



SAINT LOUIS UNIVERSITY STUDY ABROAD HANDBOOK, 2021-2022

Photo taken by Carly Bernard, in Saqqara, Egypt
Study Abroad Program: Rome, Italy

Saint Louis University Study Abroad Handbook

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SAINT LOUIS UNIVERSITY®

seek **EDUCATION** find **ADVENTURE** study **ABROAD**

INTERNATIONAL SERVICES + Des Peres Hall, Room 102 + 314-977-2318 + goabroad@slu.edu + studyabroad.slu.edu

Dear Global Billiken,

Congratulations on your decision to study abroad!

You are about to embark on one of the most exciting, challenging, and rewarding adventures of your lifetime!

In addition to expanding your worldview and gaining an appreciation and understanding of a different culture, you will develop valuable and transferrable skills, such as critical thinking, problem solving, and flexibility. Your semester abroad is also an excellent opportunity to gain greater insight into your own personal strengths and aspirations. You will gain a sense of independence, courage, and self-confidence that will help you navigate your life as a global citizen.

Preparing for your semester abroad can be somewhat overwhelming, so we have prepared this handbook to assist you every step of the way. Please use this handbook as a reference tool before, during, and after your time abroad. Careful planning and research, prior to departure, often helps students manage their study abroad expectations and foster positive academic, personal, and professional experiences.

Please know that the study abroad office is available to assist you throughout your study abroad experience.

We are proud to send our Saint Louis Billikens abroad and look forward to the global experiences and perspectives you will bring back to campus when you return as Global Billikens!

Sincerely,

Study Abroad Team
Des Peres Hall, 102



CONTACT INFORMATION



SAINT LOUIS UNIVERSITY CONTACT INFORMATION:

Office of International Services

3694 West Pine Mall
Des Peres Hall, Room 102
Saint Louis, MO 63108
314-977-2318 (main)
314-977-3412 (fax)
studyabroad.slu.edu

Rebecca Bahan, Director, Office of International Services

314-977-4081
rebecca.bahan@slu.edu

Kate Brooks, Madrid Campus Admission Counselor

314-977-3445
kate.brooks@slu.edu

Margaret Kessler, Study Abroad Counselor

314-977-2309
margaret.kessler@slu.edu

Department of Public Safety & Emergency Preparedness

314-977-3000

Office of the University Registrar

Saint Louis University
One Grand Blvd.
DuBourg Hall, Room 119
Saint Louis, MO 63103
314-977-2269

Office of Student Responsibility and Community Standards

Wuller Hall, 2nd Floor North
conduct@slu.edu
314-977-7326

Housing & Residence Life

DuBourg Hall, Room 157
reslife@slu.edu
314-977-2811

Student Financial Services

DuBourg Hall, Rm 119
sfs@slu.edu
314-977-2350

Student Success Center

Busch Student Center, Rm 331
314-977-3483

Career Services

Griesedieck Hall, Lower Level, Suite 130
career_services@slu.edu
314-977-2828

Disability Services

Busch Student Center, Rm 331
Disability_services@slu.edu
314-977-3484

Major Exploration Academic Advising

Busch Student Center, Rm 331
314-977-3484

Counseling Services

Wuller Hall, 2nd Floor
314-977-8255

EMERGENCY PROCEDURES



Photo taken by Erin Glim, in Sydney Australia
Study Abroad Program: Gold Coast, Australia

EMERGENCY CONTACT INFORMATION & PROCEDURES:

Office of International Services

Monday through Friday, 8:30a.m. – 5:00p.m.

314.977.2318

Saint Louis University Department of Public Safety & Emergency Preparedness

After-hours emergencies

314.977.3000

The Department of Public Safety & Emergency Preparedness will contact the study abroad emergency contact.

The Office of International Services and the Department of Public Safety will assure that in urgent or serious situations Saint Louis University study abroad participants receive prompt, appropriate and thorough care, intervention or referral.

GeoBlue Worldwide 24/7 Emergency Assistance (Insurance Provider):

1.800.257.4823 (from within the U.S.)

1.610.254.8771 (from outside the U.S.)

Sanitas Emergency Assistance (Spain Insurance Provider):

902. 10. 36. 00 (Emergencies)

0034. 91. 345. 65. 84 (collect) (Assistance Abroad).

Office of Overseas Citizens Services (U.S. Department of State):

1.888.407.4747 (from within the U.S.)

1.202.501.4444 (from outside the U.S.)

Centers for Disease Control and Prevention International Traveler's Hotline:

1.877.394.8747

Emergencies

Please contact the Office of International Services for any situation or condition that jeopardizes an individual's physical or mental health, safety, well-being, or program participation and/or requires the intervention of program staff. Such events or occurrences may include, but are not limited to: civil disturbance, natural disaster, severe or prolonged illness or injury requiring hospitalization, disciplinary action, emotional or behavioral disorders, illegal actions (i.e. drug use), absence from program site, academic probation, etc.

Notification Procedures

In the case of an emergency, students are instructed to contact appropriate on-site staff immediately. The on-site staff will contact the Saint Louis University study abroad team, and a representative from the SLU Office of International Services will contact the individual the student listed as their emergency contact, if appropriate.

If a family member or friend is contacted by the student about an emergency and it is unclear whether or not the on-site staff is aware of the situation, please contact the Saint Louis University Office of International Services, 314.977.2318. This number is answered during business hours. After business hours a message will prompt callers to call the Department of Public Safety, 314.977.3000, which is monitored 24 hours, 7 days a week.

If it is necessary to contact the Office of International Services, please provide as much of the following information as possible:

- your name
- country & program of study
- student(s) names
- date & time of occurrence/condition
- description of occurrence/condition
- action taken thus far
- action requested of Officer (if appropriate)
- return contact information

Political, Social or Natural Emergencies

In the event of a political, social, or natural emergency, the Office of International Services will be in close contact with the on-site staff and/or US program contact for any study abroad program offered through Saint Louis University. The on-site staff will in turn seek advice from the local authorities and the US Consulate or Embassy nearest the program location. Assistance will be managed in coordination with our medical and security insurance provider.

Parents, friends, and family are asked to communicate with the Office of International Services staff to allow on-site staff to focus on working with students and local officials.



PRE-DEPARTURE DOCUMENTS

Photo taken by Lauren Ziegler, in Paris France
Study Abroad Program: Geneva, Switzerland

PRE-DEPARTURE DOCUMENTS:

Congratulations on your decision to study abroad!

Now that you are officially accepted into your study abroad program, it is time to begin finalizing your study abroad preparations!

Please note that you must have a passport to travel abroad and many study abroad destinations require a student visa. Please read the following section carefully as it provides additional information regarding passports and visas. Applying for a visa can be a lengthy process. It is important to review the visa requirements and application procedure for your host country, so you may initiate an application as soon as you receive your formal acceptance. If you have any questions, please do not hesitate to contact the Office of International Services.

In addition to your passport and visa, there are a few additional Saint Louis University requirements to assure that you are prepared both for your semester abroad and for the semester in which you plan to return to the Saint Louis campus. Additional information regarding these documents may be found in your online study abroad application and pre-departure portal.

