

Study Abroad Pre-Departure

Welcome!



ciao!
Gutetn Tag

Hola!
Hello!

Bonjour!

Your Guides today...

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Student Ambassador:

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Pre-Departure Orientation Goals



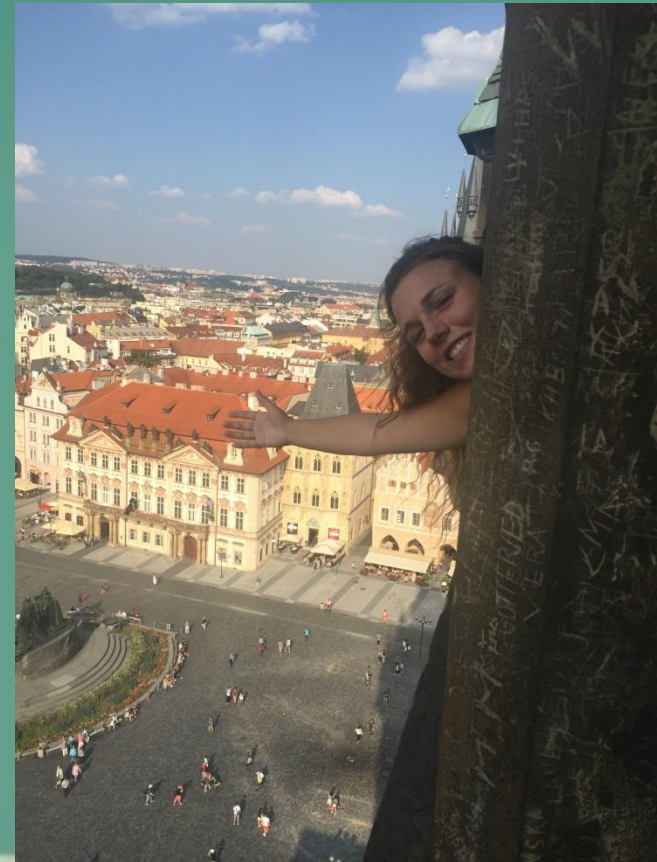
- ❖ GET YOU INFORMED
 - ✓ Resources for safe global travel

- ❖ GET YOUR REQUIRED DOCUMENTS & GET YOU REGISTERED
 - ✓ Discuss what to bring and how to sign-up for travel alerts & info

Survey of the Room!

Know your fellow travelers...

Semester blogger in Prague, Czech Republic



Survey of the Room!

Who Are You?

Have you been outside the U.S. before?



Survey of the Room!

Who Are You?

Have you been outside the U.S. before?

Has anyone ever lived abroad before?



Survey of the Room!

Who Are You?

Have you been outside the U.S. before?

Has anyone ever lived abroad before?

Have you been to "your" future country before?



LET'S TAKE SOME TIME...



- List your program city(ies)
- What are you hoping we'll discuss today?
- Travel tips to offer your peers

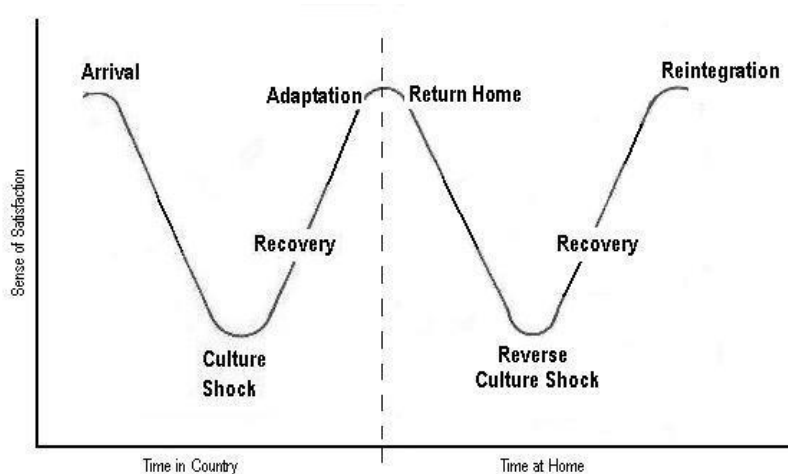
EXPECTATIONS vs. REALITY



There is no better, no worse, only different...

