FAU
EDUCATION ABROAD
Florida Atlantic University

STUDENT TRAVEL ABROAD HANDBOOK



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Dear Traveler:

Education Abroad congratulates you on adding a travel abroad component to your experience while here at FAU! We look forward to helping you make the most of your adventure before, during, and after travel. This handbook will guide you in answering many questions students have when traveling to another country for study abroad programming or university-related student travel abroad.

You should read this handbook carefully and participate in any pre-departure meetings and sessions. The handbook is broken down into three sections: Before You Go, While Abroad, Upon Return. This information will help you prepare to go abroad, whether it is your first time out of the country or you are a seasoned globetrotter. While Education Abroad is always here to support, it is important to remember that you are your own best advocate. So, educate yourself and be sure to ask questions so we can help you have safe and successful travels abroad!

Happy Adventure!

-The Education Abroad Team



EDUCATION ABROAD CONTACT

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BEFORE YOU GO…

TRAVEL DOCUMENTS

PASSPORTS

A passport is a government-issued identification from the country of citizenship that allows you to request entry to live for a time in a foreign country. It enables you access to consular services which may be available abroad by your home country and permits you to reenter your home country upon return from traveling.

All travelers are required to have a passport, which is valid for at least six (6) months after the program, or travel end date. If you do not have a passport, you should apply for one immediately. U.S. passports can take up to 6-8 weeks to process and require you to provide supporting documentation. More information on applying for a U.S. passport can be found on the U.S. Department of State Travel website at http://travel.state.gov.

VISAS

A visa is a government endorsement that indicates one has a specific reason for entering and/or residing in another country for a specified period. Each country has different visa requirements that can vary according to your nationality, length of stay, reason for travel, etc. It is important to review visa requirements well in advance and prior to booking travel, as some countries may require you to apply in advance for a visa, while others may allow you obtain your visa at the port of entry (immigration checkpoint) or after you arrive. Regardless, you will want to be prepared in advance so you are aware what processes and documentation is required for entry.

For U.S. citizens, more information regarding entry and exit requirements can be found on the U.S. Department of State country travel pages at https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html. For non-U.S. nationals, you will want to refer to that countries Embassy since your immigration requirements may be different. International students on F-1 and J-1 visas, as well as students in other non-resident statuses, should check with FAU International Services to review travel documents and considerations to ensure they can successfully depart and return to the United States. When in doubt, speak to the Consulate or Embassy or Education Abroad office for clarification. Relying on google or a friend's advice for entry requirements could be a costly mistake, both financially and in one's ability to depart in a timely fashion or stay for the duration of activities.

While Education Abroad can provide general guidance on applying for passports and visas, the student is ultimately responsible researching requirements, gathering all materials, funding, and applying for their visa in a timely fashion. Non-U.S. citizens, especially those on international student visas, should check with International Services regarding traveling outside of the United States. Even with appropriate documentation, Education Abroad cannot guarantee entry into the host country or re-entry into the United States during or after travel abroad, nor is responsible for any related fees or expenses.

HEALTH & SAFETY PREPARATIONS

INSURANCE

All students who are participating in an FAU-approved study abroad program or university-related student travel abroad are required to purchase the FAU-approved international health and travel plan through Cultural Insurance Services International (CISI). This mandatory insurance ensures that students are able to affordable access important medical and emergency support services while abroad. **Students will be responsible for enrolling themselves in the CISI insurance through the link provided in their application** Enrolled students will have access to an online portal and app where they can obtain insurance cards, access travel alerts, learn more about coverage, and submit claims.

VACCINATIONS AND COUNTRY-SPECIFIC HEALTH

Prior to travel, all students should visit the Center for Disease Control (CDC) Traveler's Health webpages at https://wwwnc.cdc.gov/travel. These pages offer a wealth of information regarding general traveler health as well as country-specific information. Travelers can find information regarding additional vaccinations or medications that may be required for travel in the host country. Likewise, there is information for traveler of special populations including those traveling with children, pregnant women, individuals with chronic diseases, and immune-compromised travelers. In some cases, visa or entry requirements may include demonstrating that you have obtained routine and area-specific vaccinations, such as Yellow Fever or Typhoid vaccination. It is essential travelers learn more about how they can protect themselves before, during, and after travel.

VISIT YOUR DOCTOR

It is essential to meet with your doctor prior to departure to review your health concerns, discuss considerations for prescription use while abroad, and familiarize yourself with unique health considerations when traveling. Be upfront with your health professional about physical or mental health issues you have encountered in the past or presently. Your physician will be able to help you anticipate and prepare for certain health issues or situations that may arise. If students do not have a regular physician, they can visit Florida Atlantic University's Student Health Services. They offer physicals and can discuss considerations for travel abroad. When scheduling your appointment, mention what your goals are for the visit so your physician can prepare ahead of time.

PRESCRIPTIONS AND MEDICATIONS

Traveling abroad or being in different climates/situations may affect the efficacy of an existing medication. Likewise, some countries may have regulations against certain types of prescriptions. It is essential you discuss any medications you are on will be taking with your doctor so you can determine the appropriate nature of consumption or utilization in the event modifications or adjustments need to be made. Always talk to your doctor before making any changes or modifications to your health regimen. Do NOT make these decisions on your own as it could have serious consequences for your physical or mental health.

It is essential to take a supply of the medication(s) you regularly use for the duration of your time abroad. For students who are traveling or living abroad for an extended period, the Education

Abroad office can provide you with a letter that confirms your dates of travel that you can take to your pharmacy or physician so you can request to receive a full supply of medication. Please ask for this letter no less than two (2) months prior to your departure date as you may require additional authorization from your domestic insurance company.

When traveling with your medications, it is vital to keep your medications in the original, labeled containers. Be sure the information on the container has your name, your physician's name, and the name of the medication. If the required medication is habit-forming or a narcotic drug, we recommend that you take a doctor's letter certifying your need for this particular medication.

PREPARING FOR ACCESSIBILITY ISSUES

As cultures differ from country to country, so does the perception of physical and mental health issues. Laws and customs may vary from country-to-country in terms of what is available and what can be provided for those requiring support services or accommodations. The most important quality for any traveler is flexibility and an open mind. You are going abroad to experience a different way of life, which may also include a different way of dealing with your health and accessibility concerns.

FAU offers various study abroad programs that are equipped to offer support services to students with physical or mental health considerations. University-related student travelers should consult with the travel company or trip leader regarding support services which may be available abroad. It is ultimately the responsibility of the student to disclose health information to relevant parties, which may include your study abroad advisor, trip or faculty leader, travel agent or company, or host institution regarding physical or mental health conditions that may affect your experience abroad. It is critical to share this information as some conditions can be triggered or exacerbated by traveling. Information that you share will be treated confidentially to support you in preparing to go abroad and to ensure that you receive proper services and care while abroad in emergency and non-emergency situations.