PASSPORTS & VISAS:

You must have a passport to travel abroad and to apply for a visa. Please verify that your passport is up to date and will be valid for 6 months after your departure from the host country.

WHAT IS A VISA?

A visa is a formal travel document (sticker, piece of paper, electronic number synched to passport) issued by the embassy of the country you wish to visit. A visa is often required, in addition to your passport, to enter and exit your final destination. A visa is an official document that confirms that an individual is authorized to enter the territory for which the visa was issued. A visa is essentially your permission to travel to and within a particular country.

A student visa, issued by the host country, confirms that you are approved to study in the host country for the duration of your study abroad program. Your student visa provides the opportunity to remain in the host country longer than a typical tourist.

Visa requirements and application processes vary greatly by country, so please be sure to contact your host country's embassy or consulate to learn the specifics for your trip. Look through the [State Department's Country Specific Information](#) to research entry and exit requirements, gather additional details about required documentation, and determine how to apply.

The Study Abroad Office may assist you with the visa process, however, ***it is your responsibility to apply for and obtain a visa.*** Visa requirements vary by country and by jurisdiction. The Study Abroad Office will assist with any questions you may have, but it is each student's responsibility to apply for and obtain a visa. Please note that these are regulations imposed by the government of the host country, not Saint Louis University.

If you do not have your returned passport and visa 3 weeks prior to your departure date, please contact the Office of Study Abroad!

TIPS:

- The timeline to obtain a student visa varies from country to country. **Please be sure that you plan accordingly and provide plenty of time to finalize your visa and passport paperwork prior to departure.**
- For some countries, if your stay is less than 90 days, you will not need a visa.
- You must obtain your visa before you leave the United States.
- Some consulates may **require that you apply for the visa in person.** You may be required to purchase a visa or drive/fly to retrieve your visa (or hire an agency on your behalf to assist with your visa). Other students may only need to mail in an application.
- If you are required to apply in person, schedule your appointment with the consulate as soon as possible. Consulates have limited availability and appointment times book quickly. The earlier you confirm your appointment, the easier the process.
- Make sure that you read and re-read which documents are required for your visa application.
- Some visa applications require you to submit your actual passport with the application. Plan accordingly and do not submit your passport and visa application if you have any upcoming international travel scheduled (family vacation, etc.) and will need your passport before you leave to study abroad.
- Please be sure to read all information from your host university with regards to instructions on how to obtain a visa.

COMMON VISA REQUIREMENTS:***(Please check the specific requirements of your host country)***

- Valid passport (valid for 6 months after departure date from host country)
- Completed visa application
- Two passport size photos
- Payment of required fees
- In some cases, additional identification such as a driver's license, birth certificate, or bank statement showing that you the necessary funds to complete your journey.
- Some countries require a copy of your travel ticket
- Acceptance letter from host institution abroad

VISA SERVICES:

The following are visa services that may assist you with obtaining your visa (only for certain countries).

Please note that these services are not endorsed by or affiliated with Saint Louis University.

Zierer Visa Service: www.zvs.com

Perry Visa: www.perryvisa.com

St. Louis China Visa Service Center: www.scanews.com/ChinaVisa/

VISAS FOR TRAVEL TO OTHER COUNTRIES WHILE ABROAD

Please keep in mind that some countries require visas, even for short periods of time.

Be sure to research the entry requirements of the countries you intend to visit, before you depart for your destination.

Check with the U.S. Department of State to see if your destination country requires a visa:

<https://travel.state.gov/content/travel/en/international-travel.html>

PRE-DEPARTURE ORIENTATION:

The Office of International Services requires that all students participating in a Saint Louis University sponsored semester or academic year study abroad program participate in a Pre-Departure Orientation.

The Pre-Departure Orientation will cover essential information concerning your upcoming semester or year abroad, including: international insurance coverage, academic policies, health and safety, culture shock, finances, packing, etc. Past study abroad participants will also be available to provide additional information on their experiences abroad and answer any questions you may have.

DOCUMENT LIST:

Saint Louis University requires that all students participating in a Saint Louis University sponsored or approved program must complete a series of pre-departure requirements to assure that all students are prepared both for your semester abroad and for the semester in which you plan to return to the Saint Louis campus.

In addition to the paperwork required by Saint Louis University, your host institution or program may have additional paperwork for you to complete and submit directly to the host institution, such as a housing application, registration form, etc. You are more than welcome to submit this paperwork directly to your host institution, or you may submit the forms to the Office of International Services, and we are happy to submit it, on your behalf, to your host institution.

Please log in to your [Billikens Abroad](#) account to access the required pre-departure materials for your specific study abroad program.

FINANCIAL INFORMATION



Photo taken by Abigail Unverferth, at the Cliffs of Moher, Ireland
Study Abroad Program: Poitiers, France

FINANCIAL INFORMATION:

All SLU academic tuition scholarships, federal loans and grants *may* apply to SLU-approved semester and year study abroad programs (*not summer*). Loans may apply for a summer session.

Athletic scholarships do not apply.

Saint Louis University will bill your student account directly for the cost of your study abroad tuition and housing.

Tuition Remission, Tuition Exchange and FACHEX only apply towards the SLU Madrid campus.

SLU scholarships do not apply toward non-SLU-approved programs; other aid, however, may apply.

Students who wish to study abroad for more than one semester (excluding Lyon and Oxford) must contact Student Financial Services and submit an appeal to determine if their Saint Louis University academic scholarships, federal loans, and grants may apply toward a second semester abroad.

If you have any questions regarding your aid for a study abroad program, please contact email [Student Financial Services](mailto:sluscholarshiparea@slu.edu) at sluscholarshiparea@slu.edu for additional information.

EXTERNAL SCHOLARSHIP OPPORTUNITIES:

There are a wide variety of external scholarship opportunities funded by independent organizations with a dedicated interest in promoting global education. The [Saint Louis University Study Abroad webpage](#) provides a sample listing of external scholarship opportunities, divided into the following categories:

- [General Study Abroad Scholarship Opportunities](#)
- [Program Specific Scholarship Opportunities](#)
- [Language or Region Specific Scholarship Opportunities](#)
- [Study Abroad Scholarship Databases](#)

Please note that the scholarships listed on the SLU Study Abroad webpage are by no means an exhaustive list, but provide a starting point for students interested in seeking external scholarship opportunities.

If you have any questions or would like any additional information regarding specific scholarship opportunities, please contact the Study Abroad Office.

PERSONAL BUDGETING & EXPENDITURES:

Developing a realistic budget for your semester or year abroad will assure that you maintain the funds to last throughout your study abroad experience. In addition to reviewing the study abroad program cost, it is important to prioritize your additional personal expenses, including optional excursions, independent travel and other social activities.

The Study Abroad Budget Worksheet (Appendix B) is designed to help you estimate the costs of your study abroad experience. Please note that the additional expenses, other than the standard program fee, vary greatly based on individual student expectations, the cost of living in your host city, and the exchange rate. It is important to research the cost of living in your host city and country to effectively budget for optional excursions, independent travel, and other social activities.

We recommend contacting recent study abroad returnees to gather additional information on realistic budget expectations.

