

Travel Study Travel Tips

Before you leave...

Communication

- Check to see if your cell phone will work in a foreign country and be sure you know much it will cost if you use it. If it won't work abroad, it'd be wisest to leave it in the US.
- Purchase a calling card before you leave. AT&T is the most widely accepted calling card. Be sure to look up the country code before you leave. The only code on the back of the card is for domestic use.
- Make yourself an itinerary and airline information guide, as well as one to leave with your family.
- Please don't promise to call as soon as the plane lands! It may not be feasible for you to do so. Make reasonable plans for keeping in touch with friends and family while you're away.

Money

- Clean out your wallet! Only bring 1 ATM card and 1 or 2 credit cards. Make photo copies of both the front and back of your ATM card and Credit Card, and keep them in a safe place.
- Check with your bank to see if your ATM card (PIN) will work abroad. Also ask about fees for obtaining foreign currency and checking daily limits. Tell them when and where you will travel.
- Notify Credit Card Company when and where you will be traveling. Ask about fees for purchases in a foreign currency. If you use your credit card at an airport in a certain country, and your bank does not know you are there, the fraud department will take away your credit card access.
- Guys while traveling **do not** put wallets in your back pocket, even if it has a button. Girls, place bags in your lap (not on the floor under your chair) when you are not wearing them.

Health

- Apply for an International Student Identity Card. It will provide you with some emergency medical coverage, and SIUE requires you to have it to go abroad on our programs.
- Tell your instructor if you have a medical condition; don't be embarrassed to let someone know because the better prepared everyone is, the better the trip will be.
- Verify if your health insurance company covers you while abroad. For additional coverage, visit <http://www.siue.edu/studyabroad/leave.shtml> under the "Health Insurance" portion.