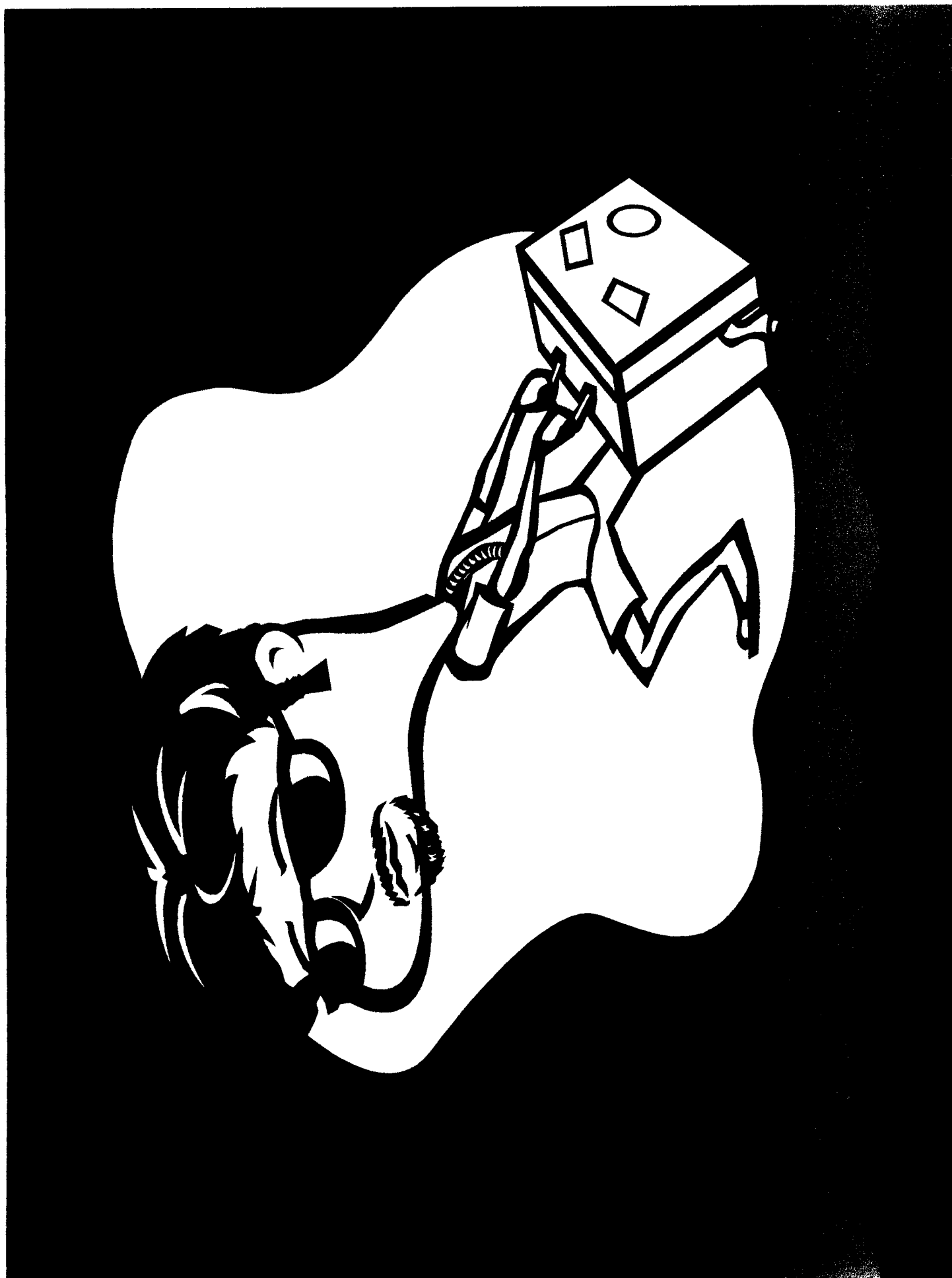


Office of International Education The University of Texas at Dallas

Pre-Departure Workshop



Insider's Guide To Packing

- Rule of thumb – Take twice as much money and half the clothing
- Pick mix and match items
- Pick items that wash and dry easily
- Go with basic colors
- Plan to layer
- Research weather for the time you will be visiting
- Avoid oversize and overweight luggage
- Limit your luggage to 2 bags

*Note: Many airlines restrict the amount of baggage that passengers are allowed to carry. In general, you are allowed 2 bags each weighing no more than 70 pounds & 1 carry-on.

