

## STUDY ABROAD SAFETY PRESENTATION- 3/25/13

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To do before trip:

**Create a checklist for yourself of what you need to bring and/or think about before going abroad:**

- Check your **passport's** most expiration date. If you do not have a passport, visit this website for information regarding applying for one: [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)
- You do not need a visa for any of the programs; however check beforehand if a country you plan to visit requires a travel/tourist visa. To research travel visa information, go to the [U.S. Department of State International Travel Information webpage](#).
- Take your WFU (or other law school) ID with you.
- If you're going to **London**, take your letter of certification provided by the university.
- Remember carry-on regulations and TSA restrictions (be sure to check baggage weight requirements for European flight carriers, they may differ from your American carrier)
- Phone:** If you plan on taking your cell phone with you, talk to your provider regarding international rates. You may also want to check out [www.worldphone.com](http://www.worldphone.com), which sells phones for around \$100 that will work in the country you're studying in. Remember that Skype and google chat/video are both affordable ways to stay in touch with friends and family back home. Additionally, you may buy a cheap "pay as you go" phone when you arrive in England, Italy or Austria.
- Prescription Meds:** If you have a prescription, be sure to take enough for your whole trip and keep the medicine in its original packaging. Karen Anderson ([anderskm@wfu.edu](mailto:anderskm@wfu.edu)) at WFU Student Health Services can tell you if your prescription medicines are legal or available overseas. If you have syringes for medication, Karen can also give you a letter to certify that you can bring them abroad for medical purposes. If you have drug allergies or asthma, it is a good idea to have a card on you explaining your allergies or specific medical conditions.

Finances before and while abroad:

Contact your **bank and any credit card** companies to tell them that you are going overseas. Be sure to ask them about any fees they may charge while using foreign ATMs. Only take the credit cards that you will need. We also suggest carrying **small denominations** of money while you are abroad. Carrying large denominations may draw negative attention to yourself as a tourist.

**International airports** have ATMs, so you can withdraw local currency as soon as you arrive. However, it may be a good idea to take \$20 of the local currency to have when you arrive. Many banks and AAA offices have different currencies you can order (be sure to contact them to see what the process is and how long it will take to acquire foreign currencies). However, international airports may have cheaper exchange rates.

Ask a person you highly trust to keep **copies of your passport and credit cards** back at home. E-mail them copies of these items, and if you lose them, ask them to call your credit card company and/or bank to cancel them immediately.

General safety and packing tips while traveling:

- Put a ribbon on your suitcase to easily identify your bag when coming off the baggage claim.
- Do not take anything abroad that you would hate to lose.
- Divide up your **money and IDs**, especially while traveling. Do not take all of your IDs and credit cards with you every place you go. If you leave your bag or purse on a public bus, you may not ever get it back. This is why it is important to have things like money and IDs split up so that if you do lose something, you will have other IDs and credit cards as back up. It is also a good idea to make copies of your credit cards, IDs and passport to leave at home in the U.S. and to keep a copy at your home while abroad. If you lose a credit card, cancel it immediately using the number on the back of your card that you made a copy of.
- While you are at an airport**, try to be efficient and get in and out quickly. Tourists are targeted at airports.
- Try not to wear clothes that make you stand out as an American. American tourists are targeted by “pick pocketers” (thieves), especially if they see people carrying around large denominations of money. Learn the local customs to try and blend in with the local culture and people.
- When traveling, **tell people where you are going**. Travel in numbers. It is a good idea to leave your travel itinerary (flights and hotels/hostels) with a friend also abroad, and with family back home. If anything happens, someone will know where you are and where you’re staying.
- Take care of yourself while abroad, especially while traveling. Drink lots of water to stay hydrated.

**Casa Artom** and **Worrell House** are generally very safe, so you can leave personal items like your laptop in your room.

In case of emergency/safety situation:

Your first point of contact should be your **Faculty Director**:

-London: Professor Alan Palmiter

-Venice: Professor Dick Schneider

-Vienna: Professor Wilson Parker

Your second point of contact will be WFU Police or the Center for International Studies (CIS). You can call **336-758-5591** collect anytime. You may also email [hotline@wfu.edu](mailto:hotline@wfu.edu).

WFU will send an e-mail to students if they need to get in touch with you regarding an emergency.

**Additionally, all students should have an SOS Card:**

If you do not have an SOS card, contact Allysen at [mahaffar@wfu.edu](mailto:mahaffar@wfu.edu) or 336-758-6116.

SOS cards have an account #, which you will need to input onto the SOS website for WFU account information. WFU pays for this service that can help you while abroad in a variety of ways:

- Acquire a new passport if lost
- Get medical attention in case of emergencies
- Tell you where the nearest hospital or medical center is located
- Translation services: If you are talking with a local police department, judge, ER staff member, etc. who is not fluent in English, you may contact SOS for translation services.

Please note that while SOS will help get you medical attention, your personal health insurance must cover the medical expenses. Everyone studying abroad with WFU must have health insurance. If you have Student Blue through WFU, you will be covered while abroad. If you do not, please check with your health insurance carrier if your plan is valid overseas. For more information about health insurance while abroad, please visit here: <http://studyabroad.law.wfu.edu/general/health-insurance/>.

**Take your health insurance/medical cards with you abroad** (and make copies for back home).