Parent/Guardian Checklist

A concise checklist to support effective communication between parents/guardians and students

*Communicating with your student is your most important role*

✔ **Before Departure**
  - Discuss the program details, all travel locations, and the general level of expected independence.
  - Use the US State Department’s [Students Abroad](https://travel.state.gov) and country specific information pages to plan and be informed about travel locations.
  - Review the [U.S. Centers for Disease Control](https://wwwnc.cdc.gov/travel) for country-specific health information and recommended immunizations.
  - Discuss health and safety plans, insurance programs, and emergency procedures related to living abroad including any personal health considerations and physical and mental health resources to be coordinated before departure.
  - Notre Dame requires undergraduate students to enroll in [GeoBlue](https://www.geoblue.com) medical insurance.
  - Discuss academic advancement which keeps students on track for a timely graduation.
  - Discuss the best way to access cash: ATMs usually provide the best available exchange rate though they may have fees; use ATMs that are in safe and well-lit locations.
  - Discuss potential issues such as homesickness, disorientation, boredom, respect for the local customs, and cultural norms of the host country.
  - Agree on a routine *and* emergency communication plan: common methods include Skype, email, SMS, text, WhatsApp and/or Viber.
    - **PLEASE NOTE:** many phone apps must be downloaded before departing the U.S.
  - Ask your student to share a completed [Medical and Emergency Card](https://my.nd.edu)

✔ **During International Education**
  - Agree on a routine *and* emergency communication plan: common methods include Skype, email, SMS, text, WhatsApp and/or Viber.
    - **PLEASE NOTE:** many phone apps must be downloaded before departing the U.S.
  - Students are the primary source of family information and updates. FERPA laws may prohibit ND from responding to parents directly in non-emergencies.
  - Recognize local conditions may not have routine internet; students may use local mobile phones and keep their U.S. phones on airplane mode.
  - Recognize time differences when communicating.
  - Know name and contact phone # for your student’s program contact person; there are more than 40 programs on campus provide international opportunities, so knowing who to contact is important.

✔ **Welcome Home**
  - Be aware of the potential difficulties upon returning from an international experience, such as feeling disconnected from family and friends, apathy, loneliness, and missing those abroad.
  - Discuss resources available at Notre Dame including the [University Counseling Center](https://www.nd.edu/about/offices/university-counseling-center), which provides professional counseling for students on campus.
  - The School for International Training, a Notre Dame partner, offers a parent resource [here](https://www.safetyatsea.com/ndi).

**24/7 Emergency: 1-574-631-5555 (ND Security Police)**
**ND International Monitored Line 24/7: 574-339-6154**
Accepts calls, texts, iMessage, and WhatsApp