Insider's Guide To Packing

3-1-1 for Carry-Ons

Play Your Part →

3 ounce or smaller
containers of
liquid or gel
more than 3 ounces
permitted in checked
baggage



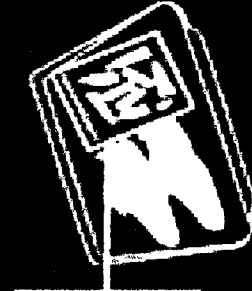
Container
size is a
security
measure

1 quart-size,
clear plastic, zip-
per bag holding 3
ounce or smaller
containers



Bag limits
total volume
per person

1 bag per traveler
placed in the
security bin



Isolating
liquids
speeds
screening

Insider's Guide To Packing Carry On Luggage

When packing your carry-on luggage we suggest you include:

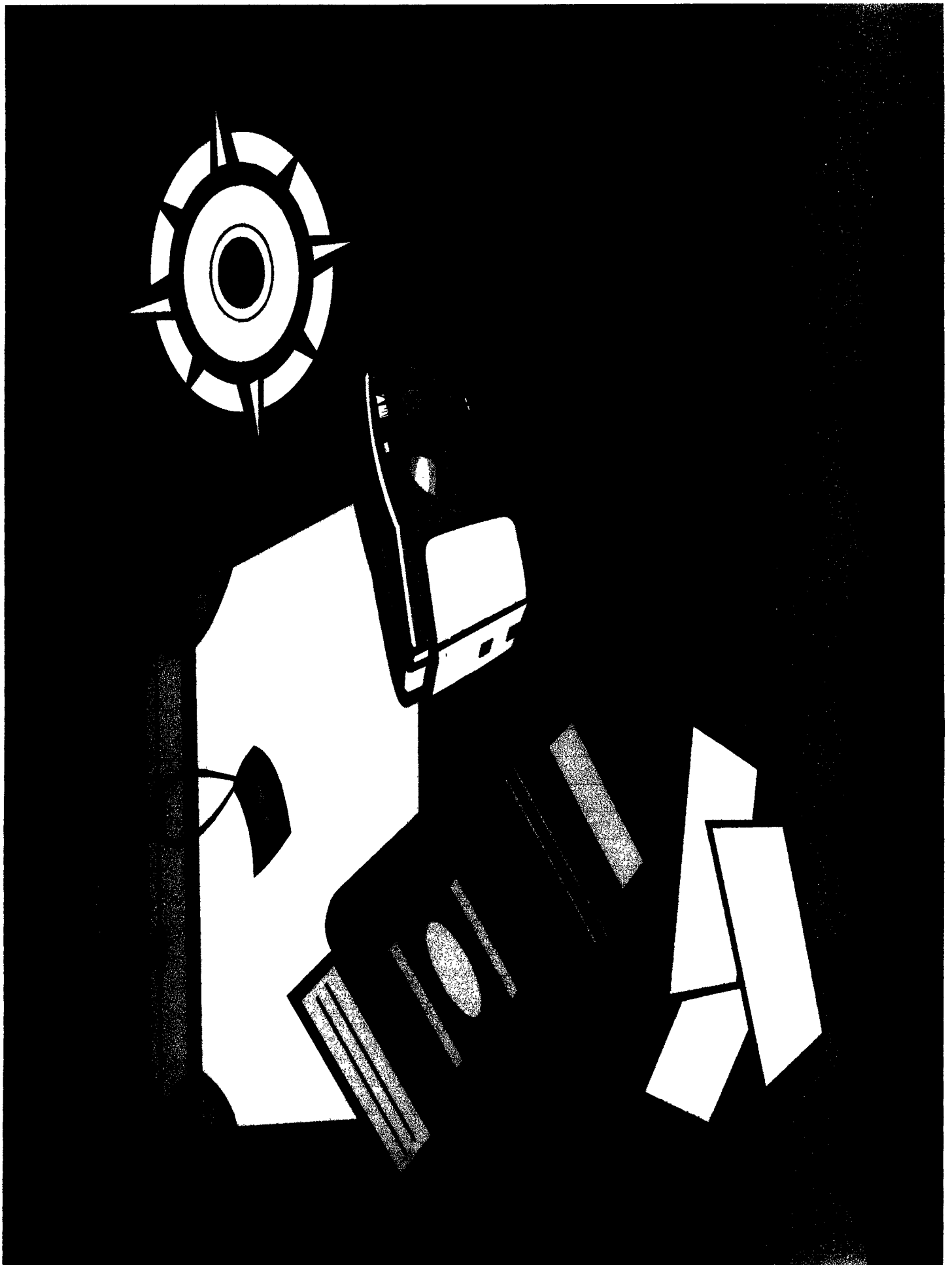
- An extra pair of eyeglasses or contact lenses/cleaning solution
- A map or directions to your destination
- Any medications you use (keep medications in their original labeled container to make customs processing easier)
- Basic toiletries
- A sweater or sweatshirt
- A change of clothes

***Note: DO NOT PACK ANY SHARP ITEMS SUCH AS JACKKNIVES, SCISSORS, NAIL CLIPPERS, etc. in your carry on.**

Insider's Guide To Packing

You will have to carry your own luggage. It is a good idea to pack your bags a few days before departure and try to carry them when you are tired.

