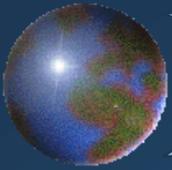


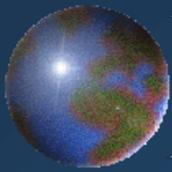
Emory University Pre-departure Training

Preparations



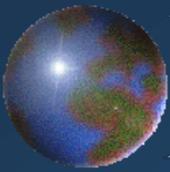
Passports and Visas

- ❖ Confirm your **passport is valid** for the duration of your travel. Some countries require **six months** of validity beyond the date your stay is scheduled to end.
- ❖ Determine if you need to obtain a **visa** prior to arriving in country. If you do, consider using a processing agency.
- ❖ **Scan and upload** your passport information in ISOS's Emergency Record.
- ❖ Make two **paper copies** of passport - one to leave with someone back home, one to carry with you separately from your actual passport.
- ❖ Confirm that a **family member's passport** is current in case there is an emergency and they need to join you.



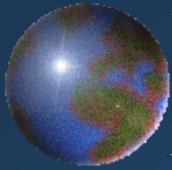
Health-Related

- ❖ Immunizations:
 - ❑ **Identify** those needed, and plan ample time to receive them.
 - ❑ **Upload** immunization record into the ISOS Emergency Record.
- ❖ **See your personal physician**/provider, especially if chronic conditions, regular medications, are issues for you.
- ❖ If you have particular concerns, **ISOS** can provide information on resources / physicians at your destination.
- ❖ Get **prescriptions** for meds that might be advisable, given your destination. Consider what **OTC** meds make sense.
- ❖ For meds you take regularly, **bring enough** for the duration of the trip **and extra**; bring and upload into ISOS a written prescription.



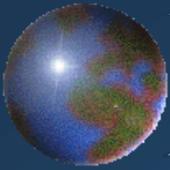
Health Insurance

- ❖ **Contact your health insurance provider** before you leave and ask how they would respond to sickness or injury while abroad.
 - ❖ Depending on your insurance coverage and health situation, you might consider purchasing supplemental travel health insurance.
 - ❖ **Understand the process.** Up-front payment may be requirement with reimbursement later (keep receipts!)
- ❖ **Aetna Student Health Insurance Plan**
 - ❖ You will need to pay for care and then submit to Aetna for reimbursement
 - ❖ Need help: Your Patient Portal to Kimberly Taylor at: www.studenthealth.emory.edu.
- ❖ **Bring important contact numbers for your insurance provider.** Some may have in-country contacts.



Property Insurance

- ✦ Contact your renters or homeowners insurance provider to determine the extent of your coverage for lost or stolen personal property.
 - ❖ **NOTE: Emory and ISOS do not reimburse** for the loss or theft of personal funds or property.
 - ❖ If you have particularly valuable items (e.g., high-end electronics) you might consider purchasing insurance to cover them while traveling. Read the fine print, however, and thoroughly research the details of what is actually covered.



Money

✦ Cash

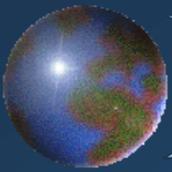
- Bring **some local currency** so that you can get by upon arrival
- Understand which countries are cash only, have electronic banking, etc.

✦ ATM

- Research **if your card will work** in-country, where machines can be found.
- **Notify your bank** of your planned travel so they won't block your account due to "unusual activity."
- If access and machine availability is "iffy," bring more cash.
- Sometimes when ATM cards "should" work abroad, they don't.

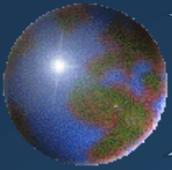
✦ Credit cards

- **Research the usability** of your credit cards at your destinations.
- **Notify your US bank** that you will be traveling so they don't block your account due to "unusual activity."
- Determine if you'll need PIN for "Chip and PIN" functionality.