- Travel with an open mind, respect for other cultures, and the joy of learning something different.
- Travel Patiently: Don't expect everything to work the same way it does back home.
- Travel Gratefully: Enjoy every experience – even the “bad” ones. They make you stronger, and you'll be able to laugh about them later.
- Learn more about the current events related to U.S. foreign relations (especially as they pertain to your host country).

Culture Shock = Skill Employers Value



Top 5 skills gained:

- Interpersonal
- Curiosity
- Flexibility/adaptability
- Confidence/self-awareness
- Problem solving

68% reported studying abroad contributing to a job offer or promotion

- [iie.org/Why-IIE/Announcements/2017-10-02-Gaining-an-Employment-Edge](https://www.iie.org/Why-IIE/Announcements/2017-10-02-Gaining-an-Employment-Edge)

The Basics...

- What documents do I need to bring?
- What should I pack?
- How does money work where I'm going?



Are you ready?

The Essential Travel Documents



- Passport/Visa
- Driver's License
- E-Ticket/Travel Itinerary
- U.S. College Student ID
- Insurance documents
- Prescription copies



CHECK-IN CONFIRMATION

TRAVEL DOCUMENT VERIFICATION REQUIRED AT NWA.COM CHECK-IN COUNTER AT AIRPORT

NORTHWEST AIRLINES **INTL** **E-TICKET**

GATE: 28A Subject to Change
Verify gate assignment at airport

FLIGHT: NW21
DEPART: 6:30PM
FROM: Tokyo, Japan (Narita)
TO: Taipei, Taiwan

SEAT: 25-F
Coach Class
25NOV2003

CONF#: 72VGW2
ETKT#: NW01296936

PLEASE PRESENT THIS DOCUMENT AT NWA.COM CHECK IN COUNTER AT THE AIRPORT. THIS DOCUMENT WILL NOT BE ACCEPTED BY IMMIGRATION AUTHORITIES AND WILL NOT BE VALID FOR BOARDING UNLESS YOUR TRAVEL DOCUMENTS HAVE BEEN VERIFIED BY A NWA AGENT AT THE AIRPORT COUNTER.

If your travel plans change you must contact Northwest Airlines Reservations prior to flight departure. You must arrive at the nwa.com Check-in counter at airport for travel document verification at least 60 minutes prior to departure. Reservations are subject to cancellation if you are not on board the aircraft at least 30 minutes prior to departure.

Packing

What will be your reality???



Packing

The first question you should ask yourself-



"Can I carry all my stuff by myself up a set of stairs?"



Packing Essentials

What to Bring

- Pack clothes for layering-weather extremes
- Small flashlight
- Guide book
- Battery powered alarm clock
- Watch
- Money Belt
- Backpack
- Camera
- Journal
- Rain coat
- One nice set of clothes
- Preferred medications/copies of prescriptions
- Comfortable shoes

What Not to Bring

- Heavy, bulky items
- Expensive or irreplaceable things
- Leave jewelry at home!
- Too many clothes/shoes (you may want to buy some there)

Less is more!!!

Check your Carry-On Regulations

For each travel itinerary

3-1-1 for Carry-Ons

Play Your Part →

<p>3 3 ounce or smaller containers of liquid or gel</p> <p>More than 3 ounces permitted in checked baggage</p> <p>Container size is a security measure</p> 	<p>1 1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers</p> <p>Bag limits total volume per person</p> 	<p>1 1 bag per traveler placed in the security bin</p> <p>Isolating liquids speeds screening</p> 
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IMPORTANT: change of clothes, toothbrush, medication, important papers should be in your carry-on!

Read your airline's baggage and carry-on info!

Financial Preparedness

- Before leaving, exchange equivalent of US \$100.00
- Inform your credit card company and debit bank of travel plans
- Be aware of any limits (daily/total) on ATM and credit cards
- ATM Cards - Can only withdraw from checking accounts and PIN should only be 4 numbers
- Re-loadable/pre-paid cards
- Check bank fees on credit, debit cards
- Take non 1-800 numbers for calls from outside the US



Money Safety & Budgeting

How To Stay Clear of Pickpockets

- Keep your money in more than one place
- Be aware of your surroundings
 - ATM's
 - Public transportation
 - Crowded tourist areas
- Keep bags closed and close to your body
- Don't keep important papers and money in your backpack
- Keep wallets and cash in your front pockets



Budgeting

- Determine a daily budget and keep close track of purchases in a notebook
- Determine your purchasing priorities and stick to them
- Set an overall travel spending budget for yourself before you leave



Questions?



