



## **Study Abroad General Orientation**

### **SMSU INFORMATION**

- **Complete Study Abroad Contract.**
- **Complete Academic Approval to Study Abroad Form.**
- **Complete Health and Emergency Information Form.**
- **If applicable: Complete Third Party Affiliates and/or Cooperating Institutions form.**
- **Discuss financial aspects.**

### **TRAVEL**

- **BE VIGILANT, CAUTIOUS AND KEEP YOUR PASSPORT, BANK CARDS AND CASH ON YOU AND IN A SAFE AND SECURE PLACE.**
- **Contact your financial institutions so you have access to money.**
- **Be sure you have necessary toiletries and one change of clothes with you on airplane.**
- **Become familiar on with your destination. For example, will you take a taxi or is there bus service? Find out if your host institution has an international student office that can assist you.**
- **Check in with the Study Abroad Office after you have arrived (507.537.6699 or don.robertson@smsu.edu).**

### **ARRIVAL AND STAY AT YOUR DESTINATION**

- **You are a guest in a host country.**
- **Be vigilant and aware of your surroundings.**
- **Know the US embassy's contact information.**
- **Develop an emergency plan and inform your emergency contacts.**
- **Be prepared for cultural and environmental differences.**
- **Know currency exchange rates.**
- **Be aware of smart phone access and cost to use internationally.**

- Know the type of electrical outlets that are available and you most likely will need a transformer and adapter.
- Understand the time differences between there and here.
- Excitement and exhilaration will carry you for a while but be prepared for home-sickness.
- Try new things including food.
- Be safe; know where you are going and who you are going with.
- Budget your time and money.
- Ask questions.
- Use resources available at your host institution.
- Learn a few phrases and greetings.
- Keep a journal (more than posts on social media).
- Study!

## RETURN

- Carry important documents on you in a safe, secure place.
- Be prepared for reverse cultural and environmental adjustments.
- Check on academic credits and credit transfer.
- Be willing to share your experience informally and [perhaps] formally.
- Congratulate yourself on your life-changing accomplishment.

## Health and Safety Resources for Study Abroad

### The Center for Global Education

Features a *Study Abroad Safety Handbook (How to Get There...And Back)* which raises questions about investigating study abroad programs, travel planning, basic health and safety issues, risk factors, how foreign laws apply to U.S. citizens, advice for parents, emergency planning, and tips on dealing with cultural differences. The site also links to other on-line study abroad resources.

<http://www.studentsabroad.com/contents.html>

### U.S. Department of State Travel Warnings and Consular Information

Lists travel warnings for U.S. citizens and/or health issues in individual countries as well as announcements for particular regions.

[http://www.travel.state.gov/travel/cis\\_pa\\_tw/tw/tw\\_1764.html](http://www.travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html)

### U.S. Department of State Tips for Traveling Abroad

Provides a check list to make your trip easier.

[http://www.travel.state.gov/travel/tips/tips\\_1232.html](http://www.travel.state.gov/travel/tips/tips_1232.html)

### U.S. Department of State Students Abroad

Lists travel information and resources such as documentation, location of embassies, what to do in an emergency, insurance, local laws.

<http://www.studentsabroad.state.gov>

### Centers for Disease Control and Prevention

Includes vaccination recommendations and information on the latest outbreaks of diseases around the world. Also provides health information on specific destinations and tips for students studying abroad.

<http://www.cdc.gov/travel>