For students requiring accommodations abroad for academic purposes, you must register with FAU Accessibility Services at http://www.fau.edu/sas/ so they can help determine if and what type of services FAU can provide during your time abroad. More information for travelers with accessibility considerations can be found online at Mobility International USA http://www.miusa.org/, Abroad with Disabilities http://abroadwithdisabilities.org, and Diversity Abroad https://www.diversityabroad.com/.

GETTING TO KNOW THE HOST COUNTRY

All travelers are strongly encouraged to learn about their host country prior to departure, including customs, traditions, history, political climate, and some phrases of the local language if you are a non-native speakers or a language learners. The U.S. Department of State Travel pages at http://travel.state.gov offers country-specific information including entry/exit requirements, U.S. embassies and consulates in the area, local laws and special circumstances, travel and transportation considerations, and safety and security information. The Central Intelligence Agency (the CIA) Worldfact Book at https://www.cia.gov/library/publications/the-world-factbook/ provides information on the history, people, government, geography, economy, and more of all countries worldwide.

Likewise, many travel guides are available which offer advice and recommendations including but not limited to Lonely Planet, Frommers, and Matador Network. For language learning, students

can refer to FAU libraries at https://www.fau.edu/library/ which offers Mango Languages—an online self-paced language learning system covering other languages, at no cost. There are also external opportunities such as Rosetta Stone, DuoLingo, and WeSpeke.com where travelers can access language exchange and study for a free or a nominal fee.

THE SMART TRAVELER ENROLLMENT PROGRAM (STEP)

All U.S. citizens are strongly encouraged to register with the U.S. Department of State Smart Traveler Enrollment Program (STEP) at https://step.state.gov/step/ prior to departure. This free registration system alerts the local U.S. embassy or consulate that you will be traveling or residing in country. The Consulate or Embassy will be able to send you country-specific travel alerts and will be aware that you are in country in the event of a large-scale emergency event. Prior to registering with STEP, travelers have confirmed travel dates and information regarding their accommodation or where they can be reached abroad.

For non-U.S. citizens, you are encouraged to check with your home country to see what types of support services or registration are available for travel abroad through your government.

FINANCES

BUDGETING

The amount of money you need abroad depends on what is included in your study abroad program or travel package, the cost of goods and services in your host country, the exchange rate, and your personal spending habits. Plan to have enough financial resources to last you to the duration of your travels--and then some. Always budget on the higher end as it is easy to get into the vacation mentality and spend more than you anticipated. Students should not plan on working abroad to support themselves if traveling abroad for an extended period; there may be laws or policies, which prohibit it or the absence of available jobs.

FINANCIAL AID & SCHOLARSHIPS

If you are receiving financial aid or scholarships for study abroad, be sure to know the disbursement date and financially plan in the event that there are any delays. Make sure you know how the funds will be disbursed and be prepared for the delay between disbursement date and arrival of funds in your bank account. (Students receiving financial aid should remember that financial aid is disbursed only once the student has arrived onsite and registration/attendance in classes has been confirmed). In the event that funds are distributed in the form of a check, ensure you have it sent to an address where someone is available to access the check and deposit it in your bank account. Never assume all funds will be applicable to your study abroad program; you should always speak with a Financial Aid advisor to confirm your aid package. Be sure all paperwork is completed for Financial Aid disbursements and any external or internal scholarships.

CREDIT AND DEBIT CARDS

It is highly advisable to obtain a major credit card before traveling abroad for both emergency and non-emergency situations. The most commonly accepted credit cards are Visa and MasterCard. Credit cards you use abroad must be in your own name as cited on your passport. ATM cards with a Cirrus or Plus designation can often be used to obtain foreign currency from an ATM and are the most popular option for obtaining money abroad for study abroad students.

Contact your bank and credit card company before departing the United States so they know that you will be traveling abroad and do not freeze your account for unusual activity. Students should also ask about benefits and fees of making transactions or withdrawing money abroad. There are generally international transaction fees that can add up quickly, and there may be travel services that are courtesy of the credit card company or bank. Some U.S. credit cards do not have the chips that European vendors require and not all merchants accept credit cards, as some cultures and societies are mostly cash-based. Therefore, do your homework in advance and be prepared!

It is advisable to make arrangements so a friend or family member can deposit money into your bank account in case of an emergency. Leaving a copy of your credit and debit cards at home can also allow someone to cancel or replace cards on your behalf, in the event they are lost or stolen. Be sure you have activated and used all credit cards and debit cards prior to departure in the event there are any problems, as replacing credit or debit cards abroad can be much more time consuming and inconvenient. Sometimes credit or debit cards do not work abroad, so make sure you have other ways of obtaining money while traveling.

SECURING LOCAL CURRENCY IN ADVANCE

Students should have some foreign currency available before departure from the United States to use for buses, taxis, telephone calls, and tips upon arrival. Check with local banks to see if you can obtain foreign currency before you leave. Depending on which currency you are seeking, it may take up to two weeks before the bank can obtain the foreign currency, so consult with your bank ahead of time! Foreign currency is also available at the Miami International Airport (MIA) at its foreign currency exchange booths. Most international airports will have foreign currency exchange booths as well.

PACKING

One of the most frequently asked questions by students, is "What do I pack?" The answer to that question will depend on the location and duration of your time abroad. A yearlong study abroad program in Russia will require a different type of clothing than a week in Costa Rica. Keep in mind that while abroad it is perfectly acceptable to wear the same outfit a few times in one week. Select clothes that you can mix, match, and layer for variety and as weather can vary throughout the day and from town to town.

Remember you are going to have to carry whatever you pack and will accumulate things while abroad, so pack sensibly and lightly. It is a good idea to practice walking around with your bags to see if you need to make any adjustments. Be sure to check with your airline company to learn the luggage limits for your flight. Your carry-on bag should contain all the necessities to live for one or two days in the event your luggage is delayed or lost. Be sure to check the weight limits for baggage with your airline carrier(s).

Do not forget that you are in some cases sharing a room with other students so be considerate of your roommates and limit your luggage. Bring a backpack for daytrips. Do not pack your passport in your checked baggage—always carry it with you when in transit! Past participants have recommended purchasing a money belt or other similar device to keep money, passport, etc. close to the body and secure during travel. Make photocopies of the opening page of your passport and all of your credit cards and carry them separately from the passport and credit cards.

See the packing list at the end of the handbook for more information!

ELECTRICAL ADAPTORS AND CONVERTERS

Standard electric currency and outlets differ throughout the world. If you are bringing electrical appliances (i.e. hair dryer, laptop, etc.), you will likely need an adaptor or a converter since not all countries utilize the same plug style or currency as the U.S. An adaptor will allow you to physically plug your item into the outlet. A currency converter will be required if your appliance runs at a higher or lower voltage than the host country. Some appliances may be able to run at multiple currencies, so check on the product or tag to see if there is dual voltage. Always check in advance and err on the side of caution so you do not ruin your appliance or burn out the electricity in your hotel, dorm, homestay, or at your host institution.

