

This is a summary of some important information from the Lander University Study Abroad Handbook. Please see the complete handbook on the Study Abroad webpage. Most students and tourists who travel abroad NEVER have any problems. However, being prepared can keep a small problem from becoming a serious problem.

Find a good travel guide such as *Rick Steves, Lets Go!* or *Lonely Planet* for the country that you will be visiting. Read carefully those sections which focus upon: 1) entry requirements and customs regulations; 2) money, including ATMs, travelers checks, and credit cards; and 3) health and health insurance.

Familiarize yourself with the international travel homepage (www.travel.state.gov) of the US Department of State. See http://travel.state.gov/travel/tips/tips_1232.html for "Tips for Traveling Abroad." You should enroll in the Smart Traveler Enrollment Program (STEP) so that you will automatically receive information via email or SMS if a natural disaster or a political uprising occurs.

There are certain things that consular officers at American embassies CANNOT do for US citizens abroad. They cannot cash checks, lend money, get you out of jail, or serve as your attorney. Please be warned that in many countries the penalty for the possession of recreational drugs is especially harsh.

Make a list of emergency contact persons including their names, home addresses, telephone numbers, and email addresses. Include family members, friends, and your doctor (identify each person). Include the numbers to call if your credit or bankcards are stolen. Include at least one person on your list who has a valid passport in case you need emergency assistance.

Give each of your emergency contacts a copy of your detailed itinerary with telephone numbers and contact persons. If you will be studying at a foreign university, include the name and contact information for the international program officer at that university. As soon as you know your mailing address and email address, supply this information to each of your emergency contacts.

You will need a safe place to keep your valuable documents (passport / visa / tickets / bankcards / money) while traveling. Do not place your valuable documents or prescription drugs in your checked luggage. You need one or more hidden pouches that are inside your clothing (a fanny pack just tells a thief where you are keeping your valuables).

Make photocopies of your valuable documents and of your emergency contact list. Carry one copy with you but keep it separate from the original documents. Leave a copy or two with selected persons at home. Upon arrival at your study abroad site, ask for the use of a safe or other secure place to keep your documents. In some countries you will need to carry your passport at all times; otherwise carry a photocopy of the inside front cover and the facing page, unless you will be crossing an international border.

Verify with your bank that your debit card will work in the ATM machines at your destination. This will allow you to avoid carrying a lot of cash and will give you the best (bank-to-bank) exchange rates. Tell your bank the dates and the places that you will be traveling so that they will not assume that your bank/credit cards have been stolen and stop honoring them. Know the fees that your debit and credit cards charge for currency exchange transactions and for the use of ATMs not owned by your bank.

Most American cell phones will not work in other countries. If you feel that you will need a cell phone, it will probably be cheaper to buy a cell phone when you arrive at your destination. Your program advisor abroad will help you do this.

Leave expensive watches and jewelry at home. Taking expensive items will mean that you will constantly worry about their security.

The electricity in Europe is supplied at 220 volts—not the 110 volts that we use in the USA and the plugs are different. Most small appliances (curling irons, hair dryers, etc.) will not work there without converters and plug adapters. If you can do without these appliances, leave them at home. Battery chargers for iPads, laptops, etc. will usually work on 220 volts but you will need a plug adapter.

Visit your doctor for any needed immunizations and for advice on health issues and immunizations. Also see www.cdc.gov/travel. If you have any chronic illnesses ask your doctor to give you a letter describing these conditions and the treatments. Take enough prescription medicines (in their original vials) to last until you return home, and also take an original written prescription for each drug.

Lander requires that you purchase emergency medical and accident insurance from Cultural Insurance Services International, unless the Director of Study Abroad waives this requirement.

Travel as light as possible, particularly if you will be moving about by train or bus. For a short summer program, a carry-on bag and a small backpack will be sufficient. For a semester, one 50-pound suitcases and a carry-on or backpack should be plenty. Check the airline website for luggage size and weight restrictions. Take layers of clothing rather than taking light clothing for warm weather and heavy clothing for cold weather.

If you are planning to check your suitcase on the flight over, carry your laptop, important papers, prescription drugs, and a two-day supply of clothing and toiletries in your backpack or other carry-on item.

The drinking age abroad is usually 18. If you have seldom or never taken a drink or are unsure of your reaction to alcohol, go out with a person that you trust who will agree to see you safely home.

A final note to semester-abroad students: Take a few small presents to give to your instructors, hosts, etc. Caps, t-shirts, or other items which represent Lander, South Carolina, or the USA are a good choice. Keep a daily journal or a blog while abroad and take a camera along as well (in twenty years you will be glad you did). Wear a Lander T-shirt or sweat-shirt and have your photo made in interesting places for use on our study abroad website. Your best photos may appear on the Study Abroad wall in the Learning Center.

Remember to “Study first, party second.” Be well. Be safe. Have the time of your life!

FOR MUCH MORE INFORMATION SEE THE LANDER STUDY ABROAD HANDBOOK AT <http://www.lander.edu/studyabroad>

Packing:

THINGS TO BE SURE TO CARRY ON YOUR PERSON:

Passport / credit card / debit card / air tickets and boarding passes.

THINGS TO TAKE IN YOUR CARRY-ON BAG:

Fill out page 4 of this memo and put it in your carry-on bag.

A photocopy of your passport. Telephone numbers for the bank that issued your credit and debit cards and the card numbers.

Your laptop or tablet.

A small travel alarm clock to wake you up each morning until you get over jet lag.

Any prescription medicines you take (and a copy of the paper prescription if possible). Any non-prescription medicines you take or might need.

Toiletries and clothing to get you through one day if your checked bag does not arrive with you.

(NOTE: You can only carry on three small bottles (100 ml each) of liquids or gels and these must be placed in a one-quart zip-lock bag before you pass through airport security).

THINGS TO PACK IN YOUR CHECKED LUGGAGE (If you are going on a two-week study tour, take one small or medium suitcase that you can easily carry for six blocks.)

Fill out page 5 of this memo and put one on top of everything in your checked bag.

Liquids and gels (deodorants, toothpaste, etc.) in excess of the amount allowed above.

Take layers of clothing rather than heavy coats. A waterproof windbreaker makes a good outer layer. A hat and a compact umbrella will be handy if it rains.

A photocopy of your passport.

THINGS TO LEAVE AT HOME:

Electrical appliances that plug into the wall. They will not work outside of North America because the plugs and the voltage are different overseas.

Expensive items and anything that you cannot afford to lose or leave behind.

American cell phones.

TO WHOM IT MAY CONCERN:

This luggage belongs to

Name _____

Home address _____

Home telephone _____

who is travelling to _____

If this suitcase is lost in transit, please forward it
to _____

Thank you.

TO WHOM IT MAY CONCERN:

This luggage belongs to

Name _____

Home address _____

Home telephone _____

who is travelling to _____

If this suitcase is lost in transit, please forward it

to _____

Thank you.