

Study Abroad General Information

Please sign your passport upon receipt. Please make multiple copies of this document. Leave one at home and have another with you (not in the same place as your passport) in case you lose your wallet/luggage.

Please register your trip with the Department of State located on their Students Abroad webpage. <http://studentsabroad.state.gov/> This site also has great resources for you in preparing for your trip!

Airline transportation:

For baggage restrictions and fees please check with the individual airline. If you will be changing in another country, make sure that you are allowed the same amount on the connecting flight. You can pay for additional luggage (about \$120 per bag). Please be aware of weight restrictions with-in country and in between connecting countries.

Please be careful about what you put in your carry-on due to security issues.

Please read the customs information that you will receive during your flight.

Jet lag: remember to drink plenty of water; it is easy to become dehydrated when traveling for long periods of time.

Clothing and Packing:

Bring a battery operated alarm clock and extra batteries! Packing a travel sheet can save you money and be helpful if you will be staying at hostels while abroad.

Pack proper dress for class and other things you will be doing while abroad.

Take comfortable walking shoes: walking is a common form of transportation in other countries, so be prepared!

Bring sunscreen and a light rain jacket!

Health and Safety:

Health Insurance: in addition to health and evacuation insurance, **all students must purchase the ISIC card** which provides additional health insurance & travel insurance. Visit www.statravel.com Bellarmine can issue these cards.

Personal health care insurance: confirm coverage limits with personal insurance provider (long-term study abroad students must purchase study abroad health insurance through Lewer's www.studyabroadinsurance.com or purchase their host country's mandatory insurance (Germany and Australia for example))

Safe sex: please use protection and use common sense.

Regarding relationships and sexual activity, please be aware of cultural differences from one country to another. For example, "no doesn't always mean no". Actions speak louder than words!!!

Walking/Traffic: walking is a common form of transportation in other countries, be prepared to walk for longer amounts of time than you are accustomed to, and make sure to be prudent when walking in high-traffic areas

Finances:

Credit cards are useful when traveling, and ATMs are available almost everywhere.

Make sure you let your bank/credit card company know you are going abroad. That way you can avoid having your cards put on hold. Obtain a number where you can call them collect in case of an emergency.

We strongly encourage students to give power of attorney to someone (parent/guardian) in the States in case of an emergency. With this, they will be able to take care of banking/insurance and other important issues.

Personal and Property Security:

Make sure wallets and other valuables are secure when traveling; pick-pockets are everywhere, especially on public transportation and in tourist areas.

Cameras:

Highly recommended, don't place film of any kind in checked luggage, the scanners that are used can damage the film and ruin all of the great pictures you have taken!

Cell Phones:

If you will be in the country for a long period of time you may want to get a local cell phone. There is also a prepaid phone card you can purchase before you go at: www.globalcalling.com/iseip

Electrical Appliances:

If you plan to bring an appliance, make sure to purchase an adaptor and/or voltage converter for the country you will be staying in. These can be purchased at Kmart and Walmart.

Conduct:

Remember that you are in another country and what may be acceptable conduct at home may not necessarily be acceptable in other countries. Be respectful of other customs and traditions that may be common practice in your host country. Be aware that there may be cultural differences in regards to gender, race and social status.