WITHDRAWAL, CANCELLATION & REFUND POLICY (non-Madrid):

Participants who wish to withdraw their participation in a Saint Louis University Approved Study Abroad program (other than SLU Madrid) must provide official notification to the university via certified letter or email (goabroad@slu.edu). Participants, not their home or host institution, are responsible for notification. Notification must come from the student and be sent directly to the Office of International Services at the following address (sent certified mail or personally dropped off):

Saint Louis University
 Re: Withdrawal from Study Abroad Program
 Office of International Services
 3694 West Pine Mall
 Des Peres Hall 102
 Saint Louis, MO 63108

All application fees, paid by the student directly, such as: confirmation deposits, insurance fees, and administrative fees are non-refundable. Students also are responsible for the withdrawal/cancellation/refund policy of the host program (university and/or residential housing) only if their policy exceeds that of the Office of International Services.

It is assumed that a student is intending to study abroad until the date that the student notifies SLU otherwise. Saint Louis University reserves space in the program for the participant upon admitting the student. At this point, SLU incurs certain non-recoverable costs. Therefore, any participant who withdraws at any time after being accepted into the study abroad program will be responsible for the following:

1. Study abroad fee. This fee includes international insurance, International Student I.D. Card, Pre-departure orientation and administrative support. **and**
2. Any deposits/application fees paid by the student **and**

Cancellation Period	Amount Due
30 days prior to departure, up until Week 2	10% - up to the full program fee (based on non-recoverable costs)
Week 3	20% - up to the full program fee (based on non-recoverable costs)
Week 4	30% - up to the full program fee (based on non-recoverable costs)
After Week 4	100% - up to the full program fee (based on non-recoverable costs)

The Office of International Services determines non-recoverable costs in consultation with the program sponsors.

Participants who defer to another term within 30 days of the start of the program remain responsible for the withdrawal policy based on the deferred date. Students cannot defer to another term to avoid cancellation fees.

Students on a Non-SLU Program (for example, Washington University or IES) who withdraw will work with the program directly regarding their withdrawal and refund policy. The student is responsible for any aid that SLU paid on behalf of the student. The student must notify SLU and the host university immediately if he or she decides to withdraw from the study abroad program. If the student has financial aid and withdraws from a study abroad program, he or she must also contact the Office of Student Financial Services immediately, as this change may affect the student's financial aid package.

There are specific federal, state and University withdrawal/drop policies regarding tuition and fees, housing charges, refunds to scholarship/financial aid programs, and repayments, which result from withdrawal from enrollment. Consult the Office of Student Financial Services for all particulars. A credit balance on the student account after a withdrawal would demonstrate a reduction in educational expenses, and thus would prompt a return of funds to the lender to reduce overall debt.

If a student is dismissed from the program due to behavioral, academic, legal, or other problems, no refunds will be given.

The information contained in this policy supersedes any verbal or other written information regarding this policy.

ACADEMIC POLICIES



Photo taken by Minghao Gao, in Ulysses, NY
Study Abroad Program: Saint Louis, MO

STUDY ABROAD ACADEMIC POLICIES:

Studying abroad is a once in a lifetime opportunity for personal, professional, and academic development. Prior to departure, it is important to determine how courses taken abroad will enhance your overall academic plan and enrich your academic experience.

COURSE APPROVAL & CREDIT TRANSFER:

Study abroad students must work closely with their academic advisors to discuss how a semester abroad will impact their overall academic plan.

Students are responsible for assuring that all courses taken abroad are approved prior to beginning coursework. For non-Madrid programs, the [course approval form](#) is designed to assist you in your study abroad preparations. Consistent with Saint Louis University's transfer policy, no credits from a study abroad program will be accepted unless all the necessary preliminary authorizations from the departments listed on this sheet have been obtained.

Please note that the study abroad course approval form is only good for one semester. If you study abroad for an academic year, you must complete one checklist for each semester.

Students may research current SLU equivalencies of study abroad courses, by program through the website of the Office of the University Registrar: registrar.slu.edu. If there is a course you are interested in taking that is not listed, you may submit an equivalency request form. The Office of International Services will work with the host institution, the Office of the University Registrar and the respective SLU department to determine the appropriate SLU equivalency.

Students are encouraged to work closely with their advisors and have more courses approved than they intend to take abroad; should a student opt to change registration once abroad, additional course options have already been approved.

Any changes made to a student's registration while abroad must be approved by the student's academic advisor, mentor, department, and/or college representative.

ENROLLMENT ABROAD:

Saint Louis University students participating in semester or year study abroad programs must enroll for the equivalent of a full-time course load while abroad (a minimum of 12 Saint Louis University credit hours per semester).

It is imperative that all study abroad students maintain full-time enrollment status while abroad to remain in compliance with visa and financial aid requirements.

Enrollment for Non-Madrid Study Abroad Programs:

To ensure that students are enrolled full time while they are abroad, non-Madrid study abroad students must complete the enrollment verification form. This enrollment verification form confirms the courses in which you are officially registered at the host institution. The completion of this form assures that you maintain fulltime enrollment, maintain eligibility for your SLU scholarships and financial aid, maintain your class standing and relevant course pre-requisites for registration purposes, and will ease the transcript articulation process once your grades are received at the conclusion of your program.

Please have the appropriate coordinator at the host institution email the form directly to the Office of International Services, goabroad@slu.edu, by the following deadlines:

Fall Semester: September 15*

Spring Semester: February 1*

*Students participating in programs with a later start date are requested to contact the Office of International Services to make alternate arrangements.

For students participating in non-Madrid study abroad programs, the Office of International Services will register study abroad students for a Study Abroad placeholder course while abroad. Once the Office of the Registrar receives the Enrollment Verification Form for a student's study abroad program, the placeholder course is removed and the actual courses are entered by the Office of the Registrar. Once the official transcript is received, the courses, grades and credit will appear on a student's Saint Louis University transcript.

For summer programs, there is no minimum or maximum credit load required, unless otherwise specified by your host institution or program.

GRADING POLICIES:

Grades for all SLU-approved exchange and study abroad courses will appear on a student's transcript and factor into a student's cumulative Saint Louis University GPA.

Many international universities do not use the same credit hour or grading system as Saint Louis University. Please research your host institution prior to departure to assure you understand how credit hours and grades apply to Saint Louis University.

Saint Louis University utilizes the [World Education Services International Grade Conversion Guide for Higher Education](#), for students studying through international universities.

If you have any questions or would like any clarification regarding credit or grading equivalents, please contact the [Office of International Services](#).

STUDY ABROAD TRANSCRIPTS:

Students participating in non-Madrid study abroad programs must request that all official transcripts be sent directly to the Office of the Registrar.

Office of International Services - Study Abroad
Saint Louis University
3694 West Pine Mall
Des Peres Hall, Room 102
Saint Louis, MO 63108
314-977-2318

For SLU-Approved study abroad and exchange programs, the titles of your study abroad courses, credit hours, and grades will all appear on your Saint Louis University transcript and will factor in to your credit totals and cumulative GPA. Each class will appear on your transcript for the term you were abroad.

