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/](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](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](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.anthonytravel.com/university_international.cfm](https://www.anthonytravel.com/university_international.cfm).

- **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/](http://www.oanda.com/currency/). 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/](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](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/](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/](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](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.

For further information

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

*international.nd.edu*