Contacts, Keeping in Touch

- ✦ Determine the extent to which you will have **cell phone and internet access** and make sure **those back home** are aware of this. Consider using a simple, cheap cell phone while you are away, rather than your smartphone.
- ✦ **Leave a detailed itinerary** with a family member or close friend. Include as much information as you can – e.g., dates, addresses, phone numbers, contact persons.
- ✦ **Register with the Smart Traveler Enrollment Program (STEP)**: a free service to enroll with U.S. Embassy or Consulate nearest to your destination. <https://step.state.gov/step/>
- ✦ Follow-up with your in-country contact(s) to **confirm arrival information and plans** for connecting once you arrive in country.

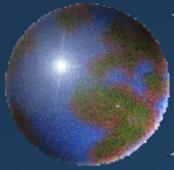


Arrival Plans

- ❖ Pick-up should be **pre-arranged**
 - ❑ **Who.** If not in-country mentor, then a pre-arranged taxi or service.
 - ❑ Know **exactly where** you will be going.

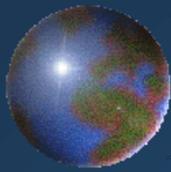
- ❖ If someone is picking you up
 - ❑ Make a **thorough plan** that includes time, meeting place, and back-up plans.
 - ❑ Have their contact information available.
 - ❑ Plan for **how to reach contact** based on the resources you'll have on arrival (will your cell phone be operable?).

- ❖ Become familiar with **alternative options** in the event of a change in plans.



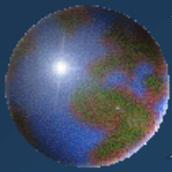
Travel documents

- ✦ Bring a **hard, paper copy** of all flight itineraries.
- ✦ Some airports require an itinerary for entry; accessing it on a mobile device may always not be possible.
- ✦ Airports can also include proof of vaccinations
- ✦ Airports may also require proof of flight and identity to collect luggage.



Travel Checklist

- Travel documents (passport, printed itineraries)
- Drivers License
- Cash, ATM, and credit cards
- Cell phone – open for use in local area. Buy SIM card
- Your “Go Bag” and associated items
- Headlamp and/or small flashlight
- Power adapters
- Chargers, extra batteries for devices
- Emergency “battery stick”
- Camera (careful of expensive models)
- Phone card
- Alarm clock
- Smoke alarm; consider a Personal Attack Alarm
- Small, quality padlock and loop-ended cable
- Rubber door stop (safety in room at night)
- Collapsible bag cage (communal housing security)
- Fake wallet (small cash, expired cards)
- Extra pair of eye glasses and copy of Rx
- Insect Repellant and Sunscreen
- Lightweight rope (available in bracelet form)
- Leatherman (not in carry-on!)
- Water purification tools, as applicable
- Safe water straw, water filters/tablets
- Gum or mints (helpful with nausea)
- Medications
- Mini First Aid Kit (painkillers, band aids, etc.)
- Bandana, handkerchief, light scarf, triangular bandage
- Roll of toilet paper or travel Kleenex
- Whistle
- Compass
- Safety pins
- Condoms (even if you don’t plan on using)
- Hand sanitizer and wipes
- Ziploc bags
- Small detergent packets
- Comfortable closed-toe shoes
- Clothing appropriate for local workplace
- Casual but modest clothing for travel
- Hat (sun protection)
- Sheet, silk sleeping bag
- Mosquito net, as necessary
- Small, quick-dry towel and wash cloth
- Address list for sending postcards home
- An open mind and positive attitude!



Go-bag



Adjust contents based on security/safety situation.

- First aid kit
- Water bottle & water sterilizing tablets
- Extra contacts or glasses
- Knife
- Map
- Compass
- Flashlight
- Charger
- Matches (lighter if not flying)
- Phone and/or communication radio
- Daily meds
- Backup flash drive (whatever info on)
- Small change in local currency
- Supersize bandana
- Info card which includes
 - safety, security, survival tips,
 - important phone numbers and key phrases in local language