HEALTH & SAFETY ABROAD



HEALTH & SAFETY ABROAD:

Health and safety are primary concerns for students studying abroad. The following information provides information on your international health insurance, general health information, safety and security tips, and additional safety and security resources. As you review this information, if you have any questions or would like any additional information, please do not hesitate to contact the Study Abroad Office. The Study Abroad Office is available to support and assist you as you prepare for your semester abroad, throughout your semester abroad, and as you return to the United States.

INTERNATIONAL HEALTH INSURANCE:

To prepare and safeguard Saint Louis University students studying abroad, the Office of International Services adopted a comprehensive insurance package, mandatory for all students studying abroad with academic programs or traveling overseas in conjunction with Saint Louis University.

Sanitas Health Insurance (Madrid Study Abroad Students):

Students studying abroad at the Saint Louis University Madrid Campus enroll in the [Sanitas](#) Health Insurance policy. Students studying abroad in Madrid are automatically enrolled in the Sanitas health insurance policy and will receive their health insurance card upon arrival in Madrid. There are no additional forms required to formalize your enrollment in this insurance policy.

GeoBlue Health Insurance Information:

All students who are participating in Saint Louis University sponsored or approved programs must enroll in the Saint Louis University international insurance policy.

The study abroad team will enroll semester and academic year study abroad students in the GeoBlue international insurance policy. The cost of the international insurance is included in the overall study abroad program fee. Students participating in the following programs will enroll directly through their host program:

- Webster Study Abroad Programs – students studying abroad through one of the Webster affiliated programs enroll through Webster University

Students participating in short term Saint Louis University sponsored or approved international programs, are also required to purchase the GeoBlue international insurance policy. Students may complete the application and online payment process through [SLU Marketplace](#).

GeoBlue Insurance Cost:

\$20 per week

Please note that, for the benefit of Saint Louis University students, this insurance coverage is mandatory.

Once you receive your GeoBlue Insurance Services card:

- Explore the GeoBlue webpage.

- Complete the registration process at GeoBlue, using your individual insurance certificate number listed on your identification card.
- Review the “Global Health and Safety Resources” portion of the webpage to identify qualified medical providers in your destination with an existing agreement with GeoBlue.
- Review the claims process to assure you gather and submit the necessary documentation should you need to file a claim.
- Put your GeoBlue insurance card in your wallet and carry it with you at all times.

GeoBlue Contact Information:

24/7 Emergency Assistance:

Call GeoBlue collect from outside the U.S.: +1.610.254.8771

Call GeoBlue toll free from within the U.S.: 800.257.4823

Email: globalhealth@geo-blue.com

In an emergency, seek appropriate medical care directly, and then call GeoBlue.

Students are advised to contact GeoBlue within 24 hours, in the event of an emergency.

For Other Questions About Your Plan:

Call collect from outside the U.S.: +1.610.254.8741

Call toll free within the U.S.: +1.866.281.1668

Email: customerservice@geo-blue.com

Frequently Asked Questions:

For additional and more detailed information, please visit geobluestudents.com

How do I choose a doctor who accepts GeoBlue Insurance?

Log on to members.geobluestudents.com and search for a doctor in the region you are visiting. If you have not already completed a user profile, you may be prompted to do so at this time. Once you complete your user profile, you will be able to run a search for doctors, download appropriate forms, etc.

What if I visit a doctor who does not have an agreement with GeoBlue?

There is a reimbursement claims process for students who inadvertently seek care from a health care provider that does not have an agreement with GeoBlue. Students who seek care from a health care provider that does not have a current agreement with GeoBlue will need to pay for services rendered up front and then submit an insurance claims form to GeoBlue for reimbursement.

Additional information regarding this claims process, including the necessary forms, may be found on geobluestudents.com.

How do I submit a claim?

Log in to geobluestudents.com and thoroughly review the claims form filing instructions.

Download, complete, and submit the claims form, with all required documentation directly to GeoBlue.

Please note that it is the responsibility of the student to submit the claim directly to GeoBlue – this is not the responsibility of Saint Louis University.

How do I contact GeoBlue about a claim?

- Please call 1.888.350.2002 to speak with an GeoBlue Customer Services Representative if you have a question regarding a claim.
- Participants can check the status of their claim in the 'My Benefits' section of geobluestudents.com.

GENERAL HEALTH INFORMATION:

Planning for a Healthy Year Abroad

Before a study abroad experience, all students should have a general physical done by their primary care provider and assure that all their routine immunizations are up-to-date.

Immunizations and Vaccinations

The [U.S. Centers for Disease Control](http://www.cdc.gov) and the [World Health Organization](http://www.who.int) offer on-line information about regional and country health risks and disease outbreaks, with recommendations for immunizations. After researching the requirements and recommendations for your specific destination, discuss your choices with your physician, planning well in advance, as some immunizations are administered over a period of several months.

Students are advised to assure that all routine immunizations are up-to-date, including Tetanus, Hepatitis A and B vaccines.

Prescriptions

Discuss with your prescribing physician and family how you will obtain prescription medications while abroad, well in advance of your departure. Ask your physician to prescribe a supply of medication that will last the length of your stay. You may request that your physician or pharmacist write a letter describing your medications, their dosage, and a generic name for them and the condition they treat. This letter could be useful, in case of an emergency, going through customs.

Always carry a copy of your prescription and keep medications in the labeled containers in which they were dispensed.

Over-the Counter Medications

You may want to consider travelling with common over-the-counter medications, as they may be more difficult to find in your final destination.

- Painkillers: aspirin, acetaminophen or ibuprofen
- Anti-diarrhea medication
- Antacids
- Motion sickness pills
- Allergy medication/antihistamine (some medications, such as those containing pseudoephedrine may be considered an illegal controlled substance in your final destination; be sure to understand the laws and regulations of your host country, prior to departure)
- Decongestant/flu medicine

- Prescriptions and/or extra sets of contact lenses or glasses
- Any other items appropriate for your specific destination and personal health (sunscreen, bug repellent, etc.)

Chronic Illnesses

If you have asthma, diabetes, allergies, or other chronic conditions, learn the vocabulary to describe your condition in the host country language, and carry a written explanation in that language, in case you are unable to communicate in an emergency. Plan to wear your medical bracelet if you own one. Saint Louis University recommends that you share your medical information with your host program for further assistance.

Emotional Well-Being

Going abroad and venturing out of your comfort zone is stressful. You should plan to use common stress reduction strategies such as exercise and relaxation to cope with all the changes you encounter in your new host country. If you are currently seeing a therapist, discuss how you will continue your mental health care while you are abroad, and inquire with your home and host institution about counseling services that may be available to you abroad.

Culture Shock

Most students abroad experience some degree of culture shock. Culture shock refers to the stresses and strains associated with adapting to life in a new a culture. Symptoms may include: frustration, mental fatigue, disorientation about how to work with and relate to others, boredom, lack of motivation and physical discomfort. Please be aware of these symptoms and contact someone at your home or host institution if the symptoms persist or you would like to talk with someone.

Diet and Nutrition

Learn about the regional diet, eating habits and meal schedule for your destination, as it is an integral part of the culture and may vary greatly from your current practices. Learn how to explain any dietary restrictions in a culturally appropriate way.

Remain informed of food and water precautions recommended by the [U.S Centers for Disease Control and Prevention](https://www.cdc.gov).