COPIES OF DOCUMENTS

Before you leave your home country, it is important that you make copies of the following items for your emergency contact in the U.S.:

- Biographical page of your passport
- Copy of your visa and/or any special immigration papers
- Airplane ticket and train tickets (if any)
- Credit/debit card information
- CISI Insurance Card
- Housing information
- Acceptance Letter
- Anything else which seems important for you to have copies

Carry these copies with you in a separate place from the original and store them in a safe place, such as in your bedroom or hotel safe.

COMMUNICATION

UPDATE YOUR MAILING ADDRESS

If you are traveling for an extended period of time (more than a month), be sure to change your local address with FAU through your MyFAU to ensure that any mail sent by the university will go to a U.S. address where a parent or responsible friend will take care of your affairs.

If you are traveling for a short-time and no one is available to handle your mail, it is recommended you contact the United States Post Office to have your mail held. If you are traveling for an extended time, you can also forward your mail temporarily to another address.

TECHNOLOGY

Students should carefully consider location and duration of travel when deciding whether they will bring technological devices such as cellphones, computers, and tablet abroad. Hotels, hostels, host institutions, and residence halls often offer WIFI. If you elect to bring technological devices, be sure that you have made all relevant software updates as internet speeds vary from country to country. It is strongly encouraged that you have valid security software to protect your computer from any malware or viruses. You should also be aware that repair options might be limited or

non-existent in the event you have problems depending on your location and the type of device you have. For all devices, it is important to ensure that you have a safe space where you can lock up your devices as needed whether in a safe or with a travel lock in your suitcase.

PHONE CALLS

You should make a plan for how to communicate with FAU and emergency contacts for emergency and non-emergency purposes. While you can rent or buy a cell phone with a local number in the host country you are visiting for the duration of your stay, many students prefer to use their cell phone for WIFI capabilities or calling coverage while abroad. If this is your preferred option, you should take care of the following prior to departure:

1.) If using your U.S. cell phone internationally, you will want to make sure you have written confirmation of the coverage provided and monthly costs and rates. Be aware that using local towers or data may also add fees. We recommend using your U.S. cell phone sparingly when you first arrive if electing this option, especially if you have never used it in the host country. Reviewing the charges on your account after you have used it will help you gauge what your monthly bill may be so you can adjust accordingly, if needed.

2.) If interested in purchasing a local SIM card to use abroad for your existing phone, first check your cell phone carrier to see if your phone has the ability to be unlocked for use abroad. If possible, you can purchase a SIM card onsite or prior to arrival in some cases so you have a local telephone number.

Remember that in the event your device breaks, there are no guarantees there will be a service or repair place geographically close or that they will be able to fix your model or make of technology. You will also want to keep a paper copy of important numbers in the event your phone is lost or stolen.

ACCOMMODATIONS

STUDY ABROAD STUDENTS

For students participating in faculty-led study abroad programs, your accommodations are generally made on your behalf and included in your program fee (unless otherwise indicated in program materials). For students participating in exchange and direct enroll programs, it is your responsibility to ensure that you have familiarized yourself with the housing options and make reservations in a timely fashion. Many programs provide or will assist you with obtaining housing, so you should pay attention to the program materials to ensure you can access your preferred housing. If you are living with a homestay as part of your program, be sure to disclose upfront any special dietary restrictions if meals are included, any allergies or pet restrictions, and any considerations for accessibility to ensure you are paired with an appropriate host family; generally housing forms are sent in advance so be on the lookout for those.

All study abroad students should provide your study abroad advisor with their housing information, if not arranged through the Education Abroad office.

UNIVERSITY-RELATED STUDENT TRAVELERS

You should book your accommodations well in advance, especially if traveling during a major event or peak travel season. If you are traveling with a group or sharing housing, be sure to discuss how payments and rooming assignments will be determined.

PRE-ARRIVAL AND AIRPORT PICKUP

Be sure you have information easily accessible regarding your accommodations, including the accommodation address and contact number. You should print this information out in advance and keep it on hand so it is readily available to you. Having the information electronically as a backup is recommend, but remember if something happens to your electronic device you will want this information printed.

If airport pickup is provided as part of your accommodations, ensure that you confirm your flight details by required deadlines and have received instructions for pickup well in advance. Be sure to inquire about how you should handle a later arrival in the event that your flight is delayed.

WHILE ABROAD…

UPON ARRIVAL

There are a few things you should do right away when you arrive at your destination:

1. Contact your family/emergency contact in the U.S.A. to confirm you are safely abroad
2. Place any valuables in a safe place, preferably in something which can be locked
3. Remove all luggage tags and stickers from suitcases
4. Check in with any onsite contacts as required (housing contacts, host institution, conference registration, etc.)
5. Get a map of the city and familiarize yourself with your surroundings
6. If studying abroad, attend any orientations or welcome events to meet program staff, students, and to gain valuable information regarding your time abroad
7. Update the time to the local hour on any wristwatches or electronic devices

HEALTH & SAFETY ABROAD

It is important to be conscious and take care of your physical, mental, and emotional health while abroad. Stress from last minute preparations, changes in climate, adjusting to a new time zone, and the transition to a new diet may cause some initial health issues. Feeling anxious prior to departure is common, and colds, sore throats, coughs, and gastrointestinal disorders due to changes in foods and water upon arrival is to be expected. Being aware of the things that can affect your physical and mental health will allow you to better enjoy your final days at home and abroad.

JET LAG

Jet lag is a syndrome of fatigue and disequilibrium experienced by travelers crossing three or more time zones; it can persist for a few days or a few weeks while the biological clock slowly resets itself. It is often more severe in persons traveling west to east than vice versa, primarily because it is easier to stay awake when traveling east to west than to go to sleep earlier when traveling in the opposite direction. Flying north or south may make you tired, but does not create significant jet lag. Jet lag, before or during travel, may be avoided by modification of diet, sleep cycles and exposure to daylight. All of these methods work to control the timing of biological functions or circadian rhythms. As a rule of thumb, it makes sense to consider jet lag management strategies when you are flying 4 or more zones west or three or more zones east. Arrange your sleep schedule to stay rested but to orient as soon as possible to the local time zone.

TRAVELER'S DIARRHEA

Traveler's diarrhea on average lasts 1-2 days if untreated, and symptoms can include abdominal pain, nausea, vomiting, bloating, or fever. Travelers to rural areas and tropical climates may be at higher risk compared to persons traveling to cooler climates and urban settings. Major sources of infection appears to be bacteria in or on food and water. Eating fruits and vegetables that cannot be peeled raw, undercooked meat or seafood, and food from street vendors can increase the risk of traveler's diarrhea. Likewise, water may be a source of traveler's diarrhea caused by a virus or

parasites, in which antibiotics may be needed. Students may want or need to drink bottled water and ask for beverages without ice.

EMERGENCIES ABROAD

FAU recognizes two types of incidents abroad: real and perceived emergencies. *Real emergencies* include those in which FAU has confirmed traveler incident and involvement. These types of emergencies can include physical or mental health emergencies, missing person, arrest, sexual assault, and others. In these types of emergencies, generally confirmation comes from an FAU traveler(s) abroad, trip or faculty leader, onsite emergency contact, or an in-country contact for the travel in the U.S.

