

Preparing to Study Abroad:

6 months + from travel dates

- Make sure to have a Valid Passport
 - The passport expiration date should be valid for 6 months after your return from your time abroad
- Once you have your passport, apply for a Visa if your travel destination requires one
 - To learn more about Visas for different countries check out: <http://cibtvisas.com/visas> or <https://www.travisa.com>
- Fill out Cedar Crest Study Abroad Approval Form (this requires various campus office signatures)
- Meet with Advisor for course approvals
- Apply for Cedar Crest College Partial Study Abroad Scholarship (if applicable)
- Research any insurance options you may want to purchase for your study abroad travels
- Book/Confirm housing location while abroad
- Research different flight options. Hold off on booking your non-refundable tickets until you are accepted into your program and receive notice of any scholarships.

3 months from travel dates

- Attend a pre-departure with Mary Anne and various campus offices
- Return all necessary paperwork to Global Initiatives
- Visit your healthcare providers to make sure you are in good health to travel
 - Get any vaccinations that are required
 - Get the proper supply of prescription medication for your trip abroad
 - Talk to your doctor about any travel-related concerns you may have
- Book/Confirm flights
 - Know the luggage restrictions for each airline, to avoid fees for over-packing.
 - Supply Global Initiatives office with passport copy, flight and hotel confirmations so we can register your study abroad travels on State Department website: <https://step.state.gov/STEP/Index.aspx>
- Start researching the country you will be studying abroad in order to acclimate yourself with more of its culture and traditions
 - Check out the weather for when you will be there
- Research ways to contact home while abroad
 - Most cell phones will not work out of country unless you have an international calling plan
 - Check for WIFI and social media restrictions for the different countries
 - Find a way to stay in touch with your family and Mary Anne while abroad, in case of emergencies
 - Check to see if you need an adapter/ converter

2-4 weeks from travel dates

- Notify the bank/ any credit card companies of your time abroad. Let them know countries and travel dates.
 - Photocopy front and back of credit/debit cards to take with you in a safe, separate location in the event that your card is lost or stolen.
 - Request any money that you may need from your bank (~\$100-\$200 of the local currency)
 - If you have difficulty obtaining the currency that you need for abroad, when you land, airports may be a good option to stop at an ATM and withdraw money

- Make copies of your itineraries, passport, Visa, driver license, health insurance and credit/debit cards for emergencies
 - Leave a set with your family
 - Take one and keep it in your carry-on bag along with the actual documents
- Start packing for your trip!
 - Pack as light as you can: remember, bring luggage that you alone can carry/ lift
 - Recommended travel bags
 - One checked bag (research airline restrictions so you don't get charged with any fees)
 - One carry-on bag (with all the required documentation as stated above)
 - One personal small bag (like a purse, if necessary)

General Packing List for Study Abroad:

- **Luggage**
 - One checked bag (with one weekend bag for overnight excursions if applicable)
 - One carry-on bag
 - All documents listed below
 - A change of clothes just in case bags get lost
 - Cell phone/ Charger
 - Laptop
 - Snacks
 - Empty Water Bottle
 - Cosmetics in 3.4oz bottles in clear, quart-sized Ziploc for security screening.
 - One personal small bag (like a purse)
- **Documents**
 - Passport
 - Airline confirmations
 - Arrival Instructions/ Itineraries
 - Housing Information
 - Driver's license
 - Health Insurance cards
 - A copy of all the above stated documents
 - Credit/ debit cards/ cash in local currency
- **Clothing**
 - Clothing you think you will need based upon the given countries weather
 - Layering clothes; tank tops, shirts, sweaters, pants, shorts, skirts
 - Socks and Undergarments
 - 3-4 pairs of shoes; a comfortable pair of shoes for walking, a nice dress pair, slippers/ flip flops, and others based upon the given weather/ climate
 - Jacket; rain jacket or coat (depending on the weather)
 - Bathing suit (if applicable)
 - A nice/ business outfit
 - Work-out clothes (if desired)
 - Pajamas
 - Belt
 - Sun glasses/ hat
- **Electronics**
 - Laptop and charger

- Cell phone and charger
- Camera and batteries/ charger
- Voltage converter (if needed)
- Plug adapter
- Headphones
- Any additional course material that may be needed; USB online textbooks
- Alarm Clock
- **Medications/ Wellness**
 - Any prescriptions you need (you may need to obtain a medical note to have some medications abroad and to get through customs)
 - Vitamins
 - Tooth brush/ tooth paste/ floss*
 - Any additional dental/ orthodontics you may need
 - Soap and Shampoo and Conditioner (TSA compliant)*
 - Hand sanitizer*
 - Glasses/ contacts/ Sunglasses
 - Deodorant*
 - Feminine products
 - Brush/ comb
 - Razors/ other shaving supplies*
 - Makeup
 - Nail clippers/ file
 - Sunscreen and bug spray/ wipes with DEET (As needed)
 - *Most name brand items can be bought in most European and Asian countries.
 - You can pack just a small amount if necessary and then purchase the rest once in-country.
- **Miscellaneous**
 - Re-usable water bottle
 - Hair dryer (if not available at housing facility)
 - Umbrella
 - TSA- Approved luggage locks
- **Leave at Home**
 - Valuable/ jewelry
 - Heels
 - Curling iron