Pre-departure Orientation for Students Traveling Abroad Summer & Fall 2015
• Contact list of students abroad in summer and fall. If you signed up at the pre-departure orientation, you will get an e-mail with a link to the list in early June. If you want to sign-up or need to change your contact information or dates, e-mail oip@princeton.edu.

• Princeton Alumni Association: http://alumni.princeton.edu. Check to see if there is a regional alumni association in the city/country where you will be staying.
PRINCETON TRAVEL & EXPENSE WEBSITE

http://travel.princeton.edu

REQUIRED FOR ALL PRINCETON TRAVELERS
Before You Go & During Your Trip

1. Complete all steps on the Undergraduate International Travel Checklist: [http://travel.princeton.edu/undergraduate-students/checklist/international](http://travel.princeton.edu/undergraduate-students/checklist/international)

2. You must submit a travel request in Concur and be approved to receive an award through SAFE.

3. Update your Concur profile with any changes to your mobile phone number or the number where you can be reached via text messaging while traveling.

4. Follow through on your communication plan: Contact your trip adviser, family, and friends as agreed.

5. If you are unable to update your Concur profile, you may email any changes to finance@princeton.edu (please include your expected return date).

6. It is good practice to have your [Medical Profile and Consent for Care](http://travel.princeton.edu/undergraduate-students/checklist/international) with you at all times while you are away.
<table>
<thead>
<tr>
<th>Countries on State Department Travel Warning List: <a href="http://travel.state.gov">travel.state.gov</a> (updated as of 3/12/2015)</th>
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<tbody>
<tr>
<td>Afghanistan</td>
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<td>Congo, Democratic Republic of the</td>
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<td>Djibouti</td>
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<td>Iran</td>
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<td>Iraq</td>
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<td>Israel, the West Bank and Gaza</td>
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<td>Kenya</td>
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<td>Korea, Democratic People’s Republic of (North Korea)</td>
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Please visit [http://travel.state.gov/content/passports/english/alertswarning](http://travel.state.gov/content/passports/english/alertswarning) for an updated list of countries on the warning list.
Documents

- **Passport**
  - [www.travel.state.gov](http://www.travel.state.gov)
  - Check expiration date; expedited service available
  - Make copies of signature/photo page

- **Visa**
  - [embassy-finder.com](http://embassy-finder.com): Check embassy/consulate website for visa and any other entry requirements, as well as with your program/sponsor

- **Air Tickets**
  - [www.studentuniverse.com](http://www.studentuniverse.com)
  - [www.statravel.com](http://www.statravel.com)
Money & Budgeting

• Let credit card companies and your bank know you’ll be abroad.
• Pay attention to additional transaction fees.
• Consult with any contacts abroad as well as returned students.
• Take several forms of payment and don’t keep them all in the same place.
• Download your bank’s app and other money-managing apps like Mint, Trip Splitter, and XE Currency Converter.
Communication

- Bringing your cell phone abroad vs. buying one there.
- Pay-as-you-go plans are very popular outside the U.S. and are usually the most cost-effective.
- Using smartphones & iPads abroad may mean high fees for downloading data.
- Skype, G-chat, Facetime, etc.
- **Consult a study abroad peer adviser** about what kind of cell phone to get!
Packing Tips

• Pack light!

• Learn about: dress code, weather, what’s available there.

• Electronics/Appliances – should you take them?
  □ Be aware of differences in voltage.

• Bring small items with Princeton logo to give as gifts.

• Talk with a study abroad peer adviser:
  http://www.princeton.edu/oip/sap-peer_advisers/
Packing Tips

What foreigners can and cannot bring into a particular country is not always clear ... Do your research.

Check out All That You Should Leave Behind

www.princeton.edu/oip/practical-matters/travel/
Healthy Preparation for Your Trip

- **Centers for Disease Control (CDC)**

- **UHS Travel Medicine Services:**
  - Call UHS to schedule a travel appointment

- Keep in mind that some immunizations may take up to two months to administer.

- Disclose health info to program/on-site contact.

- If in counseling, discuss plans for support abroad with your therapist.

- Prescription medicines: If possible, bring a full supply in original packaging with the prescription.

*Note: medicines are regulated differently in different countries.*
Health Insurance

• Confirm your health insurance coverage.

• Princeton’s Student Health Plan will cover you abroad.

• You must pay for services abroad up front and submit a claim later.

• If you do not have the SHP, visit http://travel.princeton.edu/consider-purchasing-international-health-insurance.

You can enroll with HTH Worldwide, a leading provider of International Health Insurance. The coverage is priced at $35.25/month or $9.04/week.