In the event of a real emergency abroad, please call the FAU Police Department at +1 (561) 297-3500; collect calls are accepted. Students should first identify themselves to FAU Police as an FAU student who is participating in a study abroad program or university-related student travel abroad. They will then provide the Police Department with their name, their reason for travel including the study abroad program, trip or event abroad; the city and country where they are located; the nature of the emergency; and a phone number where they can be reached. FAU Police will reach out to the appropriate individual in the Education Abroad office who will follow up with the student as soon as possible.

Perceived emergencies are incidents in which there is possible but not confirmed FAU traveler involvement abroad. These can include political/civil unrest, natural disaster, terrorist attack, and others. In these situations, generally the notification comes via the news media, CISI insurance alerts, U.S. Department of State, OSAC, and other resources FAU Education Abroad uses to monitor world events. In the event Education Abroad becomes aware there has been a large-scale incident abroad, which may affect travelers in some way, they will assess the situation and respond accordingly. This may include sending a notification email to avoid a certain area or city, or it may involve reaching out to the traveler or group leader directly via phone or text to confirm that there is no involvement. Either way, travelers should respond as quickly as possible so FAU leadership can be informed that all students are safe.

USING YOUR CISI INSURANCE ABROAD

In the event that students require medical or travel assistance while traveling, they should:

- Contact CISI Insurance ahead of time to confirm coverage before undergoing any major medical procedures (if possible and not an emergency situation)
- You will be expected to pay for services and then request reimbursement. Keep all original itemized bills for all expenses being claimed. No reimbursement will be considered for medical expenses not accompanied by original bills.
- In the event of a major medical procedure, CISI can at times reimbursement the provider of the service directly. You must coordinate this with CISI and the provider; it is NOT guaranteed.
- More information regarding options for submitting claims is available on the CISI website https://www.culturalinsurance.com/ and within your CISI insurance portal.

NOTE: *The CISI policy is only applicable while you are abroad for an official study abroad program or university-approved travel events; it does not cover you domestically or when traveling for leisure before or after official program activities.*

IN-COUNTRY TRAVEL

You may have opportunities to travel in the country/region you will be studying. Doing research on the country will help you to decide what extra activities to do while you are there. Faculty leaders, host institution staff, or local students from the country you will be going to and/or students who went previously on your program can be a great source of information about the must-see things to do while on your program. Make yourself an informed traveler. Be sure to utilize the U.S. Department of State Travel Resources as well as the CDC Resources to stay informed. If you are traveling outside of the host country, it is wise to register that trip in the U.S. Department of State Smart Traveler Enrollment Program.

SAFETY GUIDELINES

Although no set of guidelines can guarantee the health and safety of each individual traveling abroad, the below guidelines address issues that merit attention and thoughtful judgment. You should exercise the same, and even more, personal safety precautions abroad as you would at home. Be aware that you will stand out abroad, possibly making you an easy target. At times, the people you meet may see you with stereotypical eyes. Americans tend to carry backpacks, dress differently, speak loudly, and have distinct accents. It is important to use common sense at all times.

Protect Yourself:

- Know the basic help phrases in the native language.
- Always report your travel plans to the faculty leader, host institution, roommates, or another emergency contact.
- If you think someone is making bad decisions about safety issues, share your concerns with the person, the campus liaison or your faculty leader.
- Do not give your home phone number or address to someone you have just met.
- Do not hitchhike.

Protect Your Possessions:

- Wear a concealed money belt or neck pouch.
- Keep your money in two places. If you are robbed or lose some money, you will have a backup.
- Do not leave luggage unattended or accept packages from strangers.
- Leave copies of all important documents in more than one place (e.g., at home in the U.S. and in your bags or room in country).
- Leave your passport and other valuables in your room or in a hotel safe. You do not need to carry your passport on a daily basis, unless your official ID is needed for an activity or travel outside of the host city/country

Be Vigilant:

- Do not stand out as a group or individual. Try to blend with your surroundings the best you can.
- Do not take backroads or cut through alleyways; stay in well-lit public areas.
- Utilize the buddy system when you go out.

- Do not talk around with headphones in both or either ear.
- Adopt an attitude of watchfulness and notice the people in your proximity. If someone seems to be following you, vary your route; go to a store or a populated place or flag down a taxi.
- Do not go out alone with someone you have just met; try to meet in a public place.
- Know the local laws. Laws and systems of justice are not universal. You are subject to the laws of the host country while abroad.

Situations to Avoid:

- Avoid crowds, protest groups, or other potentially volatile situations.
- When using public transportation, avoid deserted trains, buses, and metros. Move to where other people are sitting.
- Avoid deserted streets and exercise caution in unfamiliar neighborhoods.
- Watch your alcohol consumption, and do not leave your drink unattended. Excessive drinking is neither appropriate nor safe in another culture and in unfamiliar surroundings. If you drink, know your limit.
- If you are sexually active, take proper precautions to avoid AIDS, sexually transmitted diseases, or unwanted pregnancies.
- Resisting robbers' demands can lead to unpleasant outcomes. Items are replaceable, you are not!

ALCOHOL

Drinking alcohol can seem deceptively harmless, especially when you travel to countries where attitudes, customs, and drinking age may be different from the U.S. Nevertheless, excessive alcohol consumption impairs your judgment and can lead to disruptive behavior and risk of harm to yourself and to others, in addition to poor academic performance. It's not uncommon that Americans are easily identifiable from locals, as they are the "fall-down drunks."

DRUGS

Do not under any circumstances carry, use, buy, or sell illegal or controlled substances. It is also advisable that you do not associate with anyone engaged in such activities. If you are detained or caught with illegal substances abroad, you are subject to local, not U.S. laws. Being ignorant about drug laws of a country that you are visiting is not a defense. A drug that may be legal in one country may not be legal in a neighboring nation. Penalties for possession or trafficking of illegal drugs are often severe. In the event that a FAU program participant is detained or arrested by foreign officials for possession of an illegal substance, there is little that FAU, the U.S. Embassy, or Consulate can do to help you. Many countries do not accept bail, and pre-trial detention—often in solitary confinement—may last for months. Prisons lack even minimal comforts. Physical abuse, confiscation of personal property, degrading or inhumane treatment, and extortion are not unknown. Trials can be lengthy, and few countries provide jury trials or require the presence of the accused at his or her trial. The bottom line – DON'T DO IT.

SEXUAL HEALTH

FAU study abroad participants should practice extreme caution when engaging in sexual activities abroad. Proper protections should be taken to protect against Sexually Transmitted Infections (STI), unwanted pregnancy, and in areas with populations demonstrating higher levels than average occurrences of HIV/AID's or other infectious disease. Additional information regarding sexual health can be found at the FAU webpage http://www.fau.edu/owlscare/caring_for_self/sexual_health.php.

