Abroad Housing Emergency Contact Abroad Program Emergency Contact Study Abroad Program Name Citizenship Home (U.S.) Campus Emergency Contact 9 Student Emergency Information Card Blood Type Special Medical Conditions 24 Hour Ph # Family (U.S.) Emergency Contact Passport # Equivalent 911 Abroad Policy # Insurance Company Wishes In Event of Serious Injury/Death Nearest Hospital Abroad Embassy/Consulate 0

Going Abroad...



A Pre-Departure Guide



Student Name Date of Birth Abroad Housing Emergency Contact Abroad Program Emergency Contact Study Abroad Program Name Citizenship Home (U.S.) Campus Emergency Contact 9 Student Emergency Information Card state Passport # Blood Type _______Special Medical Conditions Family (U.S.) Emergency Contact Wishes In Event of Serious Injury/Death Equivalent 911 Abroad 24 Hour Ph # Policy # Insurance Company Nearest Hospital Abroad Embassy/Consulate cell # state

Going Abroad...



A Pre-Departure Guide



Health & Safety Abroad

Pre-Departure Planning

- Research local customs, laws, etc. <u>www.studentsabroad.com</u> <u>http://studentsabroad.state.gov</u> <u>www.usembassy.gov</u>
- Airline reservations—coordinate with your program director.
- Health insurance—ensure that you are covered.
- Vaccinations—talk to your physician., www.cdc.gov
- Medical conditions—talk to your physician and your program director to make sure it is safe for you to travel abroad
- Packing—do not take too much, keep your valuables with you in a carry-on.
- Money—plan to travel with very little cash and use credit/ATM cards while abroad. *Call your bank to tell them you are traveling abroad so they don't freeze your account.
- Create a travel/emergency plan (TEP)
- Confirm with your study abroad provider or host school that they will meet you at the airport on _____(date) at _____(time).
- In case you get delayed enroute or arrive and no one is there to meet you, be sure to have a point-of-contact at your destination:

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Name	
Phone number	
Back-up number	

Getting On the Plane

- Carry the "Big Three":
 - Airline Ticket
 - Passport
 - Credit card, debit card, a little cash
- Your carry-on luggage:
 - The Big Three
 - Prescription medications
 - Important documents
 - 48-hr survival kit (if luggage is lost): Clothes, toiletries, etc.
- This guide—keep it with you for reference.
- On the plane drinks lots of water and no alcohol. Sleep as much as you can so that you feel as fresh as possible upon arrival.

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- Meet vour arrival contact.
- If no one is there... refer to your TEP and call your local contact.
- If no one answers, it's time to be resourceful:
 - Ask an airline representative or some other official to recommend a hotel and to tell you where the taxi stand is located.
 - Take a taxi to the hotel, get a room and get settled in...relax.
 Continue to call your local contact until someone answers.
 - If no contact by the next day, contact VMI OIP at (540) 464-7421, -7350 or e-mail

millerda@vmi.edu irbycg@vmi.edu

Sit tight until you get further instructions.

While You Are Abroad

Items to keep close at hand:

- Passport and other documents
- $\hbox{-} Credit/ATM\ cards,\ cash,\ valuables$

(US contact number

- Be aware that you will likely go through at least some of the phases of "culture shock":
- Avoid overindulging in alcohol and becoming impaired.
- Keep your eyes on your drinks while at parties, clubs or bars.
- Use a buddy system when out at night.
- Avoid leaving restaurants, bars, or nightclubs with strangers and DO NOT get into vehicles with people you do not know.

Local transportation - Taxi	
Bus or metro line and stop	

- Don't be too quick to trust people you have just met or don't know well.
- Know the local culture as well as areas and behaviors to avoid in order to reduce the likelihood of becoming a victim. Do not resist being robbed.
 Nothing you own is worth your life.
- Immediately report any problems to program faculty or staff leaders.
- Know your program's emergency plan and the proper response for natural or other disasters.

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