers.
- Bathing Suit – With the beach just a block from your apartment you are a definitely going to need this.
- House Slippers – You can bring these or buy them there. Not many Greek apartments have carpet so house shoes are nice to add that extra layer of comfort.
- Bug Spray – Greece is known for their screen-less windows...
- Scarf – Handy for keeping you warm and also if you plan to visit any historic churches in Greece.
- Hiking Boots – Greece is great for hiking! And with the program field trips taking you throughout the islands you'll definitely be happy you brought your boots.
- Windbreaker/rain jacket – You will be exploring much of the Greek terrain so it's always best to be prepared!
- School Supplies – Refer back to the school supply list in the Academics section to see what you need to bring for class. After all, you are here to study.

Some Notes on Clothing

General Clothing: Europeans are famous for fashion, and this is not just about names like Gucci and Dolce e Gabbana. Europeans in general, men and women alike, put more thought into their appearance than the typical American college student. Lounge wear, such as sweatpants and hoodies, for example are reserved for inside the home only, if even that. So, if you want to avoid sticking out like an American, you may want to leave the sweats at home.

Everyday Life

Some Notes on Clothing



Modesty: While abroad it's best to err on the side of caution when it comes to modesty. Less isn't always more in Greece and especially with the cultural differences, it's best to cover up a bit more to avoid any unwanted attention.

In the States, for example, it is very common for young women to spend the summer in spaghetti strap tank tops, shorts, and flip-flops. European girls, on the other hand, would only wear these things at the beach or the pool. Greeks believe in specific clothes for specific occasions, and they are not nearly as casual as Americans in their style of dress.

Church Coverings: While traveling around Greece you should be aware (especially in the summer) that most churches require those who enter to be covered: no spaghetti straps and short shorts. So plan accordingly. At the very least, keep a cardigan or scarf in your bag for such occasions.

Handbags & Backpacks: Purses and bags are very helpful tools while traveling! There always seems to be so much that you need to carry with you, so make sure that you get one that's good for travel. The best travel bags are ones that are sturdy ones that you can carry over your shoulder and under your arm. Pick pocketing is more common in European cities so by having a sturdy bag under your arm versus on your back, it is likely to ward off more theft.

Greek Culture Tips

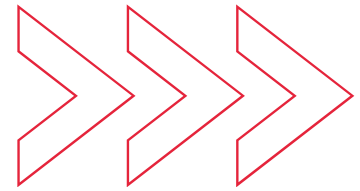
How to Meet Locals:

While adjusting to a new culture we know it can be a bit intimidating to go out of your comfort zone to meet locals, but trust us, it can be one of the best parts of the study abroad experience! Here are some personal tips on how to meet locals in Greece:

- 1. Talk with your onsite advisor:** If you let your onsite advisor know that you're interested in meeting locals they will be happy to point you in the right direction to either get connected with people via language partners and clubs, or just point you in the right direction for good places to hang out to meet locals.
- 2. Pick a local cafe and stick to it:** Part of the beauty of this program is that you are living in a small town on a small island, so people are going to remember you. Pick a cafe that you particularly like and make it your regular spot. After coming in a couple of times and talking with the employees they will remember you, and voila, a relationship is started!
- 3. Join a gym, church, or other outside organization:** Finding an interest group outside of the school can be a great way to meet locals who you share a common interest with – which makes it a lot easier to build a relationship.
- 4. Try out your Greek:** While most of the people you meet on Paros Island will speak English, if you truly want to meet locals you may want to consider breaking out your Greek. Talk to the local shop keeper or your waiter at a restaurant. They will appreciate that you are at least trying.

Everyday Life

Greek Culture Tips



Interacting with Locals: Exploring a new culture abroad and learning about a different way of life is exciting and one of the best parts about studying abroad! While navigating these new cultural norms though it is helpful to remember to use the same common sense that you would at home. When engaging with members of the opposite sex, in particular, keep in mind that your words and body language may be interpreted differently than you intend. Making eye contact with or smiling at a stranger in the street may be interpreted as rude or an “invitation” abroad, though it may be completely acceptable and common behavior in the US. Be observant of how Greek men and women dress and conduct themselves and try to fit in by following their example.

In the past, women going on study abroad programs have outnumbered men by about 2 to 1. The information that follows is meant to help women feel knowledgeable, prepared, and safe. While in Greece be aware that some European men publicly demonstrate their appraisal of women in ways that US women will likely find offensive – this can include being honked at, stared at, verbally approved of, and being actively noticed simply for being a woman (and especially an American woman). Though it can be difficult, it is important to learn to ignore this behavior and conduct oneself in a manner in which the attention is not further encouraged. The Let’s Go, Lonely Planet, and Rough Guide series of guidebooks have sections under trip planning for women travelers.

