



# Office of Study Abroad

# After Acceptance: Have You

- Met with academic and financial aid advisors?
- Applied for Passport Yet?

Passport processing can take up to 6 weeks

- Submitted ALL Required Forms to OS?
- Been enrolled in your SA Classes?
- Made payments?
- Applied for VISA? (if applicable)

# Air Travel Arrangements

Some Programs require you to make your own  
Air Travel Arrangements

- Exact Name of the Arrival Airport: Some Cities have more than One Airport.
- Exact Date of Arrival: Time Zone Changes.  
*Some international flights arrive a day later than when you leave and some arrive on the same day. It depends on which direction you are going and how far you are traveling.*
- Enough Time for Connections
- Submit your Flight Schedule to OSA
- Provide in writing of travel plans if different from group plans.

# Air Travel Arrangements

- Advise Program Directors in Any student with travel plans other than those forming part of

# Prepare for Departure

- Travel Documents: Passport, Visa
- Academic class approval (exchange students)
- Flight arrangements
- Get any needed immunizations
- Notify your financial institutions
- Leave copies at home: Itinerary, passport/visa, emergency contacts, credit card, etc.
- Pre-Departure Orientation: Program, OSA



# LGBTQ Students

- Living in another culture tends to be a time of self-exploration.
- Keep in mind that many of the ideas regarding sexuality and orientation in the U.S. may not translate easily into the culture you are entering.
- Educate yourself about the social culture and laws of your host country before you go
- U.S. Department of State's LGBTI Travel Information for more information.





# Health

- Download InternationalSOS Application
- Take your Prescription Medication
- Extra Pairs of Contact Lenses and Glasses
- First-Aid Medication
- Faculty Members will NOT provide any Medication
- Contact with the Disability Resource Center for special accommodations

# Emergency Contact

- Submit emergency contact form to OSA
- Medical “Emergency” means “Unconscious

# Immunization

- OSA and faculty are NOT allowed to give advise on immunization.
- Students are encourage to consult with their doctors and/or Health Clinic, especially if s/he:

a. is visiting a country with significant health risks



# Communication Abroad

- Free Apps ex) Skype, WhatsApp, Facetime
- US-Based Cell phone: Check with your Carrier
- US Phone with local SIM card Router

• Facebook Instagram

# Prepare for Culture Shock/Adjustment

## Resources

- Travel/Books, articles, and blogs, movies, TV shows, podcasts

- Consult travel books, blogs, or podcasts
- International students from your host country on campus
- Returning study abroad students

# Prepare for Culture Shock/Adjustment

## Some Points to Consider

- Time Management
- Roles of family and gender in society
- Roles of age and social status
- Privacy and personal space
- Individual vs Group relationships
- Alcohol, Smoking, Drugs

# Pre-Departure Orientation

- Webinar
- Faculty – Led Orientation
- OSA – Led Orientation



# What to Pack

- Keep your Passport and Ticket always with you
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# What to Pack

- Check Baggage Allowance

It is ideal to travel with ONE luggage with the weight you can handle

Remember you would need to carry your luggage often through public transportation, stairs, etc.

- Carry-On and/or Backpack

- Medication, Essentials (Contact Lenses, Glasses), Valuables (Jewelry, Money, Camera, Laptop), Charger/Adapter, One-day extra clothes

# Checklist (Faculty-Led)

Have You Submitted?

- ***Course Equivalency Form***
- ***Flight Itinerary*** and Copy of ***Visa*** (if applicable)

Do You Have 2 Place to Stay at Host University?

Are You Registered in?

- ***Smart Traveler Enrollment Program***, and

<https://step.state.gov/step/>

- ***International SOS***



# Checklist (Faculty-Led)

Have You Received?

- ***Vaccination/ Immunization*** (if applicable)

Have You Received?

- *Pre-Departure Orientation* (on line and in-person)
- *Insurance Card*
- *Study Abroad T-Shirt*