SAFETY & SECURITY TIPS:

Throughout the study abroad experience, you can have a major impact on your own health and safety through the decisions you make before and during your program and by your day-to-day choices and behaviors.

It is important to apply the same common sense while traveling overseas, as you would at home.

- Remain in regular contact with your family, friends, and contacts at both your home and host university. Inform others of your plans so they can update others if necessary.
- Create and carry a list of emergency phone numbers with you at all times. Know how to reach a doctor, a hospital or clinic, and the police in the country in which you are traveling.

- Pay attention to warnings and follow the directives issued by local program administrators regarding safety and security issues.
- Stay updated and informed on news and current events around the world. Get your news from more than one source (preferably from both U.S. and foreign media sources)
- Make copies of your passport, other forms of identification, and travel documents and leave copies in a safe place while you are away.
- Avoid poorly lit places and walking alone. Stick to well-traveled streets and try to walk in groups at night. Students should be especially cautious when in a new city and not yet sure what parts of town may be less safe.
- Do not leave your bags unattended.
- Be aware that dating norms and gender roles may be different in your host culture.
- Use alcohol sparingly and be aware that drinking may increase your vulnerability to crime. Drink responsibly!
- Be on the offensive, rather than the defensive. Be aware of the surroundings.
- Avoid political demonstrations, large crowds and gatherings.
- Integrate into the host culture as much as possible, including: clothing, mannerisms, language.
- Have sufficient funds and/or a credit card on hand for emergencies.
- Avoid substance abuse of all kinds.

Please know that your safety is ultimately your responsibility. Saint Louis University would like to assure that students feel prepared and equipped with the knowledge necessary to make wise decisions while abroad. If you would like additional information on safety and security abroad, please contact the Office of International Services.

ADDITIONAL SAFETY & SECURITY RESOURCES:

U.S. Department of State

<https://www.state.gov/>

Contains information regarding current travel advisories, travel alerts, and U.S. Consulates.

U.S. State Department Tips for Students Abroad

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

This U.S. State Department website provides excellent information, advice, and tips for students studying abroad. This comprehensive webpage provides information on the smart traveler enrollment program, preparing travel documents, what to do in case of an emergency, how to vote abroad, what to pack, etc.

Smart Traveler Enrollment Program

<https://step.state.gov/>

The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate.

U.S. State Department Country Specific Information

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

The State Department's Office of American Citizens Services and Crisis Management (ACS) administers the Consular Information Program, which informs the public of conditions abroad that may affect their safety and security. Country Specific Information, Travel Alerts, and Travel Advisories are vital parts of this program.

U.S. Embassies

<http://www.usembassy.gov/>

Contains links to U.S. Embassies, Consulates, and Diplomatic Missions all over the world.

Centers for Disease Control and Prevention

<http://wwwnc.cdc.gov/travel/>

The CDC's Travelers' Health section provides information on health conditions around the world, including health precautions, such as safe food advice, water precautions, and insect-bite protection.

911 Emergency Contacts Abroad

https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf

Not all countries use "911" as their emergency contact number, as we do in the United States. This list provides a reference of emergency contact numbers in foreign countries, so you may reference how to contact the police, and ambulance, or a fire department. Please note that English-speaking operators may not be available.

TRAVEL ADVISORY POLICY:

Saint Louis University recognizes the risks to the safety and security of students who travel internationally, and particularly to students who travel to countries, or regions within countries, in which the U.S. Department of State (DOS) has issued a Travel Advisory Level 3 or 4, or the Centers for Disease Control and Prevention (CDC) has issued a Travel Notice Level 3.

Program Suspension

Saint Louis University reserves the right to suspend approval of any program of study, research or service by Saint Louis University students in a country, or region within a country, under a U.S. Department of State Travel Advisory Level 3 or 4 or Centers for Disease Control and Prevention Travel Notice Level 3 or for any other reason or condition that, in the University's sole determination, presents unnecessary or significant risk. SLU's international travel advisory committee will determine if program suspension or cancellation is warranted.

Written Appeals to Amend Suspended Programs

Departments, units or individual students who wish to administer or participate in student international travel in a country, or region within a country, under a current U.S. Department of State Travel Advisory Level 3 or 4 or Centers for Disease Control and Prevention Travel Notice Level 3 may request to appeal the program suspension through the international travel advisory committee.

The department, unit or individual student requesting the appeal must submit a special petition to travel to restricted regions to the international travel advisory committee, through the Office of International Services. Departments or units administering programs in a country, or region within a country, which has the above mentioned advisory or notice and requesting an appeal may complete the special petition on behalf of the group or program. Individual students

requesting an appeal for independent program participation in a country, or region within a country, which has the above mentioned advisory or notice must complete the special petition individually.

The international travel advisory committee will review appeals on a case by case basis, in light of all of the surrounding facts and circumstances in a given country and any other information which the committee may deem relevant in determining whether or not to suspend the program or permit students to go abroad and study independently or for credit.

As a condition of granting the appeal, each student participating in the program must complete and sign the safety and security assessment and statement of understanding, risk and responsibility, assuming all the risks and releasing the University from any future liability for his or her personal choices.

Please note that travel advisory or notice waivers are granted to individual programs and not countries. Each program within a country under a travel advisory or notice is required to submit a formal appeal.

Travel Advisory Implemented Once a Program is Underway

If a program is currently underway when a change in travel advisory or notice is announced, and there are circumstances that pose an immediate threat to student health or safety, the international travel advisory committee has the discretion to suspend a program and begin evacuation proceedings immediately.

If a program is currently underway when a change in travel advisory or notice is announced for the first time, but there are no circumstances that pose an immediate threat to student health or safety, the international travel advisory committee will monitor the situation and evaluate whether a waiver may be warranted or if the program needs to be immediately canceled or altered.

Cancelled Program Refund Policy

If Saint Louis University cancels a program prior to departure, the University will make every effort to retrieve any recoverable costs. Unrecoverable expenses, such as airline tickets, however, cannot always be refunded. As refunds are not always possible, students may want to consider purchasing trip cancellation insurance that can be obtained through many travel or insurance agents.

If Saint Louis University cancels a program after it has commenced due to safety or security concerns, refunds will be determined on a case by case basis.

PRE-DEPARTURE PLANNING



Photo taken by Michael Ryan, in Interlaken, Switzerland
Study Abroad Program: Rome, Italy

PRE-DEPARTURE PLANNING:

Preparing for your semester abroad can be an exciting and daunting task. Thorough planning and research, prior to departure, helps students manage their study abroad expectations and helps promote positive experiences.

The following documents, provided in the appendix, provide some basic guidelines for preparing for your semester abroad:

- **[Study Abroad Budget Worksheet \(Appendix A\)](#)**
- **[Pre-Departure Preparation List \(Appendix B\):](#)**
A checklist for preparing and planning for a safe semester abroad
- **[What to Pack \(Appendix C\):](#)**
A basic guide for both carry-on and checked luggage
- **[Know Before You Go \(Appendix D\)](#)**
A blank worksheet outlining important contact and emergency contact information, general country information, things to do and see, and important phrases

PREPARATION & PLANNING FOR A SAFE SEMESTER ABROAD:

[The Pre-Departure Preparation List \(Appendix B\)](#) provides a checklist that outlines the following tips for easy reference!