- To register, go to: www.hthstudents.com.
- Enter the "Group Access Code" ITS-30369 in the box on the right side of the home page.
- You will be walked through the enrollment screens.
- A credit card will be needed for payment.
International SOS

• Travel & security assistance company

• Emergency & support services (emergency medical advice, referrals, evacuation)

• Online country-specific resources

• ISOS is NOT health insurance

• Bring ISOS card with you!

• More info: http://travel.princeton.edu/international-sos
Safety

- Recognize your vulnerability and take steps to reduce it.
- Learn about host country.
- Be prepared.
- Princeton’s Rights, Rules, Responsibilities and the laws of the host country apply to you.

What will you do in an emergency?

- Emergency numbers in your host country
- Numbers for local supervisors/contacts and home embassy/consulate
- Numbers for ISOS, Princeton Public Safety
- Photocopies of passport, credit cards, traveler’s checks

Photo Credit: Tommy Lopez '10
Safety dos and don’ts

DON’T...

• Accept help from the people waiting around at the airport exit gate.
• Carry all your valuables in one place.
• Go on a trip without letting anyone know.
• Rent a car or motorbike.
• Use drugs.
• Abuse alcohol.
• Get near any demonstrations or marches.

DO....

• Arrange for airport pick-up ahead of time, or inform yourself on the public transportation options.
• Use a money belt.
• Let your local contacts know when you’re traveling and leave a detailed itinerary.
• Learn about the cultural norms around alcohol consumption in your host country and use moderation.
What is Culture?
What is Culture?

Iceberg Model: Surface and Deep Culture

- In awareness
- Visible
- Artifacts
- Behaviour
- Norms
- Beliefs
- Assumptions
- Values
- Out of conscious awareness
- Invisible
Culture Shock

1. Honeymoon Stage
2. Culture Shock
3. Cultural Adjustment
4. Adaptation

Adapted from “Maximizing Study Abroad”, University of Minnesota.
Exploring Culture

Strategies for coping with the stress of cultural adjustment:

- Participate! Don’t isolate yourself. Seek out social opportunities.
- Appreciate difference.
- Be flexible! Don’t expect things to work the same way they do in the U.S.
- Try to recognize your own cultural bias
- Strive for empathy.
- Recognize your emotions and separate them from your observations.
- Formulate a hypothesis about local culture, not a stereotype.
- Ask questions. Use cultural informants.
- Establish a routine. Find culturally appropriate ways to exercise.
- Find ways to keep in touch with family and friends – but don’t overdo it!

Photo credit: Pallavi Mishra ’15 – Cape Coast, Ghana
Travel resources for:

• **Minority students**
  • Global Diversity Inclusion
    (http://www.diversityabroad.com/global-diversity-inclusion)

• **LGBT students**
  • MSU Study Abroad for Gay, Lesbian, Bisexual, and Transgendered (GLBT) Students
    (http://studyabroad.isp.msu.edu/forms/glbt.html)
  • U.S. State Department LGBT Travel Information
    (www.travel.state.gov/content/passports/english/go/lgbt.html)
  • International Gay & Lesbian Human Rights Commission (www.iglhrc.org)

• **Students with Disabilities**
  • Mobility International USA
    (http://www.miusa.org/)
The Cross-Cultural Experience

What’s Up With Culture: An Online Training Resource for Experiences Abroad

http://www2.pacific.edu/sis/culture

Basics Concepts of Intercultural Communication edited by Milton Bennett
Other Pre-departure Resources

- Program-specific meetings
- International Travel Handbook (.pdf)

Consult the OIP calendar:
www.princeton.edu/oip/events_archive/
Fellowships Advising: Thinking Ahead

- Connect your abroad experiences to your future academic and professional goals by:
  - Building social and professional networks while abroad
  - Exploring future graduate school and professional opportunities in your host country
  - Applying for fellowships like the Fulbright, Sachs Global, Critical Language Scholarships and many others

- For a list and description of major fellowships opportunities, please pick up a Fellowship Advising handout.

Contact:  Deirdre Moloney, Ph.D., Director
            36 University Place, Suite 350
            moloney@princeton.edu, 8-1998

            Hanna Lee, Assistant Director
            Dillon Court West, Suite 7
            hannal@princeton.edu, 8-5759

http://www.princeton.edu/oip/fellowships/
WASS Appointments
Final Notes

- Reflect on your time abroad: keep a journal or a blog.
- Take a lot of photos!
- Enter the International Eye Photo Contest in the fall.

Have a productive & memorable experience!