Study Abroad
Pre-Departure
Welcome!

Ciao!
Guten Tag
Bonjour!

Hola! Hello!
Your Guides today...

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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
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).

studyabroad@uml.edu
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
The Basics...

• What documents do I need to bring?
• What should I pack?
• How does money work where I’m going?
The Essential Travel Documents

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

3 ounce or smaller containers of liquid or gel
More than 3 ounces permitted in checked baggage

1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers
Bag limits total volume per person

1 bag per traveler placed in the security bin
Isolating liquids speeds screening

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
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

Center for Disease Control & Prevention:

Office of Study Abroad & Int’l. Exper Health & Safety page:
- [https://www.uml.edu/international-programs/Health.aspx](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.
Wellness Abroad

CDC Resources-on-the-Go

Destination Info

UMass International Travel Insurance

- 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)

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

Don’t forget to download the APP!
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
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)
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. Use Manual Download
5. Select Manual Download
6. Open in Contacts & Save
Blogs/Insta/FB/Twitter
Spread the word & fund your extra travel

studyabroad@uml.edu
WANT MORE $$$ FOR MORE TRAVEL WHILE ABROAD?

$500
2 Awards Available! Global Correspondent

$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 Facebook 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!
Adios!

tạm biệt