Don't take anything you would hate to lose. Leave at home all unnecessary credit cards, expensive jewelry or irreplaceable family objects!



Documents

- Maintain an “emergency file” at home containing: copies of airline ticket, passport, traveler’s checks, driver’s license, blood type, eyeglass prescription, name of doctor/dentist, supplemental insurance policies and the credit cards you take abroad.
- Leave at home all credit cards (you may want to keep one)
- Leave a copy of your itinerary & contact information with family/friends and the Office of International Education (OIE)
- NEVER pack your passport or any other important documents in your checked-in or carry-on luggage. These items should be on your person.
- Make sure your passport is valid and up to date!!!!

Documents

- Health Insurance Card
- SOS card
- International Student ID Card (ISIC)
- Driver's License
- Visa
- Passport

Helpful Links

<http://travel.state.gov/passport/services.htm>

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



Money Matters

- Settle on the amount of money you will need abroad
- Make weekly & daily budgets and stick to them
- Learn the value of the local currency
- Purchase small amounts of foreign currency from a U.S. bank prior to your departure
- Use traveler's checks
- Credit cards
- ATM card

For conversion tables, consult the foreign exchange listings in a financial newspaper such as the Wall Street Journal or online at

<http://www.fairfax.com/converted/cheat>

Money Matters

Most students access home funds through automated teller machines (ATMs). Since many ATMs abroad will only access a checking account, do not leave your funds in a savings account before departure.

Credit cards such as Visa, MasterCard and American Express are honored abroad, though not always as widely as in the U.S. Take a credit card along, but use it wisely; plastic can be dangerous because it is easy to overspend and it could be lost or stolen.



Being Safe

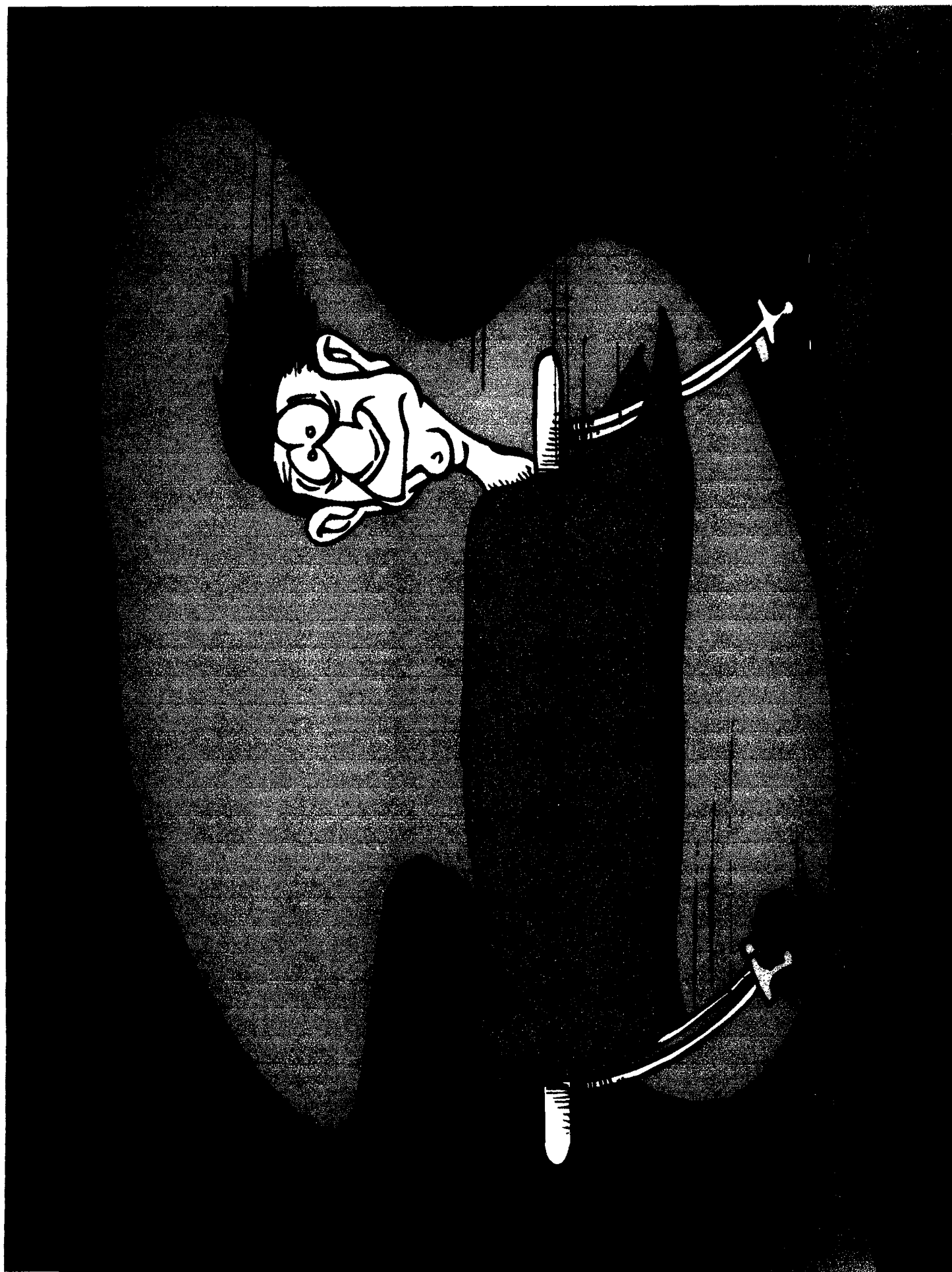
- You are responsible for your own decisions & actions
- Be informed about developments in the country where you will spend time – <http://travel.state.gov/travel>
- Provide friends/family/OIE with an itinerary of your travel plans
- Exercise the same safety precautions you would at home
- Observe local customs & Use common sense
- Know & obey the laws of the land
- Behave in a respectful manner

