

## 2024 - 2025 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. Mealtimes 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. Contact the CCS Advisor, Stella Tippin at [Stella.Tippin@arbor.edu](mailto:Stella.Tippin@arbor.edu) 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
<b>3-Week Programs</b>							
Costa Rica	AR, AS, EP, HP, KP, MS, PR (cloud forest & volcano trip)	3	3	3	3	Yes	No
Greece	AR, EP, HP, KP, MP, MS, OB, PR	3	5	3	1	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
Italy (Rome, Assisi, Venice)	AL, AR, AS, CS, EP, GA, KP, P, MP, MS, OB, PR, V	3	5	4	1	Yes	Some
Italy (Greater Naples)	AL, AR, AS, CS, EP, GA, KP, P, MP, MS, OB, PR, V	3	5	4	1	Yes	Some
Morocco	AL, CS, EP, KP, MS, OB (camel ride), P, PR	2	3-4	4	1-2	Some	No
Nepal	AL, AR, AS, CS, DI, HP, LBS, MP, MO, OB, PR (trek in mountains) * Travelers must be physically fit for trekking and altitude sickness is a concern (Long plane ride).	5	5	5	3	Some	No
<b>Semester Programs</b>							
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 CCS advisor on this issue as applicable upon enrollment and prior to COR374 semester.