Wellness while Abroad



Wellness Abroad

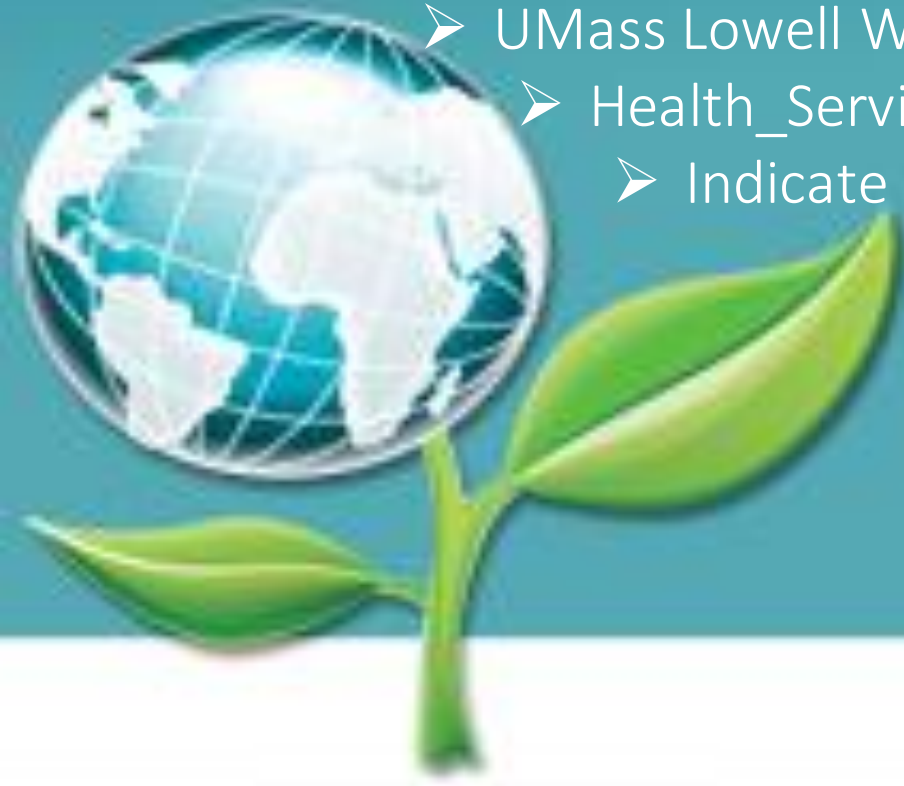
Medical Prep

Self-Assess + Discuss w/a Professional:

- Pre-Departure medical check-up
- Pre-travel self-assessment (in your folder)

UML Services are Available:

- UMass Lowell Wellness Center Health Services
- Health_Services@uml.edu
 - Indicate Date of Departure & location(s)



Wellness Abroad

Destination Info

Center for Disease Control & Prevention:

- <https://wwwnc.cdc.gov/travel/destinations/list>

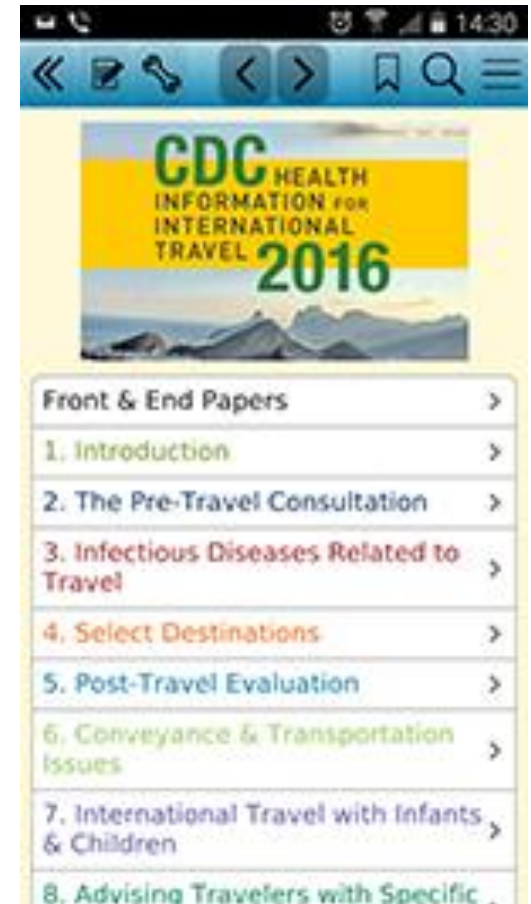
Office of Study Abroad & Int'l. Exper Health & Safety page:

