

Checklist of items due after acceptance:

- ☐ Participation Agreement
- ☐ Photo release form
- ☐ Final payment(s)
- ☐ Medical Information form
- ☐ Copy of ISIC card
- ☐ Copy of passport

Checklist for 1 – 2 months prior to departure for travel study

- ☐ Do you have your passport? Make a least 2 copies of the picture page. Carry one with you during your trip abroad and leave one at home with family.
- ☐ Do you have an ISIC (International Student Identity Card)?
- ☐ ISIC provides you with some emergency medical coverage. Your health insurance may also cover you abroad. If you want additional coverage, please visit: <http://www.siu.edu/studyabroad/leave.shtml>, or talk with your study abroad advisor.
- ☐ Do you know where your itinerary and airline information is? Make a copy and leave it with a family member.
- ☐ Do you know what the baggage limit is for your airline (number of bags, weight & size restrictions)? If not, find out now.
- ☐ Do you have all of your prescription medicine?
- ☐ Have you checked with the embassy to be sure that none of the prescription drugs you plan to take abroad are illegal in that country?
- ☐ Purchase dictionary and/or phrasebook for language host country.
- ☐ Do you have a journal and address book to carry with you?
- ☐ ATM Card – Do you plan to take yours? Check with your bank to see if it will work abroad. Check to make sure PIN can be used overseas. Check daily limit. Are there additional fees for using the card overseas to obtain foreign currency?
- ☐ Consider ways to make yourself comfortable in flight and reduce the impact of jetlag:
 - o <http://www.mayoclinic.com/health/jet-lag/DS01085>
 - o <http://www.travelsense.org/tips/jetlag.cfm>
- ☐ Visit this webpage for links to useful travel information.
 - o <http://www.siu.edu/business/international/links.shtml>

Required Documents:

- [ISIC Information](#)

Useful Services:

- [Skype Telephone Service](#)
- [Currency Converter](#)
- [Metric Conversion](#)
- [World Clock](#)

Cultural Information:

- [Executive Planet](#) - Country Profiles

Packing and Travel Tips:

- [Know Before You Go](#) - Customs

Health and Safety Information:

- [Centers for Disease Control and Prevention - Health and Safety Information](#)
- [Department of State - Safe Travel Tips](#) AND [Country Specific Safety Information](#)
- [The Center for Global Education - Study Abroad Safety Handbook](#)