Tipping: In many restaurants, there will be a slight up-charge per person, which usually runs between 1-2 €. This will be automatically included on your bill and covers the tip, as well as bread. If you wish to leave more, pocket change is completely acceptable. It is not necessary to calculate 20% of the bill and tip accordingly as in the US. A little extra is of course appreciated, but large tips are not expected nor required. Likewise, it is not necessary to tip bartenders or taxi drivers, though a little extra on top of the fare is generally acceptable. For a more detailed guide to tipping in Greece we recommend checking out websites such as: www.smartertravel.com/

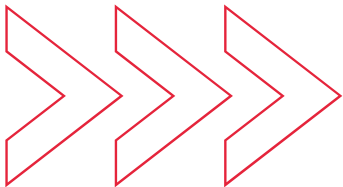
Shopping: Paros has just about everything! In Paroikia, within a few minutes walk, are four good-sized supermarkets. A nice one on the waterfront is located just down from HISA student housing. Small, local markets are everywhere. In addition to individual vegetable and fruit markets, there is a farmer’s market at the port, just down from where the fishing boats dock with the night’s catch. There is also a well-stocked international market, with Asian and Mexican food, as well as bio- foods. Five modern pharmacies can fill nearly any prescription, also offering a wide selection of health and cosmetic products. No need to over-pack; there are numerous clothing shops, from fancy boutiques to a cut-rate Chinese shop. Paros is served by all international delivery services; UPS, DHL, and FedEx.

Pedestrians: In Greece, cars have the right of way, NOT pedestrians. Please be aware of this difference and be careful.

Pace/Schedule: You should anticipate for schedules to be far less rigid. In Greece there is more of a “go with the flow” island culture. In Greece, do not be surprised if stores do not open promptly when they’re advertised to open. In addition, trains or public transportation may be later than their posted schedules. And when dining at restaurants, meals can last hours. You typically won’t be rushed (or have immediate and repetitive service), and you will often need to ask for the bill.

“Siesta”, Mesimeri or quiet time: Many businesses close for a few hours in the afternoon for the Greek version of “siesta”. They typically close around 2 pm and re-open between 4 and 5 pm. This includes pharmacies (however, there are some pharmacies open 24 hours a day). clothing stores, etc. The farther you travel from the more commercial / tourist districts, you will need to take these closures into consideration. Businesses tend to stay open until 7 or 8 in the evening.

Everyday Life



Weather

Greece has a very comfortable and enjoyable climate. The winters are not too cold, and the summers are quite warm. In the summer, there is often a very nice breeze referred to as the Meltemi winds or Etesians. These winds are especially strong in the July and August months. You should pack a jacket and other weather appropriate clothing.

OVERALL WEATHER: The weather in Paros, Greece is typically Mediterranean, with hot and sunny summers, followed by mild winters.

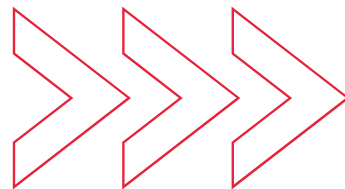
THINGS TO NOTE: Because the island of Paros is surrounded by the Aegean Sea it can be very humid during nights. But this also means that it can get very windy and chilly at night, especially in the cooler months. So, it is very important to pack a jacket, or if you are going in the summertime, at least a sweater.

WINDY: The "Meltemia" (strong north winds) blow on Paros especially during late July to the middle of August; but because the island of Paros is located in the center of the Cyclades, the winds are particularly strong and, for that reason, the Professional Windsurfers Association (PWA) has chosen to organize the annual Windsurfing World Championship in Paros, in New Golden Beach.

Please see the chart below for average temperatures and precipitation:

Months	Temperature	Rainy Days/Month
Jan - March	50-60° F	12-18
April - May	57-69° F	2-4
June - Sept	69-78° F	1-2
Oct - Dec	56-65° F	9-18

Everyday Life



National Holidays

January 1 New Year's Day

January 6 Epiphany

March 25 Greek Independence Day Good Friday

Easter Sunday

Easter Monday

May 1 Labor Day

August 15 Assumption Day

October 28 National Anniversary Day (The Ochi Day)

December 25 Christmas Day

December 26 Synaxis of the Mother of God

Staying In Touch

Cell Phones

For information about cell phones abroad, please see the ASA PRE-DEPARTURE GUIDE FOR ALL PROGRAMS

Time Difference

The following are the number of hours BEHIND Greece each region is:

Pacific	Mountain	Central	Eastern
10 hours	9 hours	8 hours	7 hours

For date and time around the world, to help schedule meetings, sunrise and sunset, use the [Time and Date](#) website.

Computers & Internet

Should I bring a laptop? Yes! All accommodation rooms and campus buildings have Wi-Fi.

HELPFUL TIPS

For information about using a plug adapter with your laptop,
see PRE-DEPARTURE GUIDE FOR ALL PROGRAMS