- <https://www.uml.edu/international-programs/Health.aspx>
 - Resources for researching your location and tolerance levels for:
 - sexual orientation & gender identities
 - Racial and Ethnic identities
 - Religious identities

...and the Booklet in your folder.



Destination Info

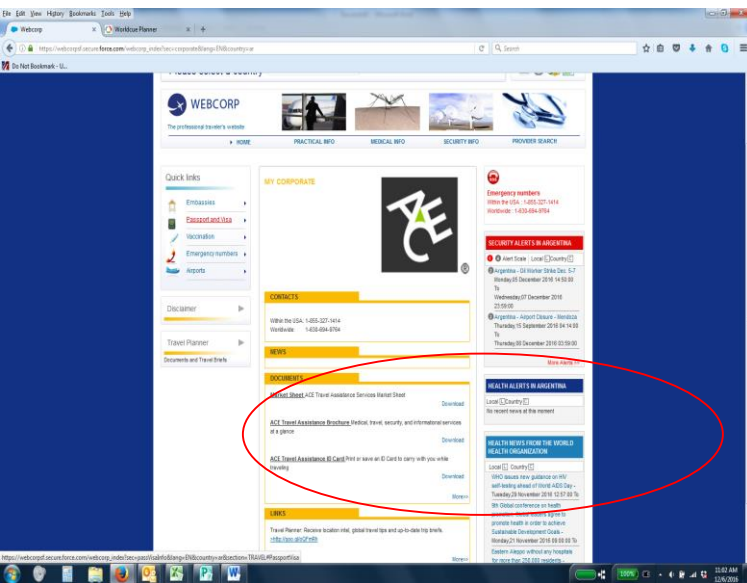


- Acts as a supplement to your regular insurance *during program*
- Medical services coordination
- Emergency medical evaluations
- 24 hr. assistance
- Direct-pay to health provider
- Intelligence, mobile app and travel prep resources

<http://www.massachusetts.edu/treasurer/internationaltravelinsurance.html>

<https://webcorpsf.secure.force.com/>





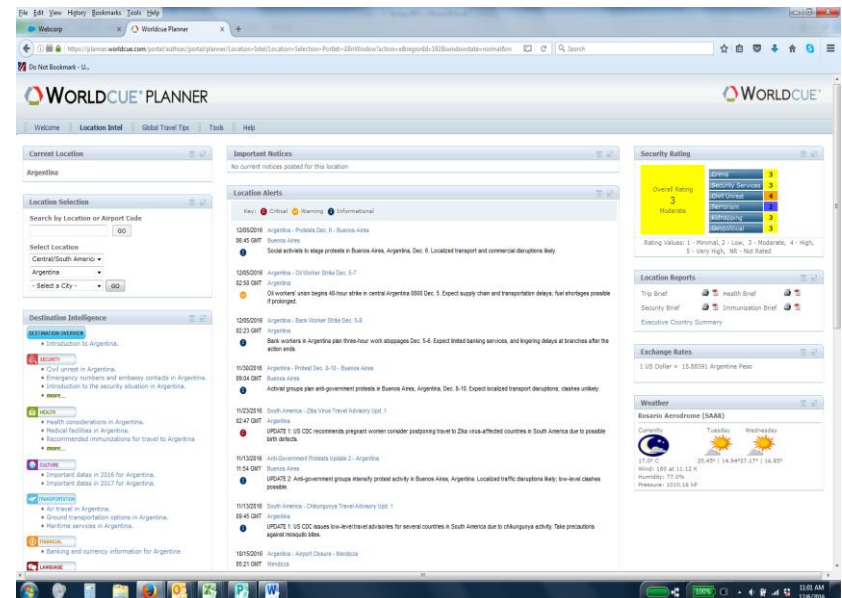
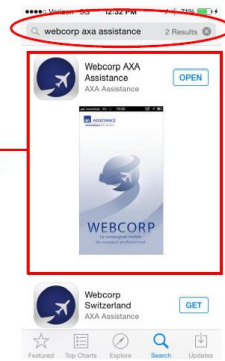
Log into ACE Travel Assistance Portal and click the link to 'Travel Planner'

Set-up your account using the "user guide" (to be emailed to you)

Destination Info

Learn more about the country/city you are studying in and any location you plan on visiting.

