UMD STUDY ABROAD ORIENTATION

Getting ready for your study abroad experience
Welcome...now please go away!

Agenda
- Welcome & General presentation
- Break
- Q & A sessions

“The world is a book, and those who do not travel read only a page,” – Saint Augustine
UMD Information

- Study Abroad Checklist
  - Application FAQs
    https://studyabroad.wp.d.umn.edu/apply/application-faqs/
  - Manage my checklist

- Program Costs**
  https://studyabroad.wp.d.umn.edu/finances/program-cost-comparison/

- Communication with UMD & Students
  https://studyabroad.wp.d.umn.edu/resources/while-abroad/staying-connected-abroad/
  - Cell phones – check with your cell phone provider to discuss options and/or consider buying a phone abroad
  - UMD email and host institution email – check both regularly!

**Affiliate programs: check with your provider for details on program costs
- Students on affiliate programs will have the $500 Study Abroad processing fee and CISI Insurance fees charged to their student account
Preparing to go

- Discuss your academic plan with your academic advisor and/or staff in your collegiate unit or department
- Make sure your finances are in order before you go abroad so that there are no surprises when the program fee is billed and due
- Frequently check and stay on top of emails or any “to do items” from UMD Study Abroad, the foreign university you are attending, or affiliate provider you are going through
Course Registration

- **UMD**
  - **For term(s) abroad:** UMD Study Abroad staff will register you for a block registration.
  - **Your returning semester:** You will be able to register early, but you must ensure you have no holds on your student account.
    - NOTE: UMD Study Abroad cannot remove your holds; an email will be sent to you from the UMD One Stop Office with a registration update closer to the registration date.
  - Credits taken on study abroad programs cannot be used in tuition banding.

https://studyabroad.wp.d.umn.edu/resources/before-you-go/academics/
Course Registration

- Abroad
  - Refer to the online resources or affiliate providers for information on course registration process for your specific program

NOTE:
- *Notify UMD Study Abroad immediately if your credits change as there may be financial aid implications*
Credit & Grades

- Know how your grades & credits will be converted to your UMD transcript – see program specific conversion charts online
  - Affiliates check with your provider for charts
- Ensure your courses are reviewed at UMD
  - [https://studyabroad.wp.d.umn.edu/get-started/course-equivalencies/](https://studyabroad.wp.d.umn.edu/get-started/course-equivalencies/)
Credit & Grades

- After the program, you will initially receive an “NR” for pending study abroad grades
- Official transcripts (issued by foreign university)
  - Check with your foreign university (or affiliate provider) to ensure an official transcript will be issued directly to the UMD Study Abroad office
  - [https://studyabroad.wp.d.umn.edu/resources/credits-transcripts/](https://studyabroad.wp.d.umn.edu/resources/credits-transcripts/)
- UMD study abroad grades
  - Your individual study abroad courses will be posted to your UMD account after transcript is received and will replace the block registration
Travel Documents

- Passport
- Make copies of important documents
  - Keep in a place where you can access them abroad
  - Scan and email copies to yourself
  - Share with a family member and/or trusted friend

https://studyabroad.wp.d.umn.edu/preparing/
http://travel.state.gov/content/passports/english/passports/apply.html
Preparing to Go Abroad

- Packing
  https://studyabroad.wp.d.umn.edu/resources/before-you-go/packing/

- Video from UMD affiliate ISA http://z.umn.edu/vge

- What to expect at the airport (time, TSA, screening, customs)
  - Arrive at the airport 2-3 hours in advance
  - Take your time and ask questions if you are unsure of what to do or where to go

- Customs
  - When going through customs do not use your phone or listen to music
  - Have all of your documents (passport, visa/travel documents, acceptance letter, date of return to the U.S.) ready to give to the immigration officer, and answer the questions asked of you as best you can.
Money

Start thinking about how much money you will have access to abroad and how will you receive that money (Set a budget)