Passport & Visa

Make sure you have a signed, valid passport and visa, if required.
Before you leave, fill in the emergency information page of your passport.

Share Your Itinerary

Leave copies of your itinerary, passport data page and visa with the Study Abroad Office and family or friends at home so you can be contacted in case of an emergency.

Emergency Contacts

Create a list of emergency contacts and keep these numbers with you at all times.

Enroll in the Smart Traveler Enrollment Program with the U.S. Department of State (DOS)

The [Smart Traveler Enrollment Program](#) is a free online service that helps the U.S. Department of State contact U.S. citizens abroad if there is a family emergency in the U.S., or if there is a crisis in your study abroad destination.

When you sign up, you will automatically receive the most current information the DOS compiles about the country where you will be traveling or living. You will also receive updates, including Travel Advisories and Travel Alerts (where appropriate). You only need to sign up once, and then you can add and delete trips from your account based on your current travel plans!

Locate and Register with the Local U.S. Consulate Office

Be familiar with the location and contact information for your local U.S. consulate offices. They can serve as a resource and assist in emergencies.

A full listing of consulate offices, addresses and contact information can be found on [the U.S. State Department website](#).

Contact your Bank & Credit Card Company

Let your bank and your credit card companies know that you plan to be abroad. Provide them with the dates you intend to be abroad and the destinations you intend to visit. International purchases may trigger fraud alerts, if banks and credit card companies are unaware of your international travel plans.

Research your Travel Destination

Familiarize yourself with the cultural, political, health, crime, and other safety-related conditions prevailing in the host country and specific locations within that country. Review Country Background Notes, Country Specific Information, Travel Alerts, and any Travel Advisories available at www.travel.state.gov.

Learn Local Laws & Customs

You are responsible for understanding and obeying the laws of the country you are visiting. Please remember that you are subject to the laws and regulations of the country you are visiting, and these laws and regulations may differ significantly from those in the United States.

Review your International Health Insurance Policy

Thoroughly review your international health insurance policy and locate eligible health providers in the destinations to which you are traveling.

Review Emergency Procedures for Host Country

Not all countries use “911” as their emergency contact number, as we do in the United States. Familiarize yourself with the procedures for obtaining health and law enforcement services in your host country. Carry all important addresses and phone numbers with you at all times.

Communicate

Maintain open communication with your family, friends, and any others who may need to know, about your participation in the study abroad program and provide them with accurate emergency contact information. Contact family and friends on a regular basis and keep them informed of your experience on an ongoing basis.

WHAT TO PACK:

Returned study abroad students always report,

“I wish I had packed less!”

Familiarize yourself with the current TSA luggage guidelines for air travel at www.tsa.gov and determine the guidelines for your specific airline.

[The What to Pack Guidelines \(Appendix C\)](#) provides a sample guideline for items you may want to consider packing.

Connecting with returned study abroad students is another great way to prioritize your packing!

BUDGET, REVISITED:

Developing a realistic budget for your semester or year abroad will assure that you maintain the funds to last throughout your study abroad experience. In addition to reviewing the study abroad program cost, it is important to prioritize your additional personal expenses, including optional excursions, independent travel and other social activities. The [Study Abroad Budget Worksheet \(Appendix A\)](#) is designed to help you estimate the costs of your study abroad experience.

Please note that the additional expenses, other than the standard program fee, vary greatly based on individual student expectations, the cost of living in your host city, and the exchange rate. It is important to research the cost of living in your host city and country to effectively budget for optional excursions, independent travel, and other social activities.

We recommend contacting recent study abroad returnees to gather additional information on realistic budget expectations.

KNOW BEFORE YOU GO:

It is important to research your host country prior to departure!

[The Know Before You Go worksheet, Appendix D](#), provides a starting point for researching some key facts about your host country. This worksheet outlines the information that returned students mentioned they wished they had known prior to departure, including important contact and emergency contact information, general country information, things to do and see, and important phrases.

WHILE ABROAD



Photo taken by Patricia Raleigh, off the coast of Lisbon, Portugal
Study Abroad Program: Madrid, Spain

WHILE ABROAD:

Studying abroad is truly a once (or twice) in a lifetime opportunity!

MAKE THE MOST OF IT!:

Explore.

Living in a different country provides the opportunity to participate in a variety of different cultural events. From exploring museums, to discovering local hangouts, to attending parades or festivals on national holidays, make sure that you explore what your host country has to offer.

Connect.

Part of the study abroad experience is meeting and connecting with a wide variety of people. The participants in each study abroad program vary; some programs attract all American students, while other programs attract both American and international students. Regardless of the other participants in your program, make the effort to reach out and connect with the locals! Try and avoid American hangouts and explore the local favorites. Connecting with locals is vital to a true immersion.

Communicate.

Make the effort to communicate in the local language. Please do not assume that everyone knows English or expect others to understand English. By attempting to communicate in the local language, you show that you truly appreciate the culture and are attempting to adapt. Prior to departure, be sure and learn a few key phrases to assist your day-to-day life abroad.

Capture.

Document all your adventures abroad! Keep a daily journal, update a blog, record videos, take photos, and/or post your adventures on Facebook. Determine the best way for you to record all your experiences and emotions while abroad. Studying abroad is a once-in-a-lifetime experience that you will reminisce and reflect on for the rest of your life.

Capitalize.

Take advantage of the resources provided by your home and host institution. Visit the international center at your host institution and ask any questions you may have throughout your time abroad. Some centers may even offer activities for the new international students on campus, which is a great way to meet other students who are studying abroad.

CULTURAL ADJUSTMENT & CULTURE SHOCK:

Cultural Adjustment

Adjusting to life in a foreign culture is exciting, but it can also be stressful. Identifying and coping with this stress may ease your cultural adjustment.

Tips for Dealing with Stress:

- Manage expectations
- Be prepared
- Accept a new frame of reference

- Keep in touch with friends and family at home
- Take care of yourself: eat well, exercise, and get plenty of rest
- Journal
- Remain flexible
- Ask questions
- Contact the study abroad office at SLU

Culture Shock

Culture shock impacts students differently throughout their time abroad. Culture shock is characteristically a continuum of four stages:

1. Honeymoon Stage/Excitement:
 - Feelings of elation and excitement
 - Fascinated and intrigued by the host culture
 - Positive feelings about the host culture
2. Negotiation Phase/Withdrawal:
 - Differences between the two cultures start to create some anxiety and frustration
 - Start to withdraw
 - Begin to criticize or mock host culture
 - Negative feelings about the host culture
3. Adjustment Phase/Adjustment:
 - Growing comfortable with new routines and the new culture
 - Accepting differences
4. Mastery Phase/Enthusiasm:
 - Feel confident in your new culture
 - Enjoy the new culture and adopt some behaviors of the new culture

Students travelling abroad often experience a roller coaster of emotions throughout their time abroad. Recognizing the symptoms of culture shock may help you cope appropriately.