Don't forget to download the APP!



Destination Info

studentsabroad.state.gov

Information about:

- Travel risk ratings & alerts
- Country specific law & policy
- List of U.S. Embassies & Consulates – *write it down!*
- Emergency & Crisis protocol – local 911's! – *write it down!*
- General tips on travel abroad
- Passport/Visa requirements
- **IMPORTANT - STEP – REGISTER!!!**



YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!!

Questions?



So what do I do if...

Prep. for an Emergency

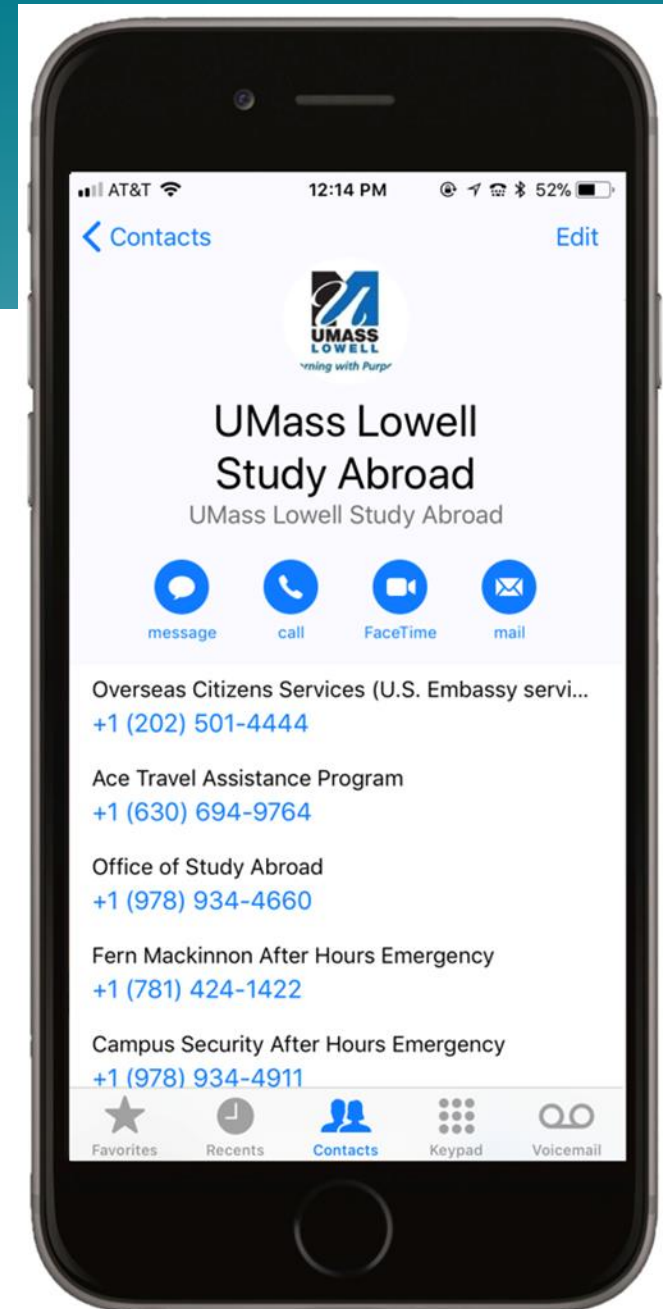


- Personal Emergency Action Plan
- Your on-site staff
- UMLAbroad Mobile Contact Card
- Insurance Policy(ies)
- Paper Emergency Info Wallet Card
- Tracking your travel:
 - UMass Travel Registry
 - STEP

