

— CARLOW —
UNIVERSITY

PURPOSEFUL PATHWAYS

Program Rules & Guidelines

Program Rules

No drugs, no smoking

Carlow University does not tolerate the possession/use of illegal drugs, or misuse of over-the-counter and/or prescription medications, or smoking of any kind. Any students found possessing or engaging in these activities will be sent home immediately at their own expense and without refund. At no time is the smoking of marijuana permitted. Marijuana is considered a drug regardless of location and a violation of this rule will get a student sent home. Students are not permitted to purchase, use, possess, or be around others using drugs that are illegal in the host country. In the event that a student is arrested in a foreign country for possession or use of narcotics, the student will be under the jurisdiction of local authorities.

No alcohol

Carlow University programs are alcohol free with the exception that, on occasion when it is deemed culturally appropriate by the instructors, students who are of age in their host country may be allowed to drink with instructor's presence and approval (2 standard drink limit). This is to help model safe and responsible attitudes and behaviors towards alcohol and allow for cultural experience/exchange. Outside of these approved times, consumption, purchase, and possession of alcohol is not permitted, and is grounds for immediate dismissal.

*There is a strict no-alcohol rule on our Domestic US Programs for all students.

No bullying or exclusivity

Bullying, intimidation, harassment, physical abuse, put-downs, exclusion, or discrimination, by gender, ethnicity, religion, sexual orientation, or wealth/status will not be tolerated. Exclusive relationships within the group are not supported.

No risk-taking, disruptive or harmful behavior

This includes but is not limited to: Tattoos, piercings, or body modification (due to lack of proper hygiene in developing countries); sexual relationships inside or outside the group; sexual misconduct; viewing pornography; driving or being a passenger on a motorbike or boda boda; participating in an activity deemed unsafe by faculty; Possession or purchase of any weapon; leaving the group or group accommodation without notifying anyone of your intentions or whereabouts. Staying away from the group accommodation is not permitted.

Students and their parents will be required to read and sign an "Acknowledgment and Assumption of Risk and Release and Indemnity Agreement" prior to participating in a program.

Behavioral Guidelines

Nothing is more important to your overall program experience than you. Your attitude and ownership of your own experience is instrumental to your overall enjoyment of the program. If you approach the program with enthusiasm and an open mind, you will gain a lot more from the whole experience.

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We expect students to engage in all program activities and experiences, and to be open to learning and challenging their ideas and assumptions. The program will be as much about the inner journey of personal growth and learning about yourself, as it is about what you will experience in the outer physical journey.

Our programs are a shared group experience. We expect you to join the program with an open mind, and a willingness to work together with your group mates, and support each other, to make the program an incredible experience for the whole group. We expect students to be good ethical bystanders, attending to the well-being of all group members (E.g. taking appropriate action when other group members put themselves at risk).

A healthy group dynamic takes some effort on your part and it is natural that you will find you get along better with some members of the group than others, because you share the same interests or outlook on life. We ask that you make a real effort to find common ground with everyone in the group. Throughout the program we will be mixing activity groups and roommates so that everyone spends equal time together.

Honest, open, and respectful communication and behavior with your program instructors and group mates is essential.

Be with at least one other group member anytime you are away from the group accommodation. Notify a program instructor of your intentions when roaming any distance away from group accommodation. Students must adhere to the curfew specified by program instructors or host community expectations. Curfews are in place for your safety.

Non-group members are not permitted in group rooms/accommodation.

Limited technology use. Phones and devices may be brought on the program, but may only be used to photograph the experience or during programmed 'WiFi time' on occasional evenings. Use is not permitted during community stays, home stays, during expeditions, travel days, and other intentional group focused time. International plans are discouraged. This is so that students are present and engaged, for healthy group dynamics, and for safety and personal security reasons.

Taking responsibility:

- Be responsible for all your own possessions at all times.
- Take responsibility for your own health and well-being. Communicate clearly and promptly with your program instructors regarding any health or medical issues that arise.
- Take responsibility for the administration and care of any medications you need.
- Be responsible for communicating your dietary preferences, allergies, health issues, concerns, and emotional well-being.
- Timeliness – be ready on time when a time has been set.
- Be proactive in helping out with group tasks and helping others.

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Travel ethically and sustainably and respect the people and places visited during the program.

- Students should abide by local customs and dress codes.
- Students should accord local people the same measure of respect and courtesy they would to their fellow students.
- Be aware of non-verbal communications that might be interpreted as judgmental.
- Recognize that giving money and food to beggars is not a sustainable practice; purchasing an item or service is more appropriate and supports the local economy.
- Students should attempt to minimize their environmental impact.
- Buy local and eat local foods. In Uganda, meats can be categorized as animal, fish or bird. If you are not sure, don't eat it.
- Conserve resources – turn off lights, minimize use of AC, minimize trash.
- Refrain from giving your contact information. Many students and people we work with will ask you for your phone number or to be friends on Facebook or to follow you, however this is not advisable because you will receive requests for money and gifts after you return home.
- Never provide personal information to people outside of our group.
- Protect waterways by using biodegradable soaps and shampoos.
- Practice leave-no-trace hiking, camping and outdoor toileting.
- Don't buy products made from wild animals, tropical hardwoods, shells, coral or ivory.

Response to Rule Breaking

The response to rule breaking will depend upon a consideration of the following factors:

- Seriousness of rule-breaking
- Degree of risk-taking involved
- Maturity level of student/s involved
- Honesty and forthrightness of students involved
- Attitude of student/s involved
- Willingness of student/s to adhere to rules/guidelines going forward
- Impact of rule-breaking upon the group, instructors or host communities

There are three levels of response to rule-breaking.

Verbal warning

For minor infractions. Instructor(s) will meet with student(s) and point out where their behavior is outside of the program rules, behavior guidelines or group agreement.

Behavior contract

A written behavior contract will be used for situations of rule breaking, or on-going attitudinal problems. When a behavior contract is issued, family of the student will be notified. A behavior contract may also serve as a final warning and this will be made clear to a student and their family when issued.

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Dismissal

Repeat rule-breaking, ongoing attitudinal problems, law-breaking, or risk-taking at a level of seriousness that place the student, the groups, or the programs safety at risk, will result in dismissal from the program. The student or their family will be responsible for the cost Incurred for dismissal from the program.

These three responses are not a 1, 2, 3 process. Depending upon the severity of rule breaking, students may be given a verbal warning, put on contract or dismissed.