SAFE ROAD TRAVEL

Driving customs and etiquette vary from one country to the next. For example, driving on the left side of the road is the law in many countries especially in the United Kingdom (UK), Australia, and many countries in Africa and Asia. Unusual traffic patterns, traffic roundabouts, and laws regarding passing or right-of-way can seem confusing and disorienting for someone unfamiliar with the traffic laws and practices of the host country. Statistics indicate that road accidents are the single greatest cause of serious injury and death to U.S. citizens traveling abroad. Also, pedestrian rights vary widely from country to country and unfamiliarity with traffic patterns has occasionally resulted in accidents and serious injuries. As such, we strongly recommend taking advantage of the great public transportation available abroad and discourage students from renting cars or motor vehicles while abroad.

WOMEN TRAVELERS

Violence against women is a growing concern all over the world. Sometimes when women are out of their familiar environment, they let their guard down. Always be alert and use heightened safety precautions no matter where you are going. If something negative should happen to you, go to someone related to your program for assistance. Unfortunately, in many countries the issue of female harassment is handled quite lightly and you may be treated accordingly. On the same note, women are subject to the same kinds of dangers abroad as they are in the United States, including the danger of rape. The occurrence of rape is often accompanied by the use of date-rape drugs, such as roofies and GHB (also known as Liquid Ecstasy, it produces a state similar to that of being drunk). Again, use the same precautions abroad that you would in the U.S., and think about these three simple common sense measures that could prevent you from being drugged:

- Do not leave your drink unattended or exchange drinks with anyone else.
- Do not accept a drink from anyone, no matter how nice they seem.
- Avoid drinking from an open containers
- Be careful of cultural differences when interacting with the opposite sex as what is a platonic interaction in the USA can be perceived differently abroad and vice versa.

POLITICAL DEMONSTRATIONS

While abroad, you may encounter political demonstrations, including those which are specifically anti-American. It is extremely unwise to become involved in any sort of political demonstration or activity while you are abroad—whether leftist, rightist, or anything in between—no matter how strongly you may feel about the issue. Even if you agree with the demonstrators, you must remember that you are in another country and should refrain from any action that may jeopardize

your safety in your host country. Above all, know and obey the laws of the host country because no matter what your country of citizenship is, you are subject to the laws of your host country.

STUDENT CONDUCT

As a student representative of FAU, you are expected to conduct yourself in an appropriate manner. You have important rights and responsibilities, which are outlined in the university's Code of Student Conduct. The code applies not only to on-campus conduct of students, but also to the off-campus conduct of students participating on study abroad programs and university related travel. FAU's Student Code of Conduct can be found at https://www.fau.edu/studentconduct/. The Student Code of Conduct identifies prohibited types of conduct that will subject a student to university discipline. These include, but are not limited to, violence or physical attack of any other person, violation of the honor code, possession or use of illegal substances, etc. Inappropriate behavior abroad that is a violation of the Student Code of Conduct can result in your dismissal from a study abroad program. As part of the application process, you completed and signed the Discipline Policy Form that outlined acceptable behavior and the possible consequences for the violation of those policies.

Know that while you are abroad, you are subject to the local and national laws of the host country. Once you leave the United States, you are not protected by U.S. laws and constitutional rights. Therefore, it is important to education yourself about the laws of the countries you will be visiting and abide by them. FAU cannot help you with legal issues that arise abroad.

SEXUAL HARASSMENT

FAU is committed to providing a living and study environment free from sexual harassment. The university encourages student traveler participants to report concerns to a university official onsite or in the U.S.A. so that prompt corrective measures can be taken to stop sexual harassment whenever it occurs. To view FAU's sexual harassment policy, please visit: http://www.fau.edu/eop/files/5.010_Anti-Discrimination_and_Anti-Harassment.pdf

FINANCES

ACCESSING LOCAL CURRENCY ABROAD

Most students opt to use a debit card for cash withdrawal. Every time you exchange money, you can expect to pay a commission or fee, which varies. In some places, the commission is based on a percentage of the amount you exchange, while in others there is a flat fee regardless of the amount of the transaction. As exchange rates fluctuate daily, try to keep up with current rates to get the most for your money and always ask what the fee is to exchange money at a particular location. Also, remember to bring acceptable identification since it may be required in order to exchange currency or use your credit card abroad.

SAFETY WITH MONEY

Education Abroad office recommends that you carry limited amounts of cash while abroad, in case it is lost or stolen. No matter how much or little, be careful! Use caution while using public transportation, or in crowded areas where pick pocketing may be prevalent. A money belt worn inside your clothing or a money pouch around your neck is recommended for safekeeping your

passport, insurance and emergency cards, health information, credit cards, and cash. Another suggestion is to carry half of your money in one pocket and the rest in another pocket.

Typically, the amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processed the transaction

OPENING A BANK ACCOUNT ABROAD

If you plan to be abroad for a semester or longer, you may wish to open a local bank account in the host country, which you will need to do in person once you arrive. Many banks abroad will have their own bankcards, allowing you to make withdrawals from their ATMs. If you plan to open a bank account abroad, you should plan for a wire transfer from your home account. A personal check or money order can take weeks and even months to clear and will delay the ability to open a bank account quickly.

For students who are short-term travelers, it is often easiest to use cash, credit or debit card while abroad.

COMMUNICATION

CHECKING EMAIL ABROAD

Regularly check your FAU email and the personal email address provided on your application on a regular basis so you do not miss any important communication, such as your registration information. If you change or update your email, you are responsible for communicating that to the Education Abroad office and all relevant parties including your emergency contact, your host institution, your bank, and others. Missed correspondence or delayed information will be faulted to you.

PHONE CALLS ABROAD

There are various options for communicating with family and friends back home. It is important to be cognizant of different time zones and arrange calls according to the local time and so they do not disturb roommates or a host family. Be aware that each country has a country code that must be used when calling an international telephone number. For example, the United States country code is 1. You will want to familiarize yourself with your host institution country code and provide that to family and friends if they are calling you at an international number. Country codes can be found at https://countrycode.org.

If using a landline phone to communicate, you can buy a country-specific phone card for a certain amount of time at airports, train stations, newsstands, and some hotels. Be sure to follow the instructions as indicated on the card to active and utilize the card. If planning to call the U.S., make sure the phone card has international options and be aware that it may deduct more money per minute for international calls in comparison to local calls. In the center of some cities, you might find phone stations. These stations are public phone rooms, which provide phones to use for a small fee.

Typically, phone rates for calls originating from abroad are usually more expensive than the cost of abroad calls originating in the U.S. Many U.S. long distance providers now have discounted or special international calling card rates for calls originating from the U.S. Therefore, if you have access to a phone where you can receive incoming calls, it may be cheaper to have people call you

directly. If you are getting or using a local cell phone or landline, you may want to confirm that incoming international calls are free-of-charge.

ALTERNATE MODES OF COMMUNICATION

More and more students are using the internet to connect to friends and family using programs and applications like WhatsApp, FaceTime, Skype, Viber, and others. If using this option, it is recommended that you download or update software prior to departure as internet speeds can vary across countries. You will also want to be sure you have communicated with friends and family about how to use any apps or programs you use.