- Credit Card/Debit Cards
  - It is highly recommended to have more than one credit card and/or debit card
  - Additional Fees may be charged
    - Foreign conversion rates
    - Non-institutional ATM fees
  - Notify your financial institutions of overseas travel

- Be aware of exchange rate/currency

- Things to consider to manage spending
  - It’s never too late to start budgeting
  - You can look up many costs for things abroad online
Health & Safety

- Manage your health abroad
  - Make appointments with your Primary Care Physician, Travel Clinic, and Physical and/or Mental Specialist
  - Discuss prescription medication, necessary immunizations, physical & mental health
  - Disclose and discuss health needs with the UMD Study Abroad office and relevant offices at UMD; e.g. Disability Resources, Health Services

- NO DRIVING while on the program

- Research your destination
  - Local customs & cultural norms, historical & current conflicts, political policies & laws

- Utilize the resources on the U.S. Department of State website

- Alcohol & Drugs – know the laws
  - Safe sex

- Travel smart

- Understand your insurance coverage - domestic, CISI and foreign (if required)
General Travel Resources

- **UMD Study Abroad Handbook**
- **TSA**  [www.tsa.gov/traveler-information](http://www.tsa.gov/traveler-information)
  - Check online for the latest travel rules
  - Get the My TSA Mobile App

- **UMD Study Abroad**
  “Before you Go” web pages
  [https://studyabroad.wp.d.umn.edu/resources/before-you-go](https://studyabroad.wp.d.umn.edu/resources/before-you-go)

- Emergency card examples
  [http://travel.state.gov/content/dam/students-abroad/pdfs/TipsToGoWalletCard.pdf](http://travel.state.gov/content/dam/students-abroad/pdfs/TipsToGoWalletCard.pdf)

- **Student Identity Abroad**  [https://ieo.wp.d.umn.edu/get-started/student-identity](https://ieo.wp.d.umn.edu/get-started/student-identity)
Health & Safety

- The University strongly recommends that all travelers register with the United States Department Of State (USDOS) Smart Traveler Program (STEP)...
  - STEP: https://step.state.gov/step/

- Utilize travel resources, guide books and foreign university resources
  - US Department of State, CDC, WHO
  - UMD Study Abroad Handbook

- Create an emergency plan—local emergency phone numbers, U.S. embassies, insurance information
  - UMD Study Abroad emergency info
    - https://studyabroad.wp.d.umn.edu/about/in-an-emergency/
Insurance – Domestic

Be aware of what your current plan does and does not cover while abroad.
International Insurance

General Details

- The University of Minnesota requires all University students studying abroad to be enrolled in Cultural Insurance Services International (CISI) insurance, [http://www.culturalinsurance.com/](http://www.culturalinsurance.com/) (enrollment completed by UMD Study Abroad staff)
- The cost of CISI is included in the UMD program cost. Affiliate programs are billed $30 a month to your student account.
- Access to CISI and additional information via the insured CISI portal
- Find the current plan at [https://studyabroad.wp.d.umn.edu/resources/health-safety/insurance/](https://studyabroad.wp.d.umn.edu/resources/health-safety/insurance/)
- You will be covered for the duration of your study abroad program

Payment for Services Rendered:

- General Services: individual makes payment and CISI reimburses
- Emergency: CISI pays directly

Filing a Claim for Services Rendered:

- Complete a CISI claim and send it with receipts to CISI
- Make certain to keep a copy of all documents you send
Insurance – Medication Abroad

- Contact the CISI assistance team for help in researching country guidelines:
  - In the U.S., call (855)327-1411,
  - Worldwide call (01-312) 935-1703 (collect calls accepted) or
  - E-mail medassist-usa@axa-assistance.us

When asked for your ID number it is the policy number GLM N0483530A

- Check on allowances for substances into foreign countries – confirm that your prescription is considered a legal substance abroad and identify how much you can bring with you

- Develop a plan with your doctor for having/getting medications during your time abroad

- If you bring any prescription abroad makes sure to:
  - Leave it in the original bottle
  - Bring a doctors note stating what you are taking, why you are taking it and the dosage of the prescription
Insurance - CISI Online Resources

CISI Resources and Links

U.S. Embassies Overseas
U.S. Embassies are the official missions through which the U.S. conducts foreign affairs. From these outposts, ambassadors and their staffs promote the interests the U.S. work to protect and serve U.S. citizens traveling abroad, and gather information about the host country. Select a location below to be directed to the appropriate U.S. Embassy website.

