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**
  o Discuss the program details, all travel locations, and the general level of expected independence.
  o Use the US State Department’s [Students Abroad](https://travel.state.gov/content/travel/en/abroad/studentsabroad.html) and country specific information pages to plan and be informed about travel locations.
  o Review the [U.S. Centers for Disease Control](https://www.cdc.gov) for country-specific health information and recommended immunizations.
  o 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.
  o Notre Dame requires undergraduate students to enroll in [GeoBlue International Health Insurance](https://geoblue.org).
  o Discuss academic advancement which keeps students on track for a timely graduation.
  o 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.
  o Discuss potential issues such as homesickness, disorientation, boredom, respect for the local customs, and cultural norms of the host country.
  o 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.

  o Ask your student to share a completed [Student Emergency Card](https://www.nd.edu). 

✓ **During International Education**
  o 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.

  o Students are the primary source of family information and updates. FERPA laws may prohibit ND from responding to parents directly in non-emergencies.
  o Recognize local conditions may not have routine internet; students may use local mobile phones and keep their U.S. phones on airplane mode.
  o Recognize time differences when communicating.
  o 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**
  o 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.
  o Discuss resources available at Notre Dame including the [University Counseling Center](https://www.counseling.nd.edu), which provides professional counseling for students on campus.
  o The School for International Training, a Notre Dame partner, offers a parent resource [here](https://www.sift.org).

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