CULTURAL ADJUSTMENT

EXPECTATIONS

For many students, studying abroad will be their first time traveling to or living in another country, which can be a highly stimulating experience. Cultural immersion—interacting and living with people in other cultures—is an important part of the education abroad experience. For some students, the transition will cause anxiety and apprehension; for others, it is a challenge they meet head-on.

If studying abroad, you are expected to engage fully and cooperatively in your program, to attend all classes, and participate in all program activities including in-country program field trips, excursions, and other group activities. Many FAU-sponsored programs involve extensive travel and field study excursions. Students should be prepared to be flexible in the event that an unpredicted change in an itinerary or a health problem arises.

CULTURE SHOCK AND THE FOUR H'S OF CROSS-CULTURAL ADAPTATION

Living in a new culture can be exhilarating and rewarding; it can also be frustrating. When students travel abroad, they are often faced with many new ideas, customs, cultural norms, and modes of interaction. While these types of things may initially result in a feeling of "culture shock," they are exactly why we live, study, and travel abroad —to experience something different and learn from it! Preparing yourself before you leave with and developing health coping strategies for transitioning to a new environment abroad can help reduce this anxiety and make your stay exciting, fun, and enjoyable.

Your time abroad may go something like this:

- **Stage 1: Honeymoon**. When you first arrive in your host country, everything will seem new and exciting. You are in a new place and everything seems great! Perhaps you are involved in orientations and getting settled, getting hosted around the town or city. The sights, sounds, and tastes are all a new adventure. Moreover, at first, you may even see more of the similarities between your host country and the U.S. than the differences.

- **Stage 2: Hostility**. After you have been in the host country for a short while, though, you realize that things are not the same and problems may arise; maybe you are tired of the food or struggling with the language or academic system. Your initial enthusiasm has drifted away and you may feel like you don't really belong; you may even begin to feel homesick at

this point. Living in a new culture can be exhilarating, rewarding, and stimulating; it can also be frustrating.

- **Stage 3: Humor**. However, almost always the feelings of irritability and hostility dissipate with time, and once you have been in your host country a while longer, you start to better understand the local culture and customs. Things that once appeared strange now seem commonplace to you, including the local language. Now, you are able to deal with new and challenging situations with humor rather than frustration.

- **Stage 4: Home**. At this point you have "settled in" to your new surroundings and it feels much like home. You may have begun to adopt some of the cultural norms of the host country, but still have managed to retain your own cultural identity. You understand yourself and others better. Culture shock has worn off.

ADJUSTMENT AND COPING STRATEGIES

Ask questions! This is the easiest way to find out more about your host culture and learn how to maneuver within it. If you are having questions about something, chances are others are having the same questions or issues. Feel free to contact the Education Abroad office if you do not feel comfortable to approach someone onsite.

Expect to feel frustrated sometimes. You are bound to have communication problems when you are not using your native language or dialect. Moreover, people will do things differently in your new home, and you will not always think their way is as good as yours. Try to stay away from these ethnocentric attitudes—the belief that one's own way of life is superior to others. Rather, try to adopt a sense of cultural relativism— learn to accept your new culture for what it is, and live by its standards.

Expect to feel depressed sometimes. Feeling homesick is natural, especially if you have never lived away from home. Remember that your family and friends would not have encouraged you to go if they did not want you to gain the most from this experience. Don't let thoughts of home occupy you to the point that you are incapable of enjoying the exciting new culture that surrounds you. Think of all you will share with your family and friends when you return home.

Expect to hear criticism of the United States. If you educate yourself on U.S. politics and foreign policies, you will be more prepared to handle these discussions as they occur. Remember that such criticism of U.S. policies is not personal. Most foreign nationals are very interested in the U.S. and may know more about U.S. politics than you do.

Do not expect local people to come and find you. When was the last time you approached a lonely-looking foreign student with an offer of friendship? Things are not necessarily any different where you are going. If studying abroad, take advantage of student or host institution-organized activities, join clubs, participate in sports, and attend other sponsored functions. Stay active!

Write a journal. As you write, you'll think your way out of the negative reactions that may result from your unfamiliarity with language and cultural behavior. Journaling will force you to make meaningful comparisons between your own culture and the host country. When you return home you'll have more than just memories, souvenirs, and photos of your time abroad; you'll have a written record of your changing attitudes and process of learning about the foreign culture.

Try to have a tolerance for ambiguity. You may not understand what's going on around you sometimes, especially if you are in a non-English-speaking country. That's okay. Remaining open, patient, accepting, and relaxed can help you maneuver through new situations and help ensure that you have a positive experience abroad.

Talk to someone if you have a problem and advocate for yourself. If studying abroad, the staff of the international office at your host institution or your faculty leader is available to counsel students with issues or problems. Keep in mind most people working in international offices or leading programs abroad have traveled and encountered many challenges; they can be wonderful sources of support. Your fellow students may be going through the same process and can provide day-to-day support as well. You can always reach out the Education Abroad office for additional resources.

GENDER IDENTITY AND INTERACTIONS

You will find that gender politics in the United States are unique and much different from countries around the world. It is extremely important to research your host culture's gender roles and assumptions before you leave. Perhaps the greatest challenge to U.S. women abroad stems from their tendency to be independent and to hold the belief that women may go where men go and do what men do. Unfortunately, these beliefs do not hold true in many other countries.

Students should understand that relationships between the sexes may differ significantly from what is familiar to them in the U.S. What may be considered normal relations with people of the opposite sex in the U.S. could be interpreted very differently by the host culture. Be aware that sexual behavior considered normal in the U.S. might invite trouble in the host country. Men and women alike should take the time to talk to host culture counterparts to better understand local customs as they pertain to such details as acceptable dress and other prevailing social norms**.**

Be aware that women's behavior may have different meanings in the host culture than in the U.S. The belief that U.S. women are wealthy and "easy" is reinforced by movies, popular television shows viewed around the world, magazines, etc. Making eye contact with or smiling at a stranger in the street may be interpreted as an "invitation" abroad, though it may be completely acceptable and innocuous behavior in the United States. In certain areas of the world (e.g., Latin American, parts of Europe, the Middle East, and Africa) men may openly and publicly express their appraisal of women in ways that are offensive by U.S. standards. For some, the honking horns, catcalls, and other such attention may be flattering; however, most find it annoying and even demeaning.

Words of wisdom for women travelers:

- Be careful of talking about sex, it may equate as a come on.
- Be careful in asking men to dance in clubs.
- Be aware of going to clubs alone, this may be interpreted as an "open invitation".
- Do not hitchhike.
- Do not respond to the catcalls you may receive, just walk on.
- Kissing a male friend hello or goodbye may be misinterpreted.
- Be firm and assertive when saying NO. Be clear and direct to be certain that your intention and the words are understood.

- Be aware that things which may appear normal to you, such as getting drunk or asking someone to walk you home, may be misconstrued as an indication of poor character and place you in uncomfortable situations.