Symptoms of Culture Shock:

- Sadness, loneliness, melancholy
- Preoccupation with health
- Aches, pains, and allergies
- Insomnia, desire to sleep too much or too little
- Changes in temperament, depression, feeling vulnerable, feeling powerless
- Anger, irritability, resentment, unwillingness to interact with others
- Identifying with the old culture or idealizing the old country
- Loss of identity
- Trying too hard to absorb everything in the new culture or country
- Unable to solve simple problems
- Lack of confidence
- Feelings of inadequacy or insecurity
- Developing stereotypes about the new culture
- Developing obsessions such as over-cleanliness
- Longing for family
- Feelings of being lost, overlooked, exploited or abused

These feelings are normal and fairly common for individuals travelling, studying, working and living abroad. If you are experiencing any of these symptoms, please know that it is common and that there are people who are willing to listen to what you have to say. The Study Abroad staff is happy to listen and available through email, phone, Google chat, Skype, etc.!

LIVING WITH A HOST FAMILY:

Some programs offer the exciting opportunity to live with a host family. Living with a host family is a great way to fully immerse yourself into the culture and language of the host country. Students often form close relationships with their host family, which may last a lifetime! Students who live with host families have said that they feel more confident speaking in the host language.

Please remember to be respectful of your host family's property and lifestyle. Pay attention to the daily routines of your host family and adapt your routine, as necessary. You may need to make some adjustments, such as: taking shorter (possibly colder) showers, listening to your music quietly, letting them know your plans for the evening and if you do/do not plan to eat dinner with the family, etc.

Enjoy your time with your host family and appreciate the unique opportunity to live in this new culture. Please make sure to always remain respectful!

TRAVEL RESOURCES:

In addition to all the amazing experiences offered by your host city and country, many students opt to travel within their host country and continent. Budgeting and pre-planning are essential in organizing successful and cost-effective trips abroad.

Recently returned study abroad students have recommended the following webpages to assist with international travel:

Student Universe, www.studentuniverse.com

Hostelling International, www.hiusa.org

Hostel World, www.hostelworld.com

Ryanair, www.ryanair.com

easyJet, www.easyjet.com

Kayak, www.kayak.com

Airfare Watchdog, www.airfarewatchdog.com

Eurail, www.Eurail.com

The Center for Global Education, www.globaled.us/US-study-abroad-students.asp

U.S. Department of State, www.state.gov/

The Study Abroad Blog, www.thestudyabroadblog.com/helpful-travel-websites/



COMING HOME

COMING HOME:

Studying abroad can be a life changing experience, and we want to assure that you continue to make the most of your experience as you return home and resume life in the United States. Returning home is often both an exciting and difficult experience. Please know that the Study Abroad Office is here to help you readjust to life back in the United States as returning global citizens.

As returning study abroad students, we truly value the global experiences and perspectives that you bring back to campus.

We encourage you to remain active and share your experiences with the SLU Global Community.

LIFE AS A GLOBAL CITIZEN – STAY INVOLVED!:

Studying abroad is just the first step in living as a global citizen! This experience will continue to influence your life and your lifestyle forever. As you readjust to life on campus, seek out global opportunities and continue to make the most of your study abroad experience.

Welcome Home Global Billiken Reception:

Connect with other returned study abroad students. Celebrate your global experiences, meet other returning study abroad students, and share your study abroad adventures! Enjoy a few of your favorite St. Louis specialties, hear what is new on and around campus, and explore the opportunities to remain active in the SLU global community. This event is held at the beginning of each semester.

Peer Mentor Program:

The Peer Mentor Program is designed to allow returned study abroad students share their experience with perspective students! In addition to meeting with students, Peer Mentors will work with the Study Abroad Office with events across campus! Peer mentors will receive training, conduct Study Abroad 101 sessions, and be a resource for future students. Apply to be a Peer Mentor on the [Peer Mentor Program](#) webpage.

International Ambassador Program:

Keep the study abroad spirit alive and help the international students studying abroad at Saint Louis University! Saint Louis University International Ambassadors are vital for our international students and their transition to SLU. International Ambassadors participate in a variety of international student events and assist these students in the acculturation and integration process. Additional information, including program requirements and online application are on the [International Ambassador Passport Program](#) webpage.

Re-Entry Series

The Study Abroad Re-Entry program is designed to encourage you to share your experiences with other returning study abroad students and address some of the issues you may face as you return and reintegrate back into life on campus. These sessions will address issues such as: re-entry and reverse culture shock and marketing your study abroad experience. Contact the Study Abroad Office and visit the [Study Abroad webpage](#) for additional information regarding these sessions.

International Photo Contest

The Office of International Services sponsors an annual International Photo Contest for SLU international and Study Abroad students. We encourage all International and past study abroad students to show their creativity by submitting unique photographs of the places they visited while abroad. This is a great opportunity to show the SLU community your perspective on how you view the world outside of your home country.

CATEGORIES:

SLU Spirit:

Go Billikens! Capture your SLU spirit with a photo featuring the beloved Billiken or Saint Louis University in your favorite hot spot abroad.

Unique Cultural Experience:

Embrace your experience abroad and live the culture! Capture an event or experience that represents the culture you are exploring.

Service:

Capture Global Billikens embracing the Jesuit mission of "men and women for others" all over the world!

Landscape:

Share the breathtaking views and spectacular sights of your adventurous travels!

Cityscape:

Bring your city to life with the unique aspects of city life all over the world, from architecture to city skylines to street vendors!

Wildcard/Funny:

Get creative and submit your favorite photo!

International Campus Photo:

Share your international university experience and submit a photo of your campus abroad.

Additional information, including rules, regulations, and deadlines may be found on the [International Photo Contest](#) webpage.

APPENDIX

- A. Budget Planning Worksheet
- B. Pre-Departure Preparation List
- C. Packing Guide
- D. Know Before You Go Worksheet



Photo taken by Rory Arrigo, in the Sahara Desert
Study Abroad Program: Madrid, Spain

INTERNATIONAL SERVICES

SAINT LOUIS UNIVERSITY

Study Abroad Budget Planning Worksheet

This worksheet is designed to help you estimate the costs of your study abroad experience. Please note that the additional expenses vary greatly based on individual student expectations, the cost of living in your host city, and the exchange rate. It is important to research the cost of living in your host city and country to effectively budget for optional excursions, independent travel, and other social activities.

Description of Expense	Anticipated Cost
Tuition & Program Fee (s)	
Transportation	
International Airfare	
Train, bus, or other travel to program site	
Travel Documents & Immunizations	
Passport, visa, photos, entry/exit tax, etc.	
GeoBlue Health Insurance (included in program fee)	
Immunizations, if applicable	
Texts & Materials	
Books	
Course Supplies	
Supplemental Course Fees (on-site courses)	
Housing & Meals (not included in Program Fee)	
Additional housing costs during program	
Additional meals during program	
Housing & Meals during program breaks	
Essential Daily Living Expenses	
Local Transportation (bus pass, subway pass, taxi, etc.)	
Communication (cell phone, etc.)	
Toiletries & Laundry	
Emergency Cash	
Spending Money	
Optional Excursions & Other Independent Travel	
Social Activities	
Souvenirs, Gifts, Other	
Total Estimated Cost of Attendance (Before Aid):	
All Federal Financial Aid (except work-study)	
All State Financial Aid	
SLU Aid (minus any aid for SLU Missouri only)	
Private/Outside Scholarship	
Estimated Total (After Aid):	



INTERNATIONAL SERVICES SAINT LOUIS UNIVERSITY

PRE-DEPARTURE PREPARATION LIST:

- Complete Required Pre-Departure Materials**
Meet with your Study Abroad Advisor to assure all the necessary Saint Louis University paperwork for your study abroad program is complete.
- Attend Saint Louis University Pre-Departure Orientation**
- Passport & Visa**
Make sure you have a signed, valid passport and visa, if required.
- Share Your Itinerary**
Leave copies of your itinerary, passport data page and visa with the Study Abroad Office and family or friends at home so you can be contacted in case of an emergency.
- Emergency Contacts**
Create a list of emergency contacts and keep these emergency contact numbers with you at all times
- Enroll in the Smart Traveler Enrollment Program with the U.S. Department of State**
The [Smart Traveler Enrollment Program](#) is a free online service that helps the U.S. Department of State contact U.S. citizens abroad if there is a family emergency in the U.S., or if there is a crisis in your study abroad destination.

