

2023-2024 CCS Programs: Physical Hardships

All travelers must consider the following list of physical hardships applicable to each program when selecting a cross cultural destination. Column A targets certain conditions, which may present a problem on that particular program. Each student is responsible for making an initial assessment as to whether participation in a particular program is possible, either with or without accommodation, based upon the student's knowledge of his or her particular physical and mental condition.

Please be aware the student is responsible for monitoring any special food needs due to health concerns or personal preferences. Meal times are unpredictable while traveling. If a student has food allergies or is a vegetarian, there may be additional considerations to discuss with the professor and the CCS office. Students with documented, extenuating health concerns may qualify for on campus exception courses. See the CCS Director for details.

| PROGRAM | (A) Health Concerns | (B) Hiking & Climbing | (C) Long Term Walking | (D) Long Vehicle Rides | (E) Unreliable Electricity & Refrigeration | (F) Access To Health Care | (G) Barrier Free Access |
|---------------------------------------|--|-----------------------------|-----------------------------|------------------------------|---|---------------------------------|-------------------------------|
| 3-Week Programs | | | | | | | |
| Chicago/ USA domestic trips | EP, PR | 1 | 1 | 1 | 1 | Yes | Some |
| Costa Rica | AR, AS, EP, HP, KP, MS, PR (cloud forest & volcano trip) | 3 | 3 | 3 | 3 | Yes | No |
| Guatemala | AL, AR, AS, EP, HP, KP, MP, MS, PR | 3 | 3 | 3 | 2 | Yes | No |
| England/Scotland | AR, EP, HP, KP, LBS, MS, OB, PR | 2 | 4 | 3 | 3 | Yes | Some |
| Bulgaria | AR, AS, CS, EP, HP, KP, MP, MS, OB, PR, | 3 | 4 | 2-3 | 1 | Yes | No |
| Cambodia | AS, CS, DI, HP, EP, OB, PR (long plane ride/hot, humid weather) | 3 | 3 | 5 | 3 | Some | No |
| Czech Republic | EP, HP, OB, PR, V | 2 | 3 | 3 | 1 | Yes | No |
| Nepal | AL, AR, AS, CS, DI, EP, HP, LBS, MP, MO, OB, PR *Travelers must be physically fit for trekking and altitude sickness is a concern. (long plane ride) | 5 | 5 | 5 | 3 | Some | No |
| Israel | AS, EP, KN, MS, PR | 2 | 2 | 2 | 2 | Yes | Some |
| Kenya | AS, DI, EP, GA, G, HP, KP, L, MP, MS, OB, P, PR (long plane ride) | 3 | 3 | 3 | 3 | Yes | Some |
| Semester Programs | | | | | | | |
| England, Ireland | AR, EP, HP, KP, OB, PR | 2 | 4 | 2 | 1 | Yes | Some |
| France (Accès) & Semester in Spain | AL, AR, AS, EP, GA, KP, P, MP, MS, OB, PR, V | 3 | 4 | 4 | 1 | Yes | Some |
| Japan | AR, AS, DI, EP, HP, KP, MP, MS, OB, PR (long plane ride) | 2 | 3 | 2 | 1 | Yes | No |
| Jordan | AS, DI, EP, HP, KP, MS, OB, PR, G | 3-4 | 4 | 4 | 3 | Yes | No |
| Uganda | AS, CS, DI, EP, HP, LBS, OB, P, PR (long plane ride) | 3 | 4 | 4 | 3 | Some | No |

KEY TO COLUMN A:

AL – High Altitudes
 AR – Arthritis
 AS – Asthma
 DI – Diabetes
 EP – Emotional Issues
 GA – Gall Bladder Issues
 G – Gluten Intolerance
 HP – Heart Issues
 KP – Knee Issues
 L – Lactose Intolerance
 LBS – Low Blood Sugar
 MP – Muscle Issues
 MS – Motion Sickness
 OB – Obesity/Overweight
 P – Peanut Allergy
 PR – Pregnancy
 V – Vegetarian

KEY TO COLUMNS B - E:

1 - 5 scale indicates degree of frequency this condition occurs on this trip with "5" being most frequent / "1" being infrequent

- If a student has allergies to cats, dogs or foods, he/she should talk to the CCS office and the program's leading professor.
- Vegetarians will find some country's cuisine very high in meat-based foods and thus should consider an alternative program/destination.
- Some airline regulations stipulate that travelers who are obese according to airline standards must purchase 2 tickets. Students must work with the Director of CCS on this issue as applicable upon enrollment and prior to COR374 semester.