RACIAL/ETHNIC DIVERSITY

Cultural and racial diversity are significant factors for students in choosing a study abroad program. Students who live in racially diverse communities or who have attended racially diverse schools are generally aware of the issues that racial differences can produce. However, for many students traveling to a foreign country, especially one in which the racial mix is different from their own, can be challenging. Attitudes toward race differ widely across the globe. Reactions to racial differences can range from tolerance to intolerance and acceptance to discrimination.

For some students, traveling abroad may be the first time they have to deal with their own feelings toward people whose racial backgrounds are different from their own. It can also be the first time they realize that others perceive them to be racially different. Stereotypes about race exist in all cultures and sometimes can lead to prejudice, discrimination, or harassment.

What should you do if you experience prejudice while abroad?

- Know that it happens. Being intellectually prepared for it may help you cope with it.
- Don't take it personally. Racism is not directed at you personally, but to a generalized perception or stereotype about the group to which you belong.
- Understand that racism is an irrational reaction. Once people get to know you, their prejudice may disappear.
- Take the initiative to educate others about your own ethnic background. Acknowledging racial differences need not be an occasion for strife but an opportunity to help others understand these differences.

If you encounter race issues or find yourself in racially tense situations while traveling abroad, feel free to talk with your faculty leader, in-country contact, or another member of your group. Students can also find resources through Diversity Abroad at https://www.diversityabroad.com/#start-journey, which can be helpful.

SEXUAL IDENTITY

Living in another culture provides an opportunity for self-exploration and individual growth. You may have already identified yourself as gay, lesbian, bisexual, or transgender or you may question your sexual identity for the first time while you are abroad. In either case, it is important to know what the attitude of the host country will be in regards to sexual orientation. Research your country's attitudes and resources for LGBTQ students prior to your departure.

Whatever your sexual orientation, please remember that there may be gay, lesbian, bisexual, or transgender students traveling with you. Some may be "out" in the U.S., some may not, and others might just be coming to terms with their sexual identity. Being sensitive to this diversity is extremely important for their physical and mental safety.

POLITICS

You should educate yourself about current political and social issues of your host country as well as the political and economic relationships between your host country and the U.S. You will

discover that people in other countries are often very knowledgeable about U.S. issues and they may approach you to ask questions or discuss opinions. Try not to take the criticism of U.S. politics personally. You do not have to agree with the critics, but trying to listen to their point of view may be a great learning experience.

ACADEMICS ABROAD

ATTENDANCE AND PARTICIPATION

Students studying abroad are required to attend and participate in class and course activities. Be sure to familiarize yourself with attendance policies and participation grades whether its from a faculty leader or from the host institution. You are responsible for educating yourself on all academic policies related to your coursework. Students who are matriculating in a host institution should pay special attention to all attendance and participation requirements and expectations as they can be vastly different from that of FAU. If you have questions, be sure to ask questions to your faculty leader, program coordinator, or professor.

GRADES

As you embark on a study program, you will be responsible for adhering to the procedures and policies of both FAU and the host institution, if applicable. The grades you earn abroad, which will be issued in accordance with the academic policies of FAU/the host institution, will be applied to your transcript and impact GPA. Study abroad program coursework is NOT pass/fail.

TIPS FOR THRIVING ACADEMICALLY AT A HOST INSTITUTION

For students who are studying abroad a host institution:

1. Look for academic resource pages at the host institution. This may include guides to help you be successful in your writing, tutoring services, etc. The host institution international students webpage or office may also be able to provide you information on academic support services.

2. While studying abroad, you are expected to submit your assignments and complete your work using the host institution's formats, rubrics, and timelines. If you are not sure what is being asked of you – ASK your professor. Do not make assumptions. Grading and evaluation systems will vary across countries.

3. If you run into academic problems, speak with your professors and notify the host institution international office and FAU Education Abroad. No one can assist unless they know you are having difficulty.

4. Do not wait until the last minute to solicit help--the later you address the issue, the fewer options you have. Dropping classes abroad or changing coursework without alerting the host institution international office and FAU Education Abroad may jeopardize financial aid or scholarships you receive both at home and abroad.

5. If you have access to your course syllabi before you leave, read them to familiarize yourself with course expectations, assessment, assignments and goals. Once abroad, again read through your course syllabi and ask your professor for clarification and guidance on anything that is not clear to you.

6. If you add or drop courses while abroad, you must let FAU Education Abroad and your Academic Advisor know immediately—preferably prior to doing so. Keep in mind, if you register for a course that does not have an FAU equivalent, you may jeopardize financial aid, scholarships, or your status with full-time enrollment.

REGISTERING FOR FUTURE TERMS AT FAU WHILE ABROAD

FAU Education Abroad is not authorized to register students for classes following their return from study abroad; YOU are responsible for registering yourself for any coursework you intend to take after returning from studying abroad. To register while abroad, access your account by logging in to MyFAU at http://myfau.fau.edu. Once you log in, utilize FAU Self-Service in order to browse the current Departmental Course Schedule, check course availability, view your class schedule, register for classes, and pay your bill. The dates you can register are available online at http://www.fau.edu/registrar/registration/ under registration dates. If you wait until you return to the U.S. to register for classes, many classes may fill up.

IMPORTANT: *Be sure that all holds are off of your FAU account (parking tickets, library fines, health insurance, etc.) prior to traveling abroad or you* ***WILL NOT*** *be able to register while you are abroad.*

RETURNING HOME

RE-ENTRY AND ADJUSTMENT

When you return home, you will be entering the re-entry phase. For some people, re-entry may be challenging. Students who were abroad for extended periods often find that they have grown and changed immensely. For many people, the process of re-entry is greatly eased by sharing the experience abroad with others. Seek out other students who have returned from traveling abroad and international students from the country you have just returned from.

Here is a list of strategies, which may ease your re-adjustment to life after travel abroad:

1. Give some thought to the types of changes you have undergone as a result of your time abroad. How have you changed? What is now important to you?
2. Be patient with your friends and family— they are trying to understand your recent experience. They may not be as excited to hear about your experience abroad as you are to tell, so seek out others with a similar passion for travel to lend a more responsive ear.
3. Expect some negative feelings about your home culture. You may be viewing your culture from a completely different perspective now. Remember that there are positive and negative aspects of all cultures.
4. Visit the FAU Education Abroad webpage for resources for how to stay globally engaged: https://www.fau.edu/global/goabroad/staying-globally-engaged/

PROGRAM EVALUATION

Education Abroad office asks each study abroad participant to complete an evaluation of their study abroad program. You will receive an email containing the evaluation upon your return from abroad. Please give the evaluation careful consideration. We want to hear your suggestions, criticisms, and what to do/not do for the future. The evaluation form is a valuable tool, which we will use to improve our study abroad programs, so your input is essential. We thank you in advance for your cooperation in completing the evaluation form.

