



## Individual Student Checklist

### *Preparing for Your International Experience*

#### Logistics

##### Notre Dame Travel Application:

- Students on ND-sponsored international travel must submit a travel application or have a travel application submitted by their program at: <http://international.nd.edu/international-studies/notre-dame-sponsored-travel/>. Notre Dame International (NDI) Study Abroad program participants may disregard this step.
- NDI recommends refraining from buying your airline ticket until you have obtained travel approval.

##### Passport:

- Check your passport expiration date: A valid passport is **required** for international travel. Many countries require a passport that remains valid for several months beyond the intended dates of your trip.
- Take copies of your passport with you – these may be helpful if your passport gets stolen or lost.
- Make at least two photocopies of all other travel documents and leave one copy with a guardian or another trusted person.

##### Visa:

- The embassy or consulate of your foreign destination has the best visa information. Here is a list of embassy websites: (<http://www.state.gov/s/cpr/rls/dpl/32122.htm>). Check to see if you will need a visa for your travel.
- Foreign embassy and consulate contact information can also be found on Country Specific Information pages at the U.S. State Department website <http://travel.state.gov/content/passports/english/country.html>.

##### Travel and Housing:

- Once you have approval from your ND-sponsoring organization, develop your travel and housing plan. Talk to resources on campus; do not consult/follow unrecognized Internet sites.
- Carry a copy of your housing information and confirmation when traveling/arriving.
- Consider applying for an International Student Identity Card (ISIC) through Anthony Travel at [https://www.anthonyclavel.com/university\\_international.cfm](https://www.anthonyclavel.com/university_international.cfm).
- Familiarize yourself with TSA's travel tips ahead of time at [http://www.tsa.gov/sites/default/files/assets/pdf/311\\_brochure.pdf](http://www.tsa.gov/sites/default/files/assets/pdf/311_brochure.pdf).

##### Money:

- Check and understand the exchange rate before you travel; beware of high transaction charges or unfavorable rates at exchange centers in airports or hotels. The following link is an excellent tool for quickly referencing the up-to-date conversion rate for any amount and currency: <http://www.oanda.com/currency/converter/>. ATM's usually provide the best available exchange rate.
- For safety reasons, use ATM machines that are inside a safe location whenever possible.
- Before you leave, notify your bank, credit/debit card company, or other financial institutions of your overseas travel. Make sure your credit card and/or debit card will work in the country you are visiting before departing: some countries do not accept foreign credit cards widely and/or rely heavily on cash transactions. Find out whether you will be able to withdraw cash from local ATM's.
- Always have a small amount of local currency on you for emergencies.
- Make a photocopy of the front and back of your credit card and leave a copy with your guardian or another trusted person. They will be able to help retrieve the number and/or assist with the cancellation in case the card gets lost or stolen.

# Health

## ❑ Medical Insurance:

- Ensure that you have medical insurance coverage for the duration of your stay abroad.
- If your current insurance plan does not cover you when abroad, you can purchase additional short-term insurance through HTH Worldwide. Information can be found at [www.hthstudents.com](http://www.hthstudents.com).
- All students participating in non-semester international programs may use the ND Group Access Code of GQB-9847 at the above link. Notre Dame International Study Abroad program participants are automatically enrolled with HTH but should still familiarize themselves with the coverage at the above link.

## ❑ Health Consultation:

- The travel nurse at St. Liam's (<http://uhs.nd.edu/services/travel-consultation/>) will review vaccinations and prescription medications required to travel to certain countries. **Note:** St. Liam's has now implemented a \$10 fee for health consultations as of Spring Semester 2014.
- Schedule a pre-travel consultation at least two months prior to departure at 574-631-0616.
- Some visitors are required to carry an International Certificate of Vaccination (aka Yellow Card).
- In addition, review the U.S. Centers for Disease Control (CDC) at <http://wwwnc.cdc.gov/travel>.

## ❑ 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.
- Get a letter from your physician in case you are questioned about your carry-on medication.

# Communication

## ❑ Emergencies:

- Fill out and share the INDCase Card at <http://international.nd.edu/sos/students-traveling-abroad/>. This card will help you identify local points of contact and health insurance details.
- Let at least one person know exactly where you will be staying and how to contact you in an emergency.

## ❑ Electronics:

- Have the necessary electronic adapters and check the voltage of your electronics. Countries have different size plugs and voltage.
- Talk to your cell phone provider about international fees and options.
- Consider buying a local mobile phone upon arrival.
- Download apps onto your phone, such as a translator app, before you leave, as this may not be possible once you are abroad.

## ❑ Computer:

- Prior to utilizing the computer labs and accessing the Notre Dame wireless network internationally, you must "opt-in" using the remote site campus Opt-In Service. This service automatically provides access to computing services while abroad. It is **strongly** recommended to set this up **prior** to leaving campus to ensure a successful computing experience while away. You can access the Opt-In Service at <https://go-abroad.nd.edu/>.

## ❑ STEP registration:

- Register with the U.S. State Department Smart Traveler Enrollment Program (STEP) (<http://travel.state.gov/content/passports/english/go/step.html>) after you have secured your dates of travel and where you will be staying during your visit.

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## For further information

Visit <http://international.nd.edu/sos/students-traveling-abroad/>  
Contact Susan Soisson at [ssoisson@nd.edu](mailto:ssoisson@nd.edu) or  
David Pope-Davis at [dpopeda1@nd.edu](mailto:dpopeda1@nd.edu) at Notre Dame International

[international.nd.edu](http://international.nd.edu)

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