UML Mobile Contact Card

Downloading the emergency card on iPhone and Android

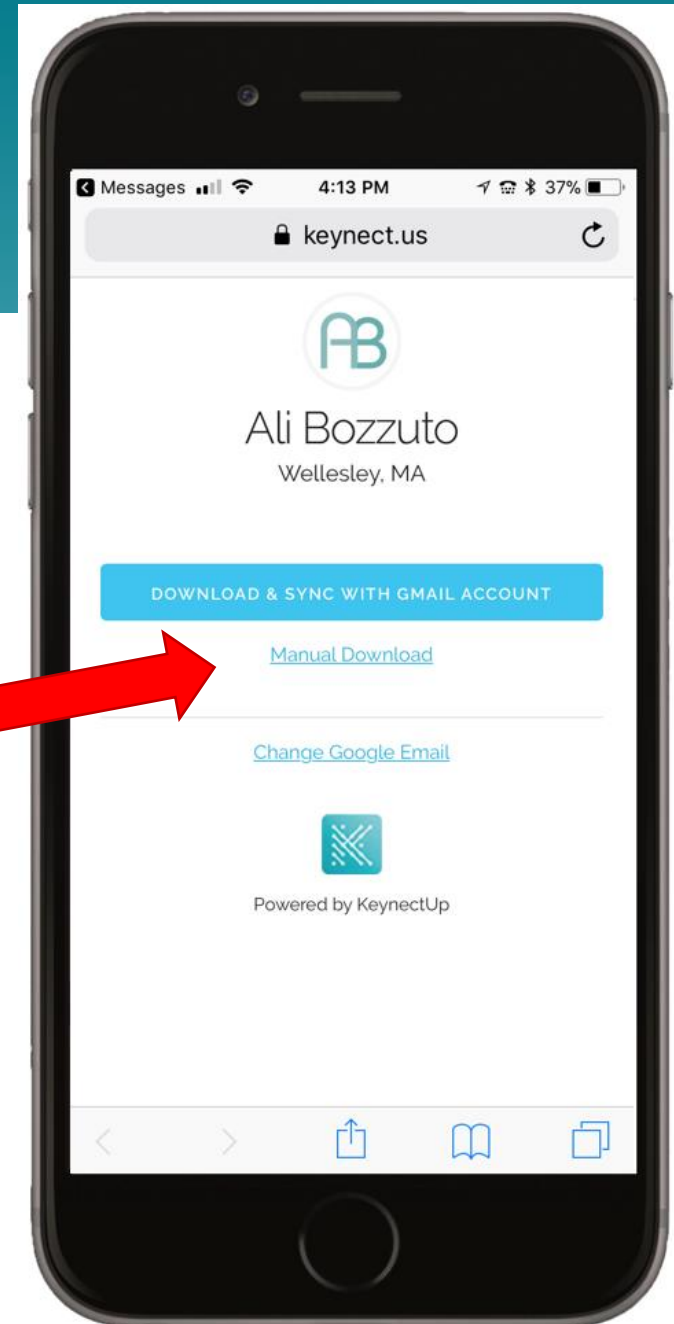
1. Start a text to phone number **444-999**
2. For the message, type **UMLAbroad**
No spaces – don't let autocorrect interfere
3. Tap the link that is texted to you
4. Fill out Name and Email, Submit
5. Click Send (no message needed)



UML Mobile Contact Card

Downloading the emergency card
on iPhone and Android

6. Select Manual Download
7. Open in Contacts & Save



Blogs/Insta/FB/Twitter

Spread the word & fund your extra travel



studyabroad@uml.edu

SHARE



INSPIRE



WIN



TRAVEL

\$500

2 Awards Available!
Global Correspondent


**WANT MORE \$\$\$ FOR
MORE TRAVEL WHILE ABROAD?**
IT'S AS EASY AS A POST
= TO SOCIAL MEDIA! =

\$75

3 chances to win!
1 Award each month

As a UML Global Correspondent:

- You will blog weekly & tag us on social media
- Your posts will be featured by our campus!

ENTER: First 2 students who email
studyabroad@uml will receive a university
blog and the \$500 travel voucher!

Monthly Contest:

Tag @StudyAbroadUML on your
instagram, twitter or FB posts and be
entered monthly to win a \$75 travel
voucher. Follow @StudyAbroadUML for
the monthly themes!

Study Abroad Pre-Departure



Adieu-siau !

Au Revoir!

Arrivederci!

Adíos!

tạm biệt