Parent/Guardian Checklist
Preparing along with students for international experiences;

This checklist is not comprehensive but is intended to support effective communication between parents/guardians and their students on a broad range of topics. The checklist complements the student travel checklist available at http://international.nd.edu/sos/students-traveling-abroad/

Communication Plan

- Know which Notre Dame program is sponsoring your student’s travel and who the primary program contact is (e.g. Notre Dame International, Kellogg Institute, Nanovic Institute, etc.). Why? More than 40 different units around campus provide international opportunities; knowing who to contact is important.
- Ask your student for a completed copy of the INDCase Card available at http://international.nd.edu/sos/students-traveling-abroad/.
- Students should leave photocopies of important documents with someone they trust, including their passport, travel documents, housing arrangements, prescriptions, visa documentation, and credit/debit cards. Please discuss the arrangement of such documents with your student.
- Agree on a routine and emergency communication plan prior to departure.
  - Common communication methods include Skype, email and text.
  - Many students, especially in independent programs, may not have internet routinely available.
  - Students frequently use local mobile phones and keep their US phones on airplane mode.

Finances

- Become familiar with exchange rates; Oanda is a reliable online exchange rate tool: http://www.oanda.com/currency/ converter/.
- Know the best way to access cash: Airports and hotels often offer unfavorable exchange rates. ATMs or credit cards usually provide the best available exchange rate though they may have foreign-service fees. Check with your bank. Students should always use ATMs that are in safe and well lit locations.
- Ensure the study abroad opportunity does not affect the student’s ability to graduate within the timeframe expected; e.g. ensure courses taken abroad will count towards a student’s degree progression.

Notre Dame International Semester and Academic Year Study Abroad programs

- Understand the financial arrangements:
  - A $750 per program international study fee will be charged to the student’s account.
  - Notre Dame will charge the full cost of room, board and tuition for a student on a semester or academic year abroad program; some Notre Dame study abroad programs offer stipends to offset cost of food.
  - Students generally remain eligible for their full financial aid for semester or academic year programs. Students are advised to discuss specific questions with financial aid.

Notre Dame International Summer Programs

- Understand the financial arrangements: Summer programs are typically funded by the student. Limited financial assistance may be available. Refer to http://financialaid.nd.edu/ for considerations.

Other campus funding programs

- Explore grants available of for funding for each potential sponsoring program; your student should coordinate with the program directly.
**Health and Wellness**

**Medical Insurance**
- Understand medical insurance options; Notre Dame International strongly encourages the use of HTH personal medical insurance for all student international travel.
  - Many programs enroll their students directly in HTH.
  - If students are not enrolled through their program, HTH insurance can be purchased at a cost of $35.00 to $50.00 per month. This insurance will ease the likelihood of out of pocket expenses that often arise when domestic health insurance is used internationally.
  - HTH sponsors a parent resource at: https://www.hthstudents.com/. Be sure to coordinate with students for log-in details after they have enrolled.

**Health Information**
- Review the U.S. Centers for Disease Control (CDC) website for country-specific health information at http://wwwnc.cdc.gov/travel including required immunizations.

**Mental Health**

**Culture Shock/ Depression**
- Discuss with your student potential issues while abroad such as homesickness, disorientation, boredom, apathy to the foreign culture.
- Be aware of signs of potential clinical depression even if your student is only abroad for a relatively short period.

**Reverse Culture Shock**
- Be aware of the potential difficulties upon returning from an international experience, such as disconnect from family and friends, apathy, loneliness, and resentment of being home.

**Resources**
- Notre Dame University Counseling Center provides professional counseling for students who seek it: https://ucc.nd.edu/
- The following websites offer more information on what outgoing and returning students may experience:
  - http://www3.nd.edu/~ndabroad/copingwithculture.htm

**Information for Parents Traveling**

For parents visiting students at international locations

**Planning**
- Review country-specific information available through the U.S. Department of State website: http://travel.state.gov/content/passports/english/country.html.
- Understand insurance coverage in various countries; the HTH website for parents also offers international travel insurance: https://www.hthparents.com/

**Medications**
- Carry your medications in their original labeled containers, and pack them in your carry-on bag.
- Ask your pharmacy or physician for the generic equivalent name of your prescriptions in case you need to purchase additional medication abroad and bring a week or two extra.
- Request a letter from your physician in case you are questioned about your carry-on medication.

**STEP registration**
- If you are a United States citizen, register with the U.S. State Department Smart Traveler Enrollment Program (STEP) (http://travel.state.gov/content/passports/english/go/step.html)

For further information
Visit http://international.nd.edu
Contact Susan Soisson at ssoisson@nd.edu or David Pope-Davis at dpopeda1@nd.edu

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