GRADES AND TRANSCRIPTS

If you are participating in a study abroad program, you will receive grades and your transcript will be updated. For FAU faculty-led programs, your grades will be posted by your professor(s) at the end of the semester in which you are enrolled. If you are participating in an exchange or direct enroll program or other approve study abroad program, your grades will be posted upon receipt of your final transcript. In some cases, due to calendar differences, grades will be due to the Registrar's Office before your transcript is received. In that case, you will receive an incomplete for your courses until your final transcript arrives. Note that transcripts are not sent automatically. Students must request that their final transcript be sent to their study abroad advisor at the address below or through email if the program can send electronic transcripts:

Florida Atlantic University
Center for Global Engagement
Education Abroad
777 Glades Road, GS 212Q
Boca Raton, FL 33431-0991
USA

fauabroadtranscripts@fau.edu

Note that processing and delivery of transcripts may be delayed. If you are expecting to graduate when you return from your study abroad program, it is important that your transcripts from abroad are received, processed, and entered into the computer system shortly after the published deadlines for graduation. For a few schools abroad, the delay in receiving transcripts can often be a problem; this doesn't affect many students, but you should be forewarned that there is a risk that transcripts abroad may not arrive in time to meet crucial deadlines for graduation. If your transcript is late and cannot be processed, you will officially graduate the following semester. You can walk through ceremonies, if you are back in time, provided you have made the appropriate arrangements. This may be a concern for you, however, if you are starting graduate school or employment. Check with the Advising Office within your College or Department to see if they can provide you with documentation stating that you have met requirements for graduation as this may be sufficient for pursuing your future plans.

PRE-DEPARTURE CHECKLIST

☐ Read this Handbook and sign that you have read it in your SM Apply account.

☐ Complete any missing paperwork in your SM Apply account. Failure to turn in all paperwork could result in your dismissal from the program without a refund.

☐ Pay any outstanding tuition and program fees.

☐ Ensure you have coordinated with Financial Aid and arranged to access funds or make payments with any disbursements that may be made to you.

☐ Read information about visa/entry requirements, history, economy, and culture of where you are going at https://travel.state.gov and https://www.cia.gov/library/publications/the-world-factbook/.

☐ Make copies of important documents (passport, visa, insurance card, prescriptions, credit cards, etc.) to bring with you and to leave copies at home.

☐ Determine how to handle money while abroad, how much to take, and how to get emergency funds if necessary.

☐ Register yourself with the U.S. Embassy in your host country by logging on to the U.S. Department of State Smart Traveler Enrollment Program (STEP) https://step.state.gov/step/. (If you travel to another country while abroad, register your trip there as well!)

☐ If you take medication(s), meet with your doctor to discuss any adjustments which may need to be made (do not increase or decrease dose without doctor's permission or recommendation!)

☐ Fill all prescriptions so you have enough to last the duration of your trip and leave all medications in original containers.

☐ Visit the Center for Disease Control International Traveler Website to determine if any additional vaccines or medications are needed for travel in the host country or region https://wwwnc.cdc.gov/travel/.

☐ Discuss safety concerns and emergency contact procedures with parents, guardian, or emergency contact person.

☐ Contact your bank to let them know the dates and places you will be traveling so they don't put a hold on your account thinking it is a fraudulent transaction.

☐ Discuss FAU coursework or approve equivalencies with your academic advisor to ensure your credits are degree applicable and keep you on track to graduate/access financial aid.

PACKING LIST

CLOTHES (Adjust for weather)

- ___ Underwear (two weeks' worth)
- ___ Socks (two weeks' worth)
- ___ Workout clothes
- ___ Undershirts
- ___ Thermal underwear
- ___ Long sleeve shirts
- ___ Short sleeve shirts
- ___ Sweatshirt/Hoodie (2-3)
- ___ Sweaters (2-3)
- ___ Jeans/Khakis (2-4 pairs)
- ___ Shorts (3-4)
- ___ Skirts (2-3)
- ___ A belt or two
- ___ Pajamas
- ___ Swimsuit
- ___ Coat/Jacket (2 are recommended-one for cold weather, and one that is water resistant)
- ___ At least one nice outfit for formal occasions
- ___ Flip flops/sandals of some sort (good if you're going to a warm climate, but also good for hostel showers
- ___ Sneakers/dress shoes/boots/rain boots
- ___ Cold weather gear(i.e. gloves/mittens, hat, scarf)
- ___ Hat

TOILETRIES/HYGIENE

- ___ Shampoo and conditioner/Dry shampoo (travel size, buy full-size upon arrival)
- ___ Hair styling products
- ___ Deodorant
- ___ Toothbrush/toothpaste/dental floss
- ___ Feminine products (1-month supply)
- ___ Q-tips/cotton balls
- ___ Soap
- ___ Sunscreen/Mosquito repellent
- ___ Lip balm
- ___ Moisturizer/lotion
- ___ Hand sanitizer/Wet wipes
- ___ Contraceptives
- ___ Nail polish/nail polish remover
- ___ Comb/hair brush
- ___ Razors/shave gel or shaving cream
- ___ Sewing kit/safety pins
- ___ Band-Aids
- ___ Nail clippers/tweezers
- ___ Travel tissues

MEDICINE (Check to see if your medicine is legal in the host country)

- ___ Aspirin (Advil, Tylenol)
- ___ Cold medicine (Nyquil, Robitussin)
- ___ Allergy Medicine

ELECTRONICS

- ___ Outlet converter and adapter
- ___ Flash drive
- ___ Camera/charger/film/memory card
- ___ Batteries
- ___ Laptop/charger
- ___ Cell phone (sim/unlock phone)/charger
- ___ MP3 player/iPod
- ___ Portable charger/charging cord
- ___ Headphones
- ___ Kindle/charger
- ___ Chargers and power cords for electronics
- ___ Mini-flashlight

DOCUMENTS/MONEY (Keep these in carry-on inside a folder)

- ___ Copy of Passport
- ___ All study abroad/host School documents
- ___ Plane ticket
- ___ Credit card (notify bank and credit card company of overseas travel)
- ___ Debit card
- ___ List of important contacts and numbers
- ___ $300-$500 in local currency or more (you never know when you'll get to an ATM in your host country)
- ___ Passport
- ___ Driver's license
- ___ Student ID
- ___ Insurance details

PERSONAL

- ___ Glasses/back-up glasses
- ___ Contact lenses/contact solution
- ___ Medications (enough for the duration of your stay
- ___ Umbrella/rain coat
- ___ Pens, pencil, note books, etc.
- ___ A book for the plane ride
- ___ Photos of family and friends/Mementos
- ___ Snack for the plane
- ___ Plastic water bottle
- ___ Makeup
- ___ Sunglasses

FOOD

- ___ Granola bars
- ___ Peanut butter
- ___ Salad dressing
- ___ Zip lock baggies

MISCELLANEOUS/EXTRAS

- ___ Purse/wallet
- ___ Backpack (for daily use and as your carry while traveling)
- ___ Gifts host family/roommates
- ___ Linens (Pillow, pillow case, blankets, towels or you can buy upon arrival)