Select a U.S. Embassy ➔ View

Counsular Information Sheets
Counsular Information Sheets are compiled by the U.S. Department of State. Information provided includes entry/exit requirements, visas, security & safety, crime, standards of conduct and religious concerns.

Select a Country ➔ View

Country Profiles
Compiled by the U.S. Department of State, Country Profiles provide travellers with a geographic, political, economic, historical and social overview for each country.

Select a Country ➔ View

Health & Vaccinations
Compiled by the Center for Disease Control (CDC), Travelers' Health Profiles provide information related to health risks and alerts, required and suggested vaccinations, health tips and a packing list by region.

Select a Region ➔ View

English Speaking Doctors Overseas
Below are links to English speaking Doctors Overseas. If you do not see a Doctor listed in your area, please contact Team Assist, whose phone number and email address is located on your confirmation letter or ID card.

Select the Closest City ➔ View

Useful Links
- Center for Disease Control (CDC)
- Office of Foreign Assets Control (OFAC)
- U.S. Department of State
- World Health Organization (WHO)

U.S. Department of State Travel Warnings
Travel Warnings are issued when the U.S. Department of State recommends that Americans avoid a certain country. The countries listed below are currently on that list.

- Eritrea Travel Warning
  Wed, 16 Apr 2012 12:00:00 EST
- Burundi Travel Warning
  Wed, 16 Apr 2012 12:00:00 EST
- Mali Travel Warning
Insurance – Outside of Program Dates

- **Travel Outside Program Dates**
  - It is highly recommended students enroll in CISI directly for travel outside of their program dates
Life Abroad

- Alcohol safety and student behavior
- Be a good representative
  - Remember you will not only represent UMD, but Duluth, Minnesota, and the US while abroad
  - Think about your actions (verbal & non-verbal) in the context of the culture you are in
- Take time to learn about the cultural norms of the countries and cultures you will visit
Arrival and Daily Life

- What to familiarize yourself with in the first few days of being abroad:
  - Money/local currency
  - Nearest grocery stores & ATMs
  - Important emergency numbers – add into your phone
  - How to get around your campus
  - What is the easiest and safest way to get around
  - Communication avenues – how will you communicate with people at home and in the country you are in
  - Make note of words, terms, and things you don’t understand to ask on-site staff or locals
Culture Shock

- It’s normal to experience it!
- Can be experienced when going abroad and/or returning home
- Resources for dealing with culture shock:
  - What is Cultural Awareness, anyway? [http://z.umn.edu/vkh](http://z.umn.edu/vkh)
  - Glimpse article [http://z.umn.edu/vkg](http://z.umn.edu/vkg)
Resources

- UMD Study Abroad Website: [z.umn.edu/UMDstudyabroadOrientation/](z.umn.edu/UMDstudyabroadOrientation/)
- Students Abroad: [studentsabroad.state.gov/](studentsabroad.state.gov/)
- Travel.State.Gov: [travel.state.gov/](travel.state.gov/)

Health & Insurance
- CISI: [www.culturalinsurance.com/](www.culturalinsurance.com/)

Travel Resources
- Essentia Health—Travel Center: [essentiahealth.org/EssentiaHealthDuluthClinic3rdStreetBuilding/TravelCenter.aspx](essentiahealth.org/EssentiaHealthDuluthClinic3rdStreetBuilding/TravelCenter.aspx)
- Currency Converter: [www.oanda.com/currency/converter/](www.oanda.com/currency/converter/)
- Calling Codes: [www.countrycallingcodes.com/](www.countrycallingcodes.com/)
- Time Zones: [www.timeanddate.com/](www.timeanddate.com/)