When you sign up, you will automatically receive the most current information we compile about the country where you will be traveling or living. You will also receive updates, including Travel Advisories and Travel Alerts (where appropriate). You only need to sign up once, and then you can add and delete trips from your account based on your current travel plans!
- Locate and Register with the Local U.S. Consulate Office**
Be familiar with the location and contact information for your local U.S. consulate offices. They can serve as a resource and assist in emergencies.
A full listing of consulate offices, addresses and contact information can be found on the [U.S. State Department website](#).
- Contact your Bank & Credit Card Company**
Let your bank and your credit card companies know that you plan to be abroad. Provide them with the dates you intend to be abroad and the destinations you intend to visit. International purchases may trigger fraud alerts, if banks and credit card companies are unaware of your international travel plans

- ❑ **Research your Travel Destination**
Familiarize yourself with the cultural, political, health, crime, and other safety-related conditions prevailing in the host country and specific locations within that country. Review Country Background Notes, Country Specific Information, Travel Alerts, and any Travel Advisories available at www.travel.state.gov.
- ❑ **Learn Local Laws & Customs**
You are responsible for understanding and obeying the laws of the country you are visiting. Please remember that you are subject to the laws and regulations of the country you are visiting, and these laws and regulations may differ significantly from those in the United States.
- ❑ **Review your International Health Insurance Policy**
Thoroughly review your international health insurance policy, register your card online, and locate eligible health providers in the destinations to which you are traveling.
- ❑ **Prescription Medications**
Contact your physician or pharmacist and request he/she writes a letter describing your medications, their dosage, and a generic name for them and the condition they treat. This letter could be useful, while travelling through customs and immigration or in case of an emergency. Always carry a copy of your prescription and keep medications in the labeled containers in which they were dispensed.
- ❑ **Review Emergency Procedures for Host Country**
Not all countries use “911” as their emergency contact number, as we do in the United States. Familiarize yourself with the procedures for obtaining health and law enforcement services in your host country. Carry all important addresses and phone numbers with you at all times.
- ❑ **Investigate International Education System**
Many international universities do not use the same credit hour or grading system as Saint Louis University. Please research your host institution prior to departure to assure you understanding how credit hours and grades apply to Saint Louis University.
- ❑ **Complete “Know Before You Go” Worksheet**
- ❑ **Register to Vote Absentee**



INTERNATIONAL SERVICES SAINT LOUIS UNIVERSITY

PACKING GUIDELINES:

Familiarize yourself with the current TSA luggage guidelines for air travel at www.tsa.gov and determine the guidelines for your specific airline.

CARRY-ON:

- Passport and any necessary visas
- Copies of important documents, including: travel itinerary, emergency contact information, international health insurance card
- Contact information and address of host program and host family (if applicable)
- U.S. and foreign currency
- Credit and debit cards
- Prescription medication in original container with a back-up supply and a letter from doctor
- Instructions for treating any allergies or unique medical conditions
- Camera
- Laptop, iPad, and other small electronic devices
- Extra batteries
- Cell phone and charger
- Change of clothing
- In-flight entertainment: books, magazines, etc.

CHECKED LUGGAGE:

- Extra copies of important documents and emergency contact information (place a copy in each suitcase)
- Seasonally and culturally appropriate clothing, shoes, and accessories
- Swimsuit (if appropriate for destination or any subsequent travel destinations)
- Toiletries
- Eye glasses, contact lenses, sunglasses
- Hairdryer, razor, nail clippers
- Travel iron
- Health kit (aspirin, antacid, band-aids, anti-diarrhea medication, etc.)
- Umbrella, rain jacket
- Travel alarm clock
- Converter (if necessary)
- Plug adapter (if necessary)
- Backpack or book bag
- Small travel bag for weekend trips
- Lock (if you plan to travel and stay in hostels)
- Maps, guidebooks



INTERNATIONAL SERVICES SAINT LOUIS UNIVERSITY

KNOW BEFORE YOU GO!

CONTACT & EMERGENCY CONTACT INFORMATION:

Program: _____

Address of Residence in Host Country: _____

HOST COUNTRY *EMERGENCY* CONTACT INFORMATION

Police: _____ Ambulance: _____ Fire: _____

Nearest Hospital: _____

Nearest Doctor/Healthcare Facility: _____
(Consult members.geobluestudents.com)

Nearest Embassy Address: _____

Embassy Phone Number: _____

HOST UNIVERSITY CONTACT INFORMATION

Host University Phone #: _____

Host University Address: _____

HOST UNIVERSITY *EMERGENCY* CONTACT INFORMATION

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Emergency Contact Email Address: _____

COMMUNICATION

Cell Phone Providers: _____

Skype Account/Username: _____

Other Recommended Method(s) of Communication: _____

GENERAL COUNTRY INFORMATION:

Language(s) Spoken: _____

Voltage: _____

Currency: _____ Exchange Rate: _____

Local Time Zone: _____

Type of Government: _____

Prominent Religions: _____

Religious Holidays: _____

National Holidays: _____

Program Breaks: _____

Typical Weather Conditions: _____

Public Transportation: _____

Hours of Public Transportation: _____

Typical Hours of Operation for Restaurants/Retail Stores: _____

Style of Dress (Dressy vs. Casual): _____

Dress Code for Class: _____

Dress Code for Going Out: _____

Dress Code for Sight-Seeing: _____

(some churches, cathedrals, etc. have strict dress codes for entry)

Dining Customs: _____

Water Expectations (fee, free, tap, sparkling, etc.): _____

Tipping Customs (expected, at what rate): _____

Standard Meal Times: _____

Going Out: _____

Standard Times to Go Out: _____

Legal Drinking Age: _____

Other: _____

THINGS TO DO & SEE:

National Landmarks: _____

Museums: _____

Courses to Take: _____

Restaurants/Bars: _____

Places to Shop: _____

Specialty Foods/Drinks to Try: _____

Dream Travel Destinations While Abroad: _____

IMPORTANT PHRASES TO KNOW:

Hello: _____ Please: _____

Excuse me: _____ Help!: _____

Thank You: _____

My name is: _____

My address is: _____

How are you?: _____

I am from the United States: _____

How much does this cost?: _____

Check, please: _____