

Study Abroad Orientation

Tidewater Community College

Office of International Programs and Student Services

2009-2010



Predeparture Checklist

- Passport
 - Considerations for non U.S. Citizens
- Travel Insurance
- Course Registrations
- Health Considerations
- Spending Money
- Safe Travel for Americans
- Emergency Contacts

Passport

- You should have your passport by now. Be sure that the International Programs office has a copy of your passport. You should also carry a copy of your passport with you when you travel.
 - NOTE: A Passport Card is an acceptable travel document only for Canada and Mexico. For travel to all other countries you MUST have a passport.
- The name on your passport must match the name on your tickets!
- Non US Citizens may have special considerations. If you are not a U.S. citizen, you must contact the embassy of the host country to determine if you need a visa.

Travel Insurance

- Travel Insurance is a good idea, and is strongly recommended.
- Your ISIC card only carries basic health, accident, medical evacuation, and repatriation coverage. Do you need more?
- Most travel insurance requires you to pay your medical bills upfront and then file for reimbursement when you return home so plan to carry sufficient cash for emergencies.

iNEXT

- The Office of International Programs will provide the iNext Card to eligible students and faculty.
- Please carefully read the program information and consider whether or not you need more insurance. There's NO trip cancellation coverage with this plan.

Course Registration

- All scholarship students must enroll for the appropriate study abroad course.
- Contact your program leader for specific enrollment information.

Health Considerations

- In general, are you healthy enough for the type of trip you are taking?
- Have you visited <http://www.cdc.gov/travel/default.aspx> yet? Always follow specific recommendations from the Centers for Disease Control.
- Do you need extra prescription drugs? Eye glasses? If you have health issues, it is a good idea to carry a list of your prescriptions with you in case you need medical attention while abroad. Be sure that you do not pack your medicines in your checked luggage!

Spending Money

- Check with your program leaders for specific information on what the trip cost includes. Will you need to pay for additional meals?
- Ask your trip leader about contributing money for tips for your on-site guides, bus drivers, etc.
- Do some research on the availability of ATM and credit card payment. Carry some cash, but try to use plastic if you can.
- Avoid carrying large sums of cash.
- If you must leave cash in your hotel, ask if the front desk has a safe and get a receipt for your money or other belongings. (DO NOT LEAVE CASH IN YOUR HOTEL ROOM.)

Safe Travel

- We are currently under a World Wide Caution from the U.S. Department of State.
- Visit http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html#I frequently. Check the consular information sheet for the country you are visiting, and review safety information on this site.

Safety

- Be alert. Avoid crowds, demonstrations, or other situations that could put you in danger.
- Keep a low profile. Try not to attract special attention to yourself.
- Avoid places where Americans are known to congregate and avoid American logos on your clothing and belongings.
- Use the “buddy” system and never go out alone OR without notifying your group leader.

Safety continued

- Do not leave your bags unattended.
- Travel to any area where a travel warning or travel advisory has been issued should be avoided.
- Be cautious when you meet new people. Never give out your local address or phone number and never compromise the privacy of another student.
- Stay with your group. Never leave your group alone or with a local person.

“Green” Travel

Be a good steward of natural resources.

- Use bio-degradable soaps
- Re-use linens
- 5 minute showers
- Carry re-usable shopping bag
- Turn off lights
- Limit luggage weight

Alcohol and Drugs

- Avoid the use of alcohol. Never leave food or drinks unattended while abroad.
- You may be sent home for alcohol use.
- **YOU WILL BE SENT HOME FOR ANY DRUG VIOLATION**
- Review the TCC Code of Conduct and the Policy on Drugs and Alcohol.
- Remember: while you are abroad, you represent the United States and Tidewater Community College.

The Law

- You are responsible for following the law of the country you are visiting. Understand and follow your host country's laws.
- You will not get any special treatment because you are a foreigner.
- The U.S. Embassy can only provide a list of legal representative; the embassy cannot interfere with the legal process in the host country.

Emergency Contacts

- Be sure to leave emergency contact information at the International Programs and Student Services Office.
- Visit www.travel.state.gov and copy down the address and telephone number of the U.S. Embassy closest to your destination.
- Always carry the name, address and telephone number of your hotel with you.
- Always carry your group leader's cell phone number with you.

Final Thoughts

- Be sure that the IPSS office has your emergency contact information so that we can help in the event of an emergency.
- Turn all requested paperwork in to the IPSS office as soon as possible.
- Restrict your luggage to one small carry-on suitcase and a daypack. Transporting luggage can be a problem in host countries. Don't pack what you personally cannot carry!