

# **Study Abroad Pre-Departure Orientation**



**UNIVERSITY OF NORTH ALABAMA**

# Office of International Affairs



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# Medical Release & Travel Insurance



- All students participating in study abroad must complete a medical release form, available here:  
<http://www.una.edu/study-abroad/Study%20Abroad%20Insurance%20Wavier%20Forms.pdf>
- All students must purchase iNext Travel Insurance (\$52). For short-term, faculty-led trips, please check with your faculty advisor. For semester, year and partner programs see Ms. Marthaler in Powers Hall 209.

# Health Examination for Medical Release available at University Health Services



- No charge for health examination
- No charge for written prescriptions
- Charges do apply to immunizations or medications
- Make an appointment by calling UHS at **256-765-4328**
- *UHS does not file insurance.*

# Immunizations



- Country-specific health information and recommended/required immunizations are also available at [www.cdc.gov](http://www.cdc.gov)
- Check [www.state.gov](http://www.state.gov) for additional advice and recommendations related to your travel destination

# Available immunizations at UNA



- Hepatitis A (2 shot series)  
\$40.00 each
- Hepatitis B (3 shot series)  
\$40.00 each
- Tetanus Diphtheria (TD)  
\$25.00
- Tdap (TD with pertussis)  
\$40.00



# General Safety Precautions



- Use common sense
- Be aware of your surroundings
- Keep valuables secured
- Safety in numbers – Stay with student groups
- Ask for help or an escort if uneasy with a situation
- Don't draw attention to yourself
- Avoid looking like a tourist

# U.S. Department of State Warnings



- UNA does not send students to destinations under warning by the US Department of State
- Prior to departure, check the U.S. Department of State website for *Consular Information Sheets* and travel warnings

<http://travel.state.gov/>

[http://travel.state.gov/travel/cis\\_pa\\_tw/tw/tw\\_1764.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html)

<http://studentsabroad.state.gov/>

<http://cdc.gov>

- Check these before traveling to other countries during your study abroad
- Avoid political activities or demonstrations





# U.S. Embassy or Consulate



Signing up for the Department of State's *Smart Traveler Enrollment Program* will ensure that you are notified by the local US Embassy or Consulate of any potentially dangerous situations. Sign up here:  
<https://step.state.gov/step/>



# Packing For Necessity



- Before packing, consult the TSA website at <http://www.tsa.gov/> for regulations on what you may have in your carry-on luggage.
- Carry-on luggage must conform to the size of overhead bins and space beneath the seat in front of you. Check airline websites for size requirements.
- What to have on you in the airport:
  - Basic survival: identification, insurance, cash, credit/debit cards, cell phone
  - Electronics
  - Copies of necessary information and travel info
  - Change of clothes, toothbrush & toothpaste, soap (optional)
  - Necessary medicine (prescriptions must be in original, labeled bottles)

# Devices and Plug Adaptors



- A simple plug adaptor (available from Walmart or amazon.com) will typically allow you to use your laptop, smart phone and digital camera abroad. A Google search will help you identify the appropriate adaptor.
- Many small appliances (hair dryers, curling irons, rollers) are best purchased abroad, where they're typically inexpensive. An expensive and bulky transformer would be required to use your US appliance abroad.

# Banking



- The easiest way to access your bank account abroad is by using your debit card. Advise your bank of your travel dates before departure. This will allow you to withdraw cash from an ATM machine. Most banks impose a \$5/transaction charge, plus 3% of the amount withdrawn, but this is far less expensive than cash conversions. Plus, it is not advisable to travel with large amounts of cash.

# Calling Home



- Skype is, for most people, the least expensive and most practical means for calling home. Skype to Skype calls are free. For calls to landlines or mobile phones, you will need to set up a 'Skype Out' account.

# Emergency Contact Information



- In the case of an emergency please contact UNA Police, 24/7, at 256-765-4357. Calling from abroad, you will need to dial 1-256-765-4357.
- The Office of International Affairs can be reached Monday-Friday at 256-765-4626.

# Questions?



- Questions can be directed to Dr. Christy at [tcchristy@una.edu](mailto:tcchristy@una.edu) .

**Safe travels!**  
**Bon voyage!**  
**Yi lu ping an!**  
**Gute Reise!**

