



UD Study Abroad
**Know Before
You Go**
Part II



Institute for Global Studies

Pre-Departure Orientation

Travel abroad can be complicated – there will be obstacles you wouldn't expect.

The Institute for Global Studies (IGS) provides this information to help you prepare for the unexpected & make your experience positive and educational.

Step 1: Read the Travel Study Handbook.

Step 2: Review these slides – if you have questions, ask your faculty director or program coordinator

Overview

Topics Covered:

1. Safety
2. If Something Goes Wrong
3. Paperwork & Packing
4. Personal Goals
5. Social Media

Safety

Make sure you can answer these questions:

- How do I say “hello”, “thank you”, and “help/emergency”?
- In my program site, where is the closest U.S. Embassy/Consulate, hospital, clinic, and police station?
- What does the State Dept. recommend for my destination country? <http://travel.state.gov/>

Safety

BE SAFE

- **B**e mindful of your belongings
- **E**xiting home = locking doors/windows
- **S**haring program details with strangers is a bad idea
- **A**void the appearance of affluence
- **F**riends should go out with you at night, and know where you're headed
- **E**mergency Card – fill it out, and carry it!

Additionally: If there is a safety app available at your location, use it!

Safety

Drum-Cussac

- UD provider for Emergency Travel Assistance
- Provides medical evacuation, repatriation, legal referrals & assistance with lost documents
- You will receive a card with UD's log-in number before departure
- Once you have the card, log-in to Drum-Cussac' website:
 - Sign-up for country alerts
 - Review your site's safety information

When Something Goes Wrong

While abroad, it can be especially difficult to know how to handle inevitable challenges that arise. Your sense of vulnerability is heightened, your sense of power is diminished, and you will often find yourself working outside your comfort zone.

Luckily, you have the power to shrug off inconveniences, transform problems, and endure a crisis – **it's not really that hard, and we're here to help.**

When Something Goes Wrong

BE ABLE TO DIFFERENTIATE...

Inconvenience: flight issues, transportation delays, lost luggage, bed bugs, bad weather, no Chick-fil-A.

ACTION: Be flexible and patient. Reach out to staff on-site.

Problem: lost money, illness, bodily injury, lost travel documents, safety concerns, and anything that violates the UD student code of conduct.

ACTION: Contact your faculty director or on-site staff first and immediately. Look for help from hotel/dorm staff, local police or health care professionals.

Crisis: emergency, an event where your safety is at risk – think political revolutions, natural disasters and things that don't happen very often.

ACTION: Know the number for 9-1-1! Help will come quickly and everyone will be on full alert until the crisis has passed.

Paperwork & Packing

Always pack your most important items, particularly prescription medications, in your carry-on bag in case your checked baggage is delayed or lost.

Your carry-on should also include items you would need in case of an overnight delay or missing luggage (toothbrush, change of clothes, etc.).

Good tips:

- Pack light and leave valuables at home.
- Make photocopies of your passport to carry with you and place in every piece of baggage.

Travel Document File

Make 2 copies of the following –
take 1 with you, leave 1 at home:

1. All debit and credit cards, driver's licenses,
2. LEGIBLE photocopy of your passport
3. GeoBlue health insurance card
4. Printout of your flights
5. Your itinerary with contact information at all sites
6. Instructions to replace lost items (credit cards, etc.)
7. Personal contacts at home
8. Copies of all prescriptions
9. Sensitivities to allergies
10. Blood-type

Money Matters

Before you leave, tell your bank and credit card companies that you will be traveling abroad. Otherwise they may freeze your accounts.

Have multiple ways of accessing funds: a credit card, an ATM card, some U.S. dollars that can be changed at a bank.

Take a small amount of local currency obtained ahead of time if possible.

Money Matters

Know the answers to these questions:

- Local currency? Conversion rate to USD?
- How do I exchange money at our program's site? Will ATMs be easily accessible?
- Will I be able to use credit cards or are most vendors cash-only?
- What is included in my program fee? How much should I budget for things that are not included?

NEVER exchange money on the street.
Use **ONLY** recognized banks.

Practical Concerns

Make sure you can answer these questions:

- What **climate** should I expect?
- What specific items do I need to **pack**?
- How often should I plan to **contact home**?
- Will **WiFi/cell signal** be available?
- What will my program's **day-to-day itinerary** look like?

Personal Travel Study Goals

Before you embark, take some time to consider what you want to learn and plan how to accomplish that goal.

- If you want to improve your language skills, commit to using your host country's language at every opportunity.
- If you want to increase your marketability to employers post-graduation, invest time into learning about your field at your program's site, and set up an appointment with Career Services after your return.

In the end, what you get out of your program depends on what you put into it...

Why are YOU studying abroad?

Social Media

Share your Stories

The University of Delaware invites you to share your positive impressions of the world with the world!

- When abroad, mention @UDGlobal on Instagram and Twitter to appear on official University social media.
- In addition, include #UDAbroad.
- Remember to use good judgment when creating posts as content can go anywhere on the Internet, and represent the University, as well as you.
- For more information, visit www.udel.edu/socialmedia.



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