Being Safe

- Try to blend in as much as possible
- Remain alert within your environment
- Whenever possible, speak the local language
- Avoid deserted areas and exercise caution in crowds
- Learn the location of and register at the nearest U.S. Embassy or Consulate as soon as you arrive

Your SOS card provides 24-hour worldwide assistance and emergency evacuation services. For further information regarding the emergency services to U.S. citizens abroad, log on to

<https://travel.state.gov/travel/https/merpages>



Staying Healthy

- Make sure you are up to date with inoculations
- For pre-existing medical conditions, bring an adequate supply of medication in their original containers
- Check with the country's embassy you plan to visit to make sure your medications are not illegal there
- Don't plan on sending medications abroad
- Learn what medical services your health insurance will cover overseas (If your health insurance does not have abroad coverage, you may purchase an International Student ID card (ISIC) from the OIE office for \$22)
- Use your SOS card as a resource
- Remember to carry your insurance card

Staying Healthy

Although many health insurance companies will pay “customary & reasonable” hospital costs abroad, very few will pay for medical evacuation back to the U.S. due to enormous costs.

****THE SOCIAL SECURITY MEDICARE PROGRAM DOES NOT PROVIDE COVERAGE FOR HOSPITAL OR MEDICAL COSTS OUTSIDE OF THE UNITED STATES.**

Staying Healthy

Did you know....?

- **Alcohol abuse and misuse are not tolerated anywhere in the world (*Note: Study abroad accident & sickness insurance will not cover "expenses incurred for injury resulting from being legally intoxicated or under the influence of alcohol as defined by the jurisdiction in which the accident occurs")**
- **AIDS & other sexually transmitted diseases (i.e. Hepatitis B) are a global problem**
- **Always use clean water for brushing your teeth & for drinking**
- **Swim only in well-maintained chlorinated pools or in unpolluted rivers or in parts of the ocean**



Cultural Adjustment

Culture can be defined as the ways in which people relate themselves to their physical and social environment and how they express these relationships.

4 Stages of Culture Shock:

- Euphoria in your new environment
- Decreased energy & increased frustration as you encounter differences
- More relaxed & comfortable attitudes as you settle in
- Anticipation & sadness as you think about your return home

Cultural Adjustment

Different cultures have different norms in regard to gender. Women and men should both be aware that the way people interact vary widely by region and country.

Pay close attention to:

- Eye contact
- Body language
- Verbal/non-verbal communication

Cultural Adjustment

Helpful tips:

- Learn about your destination prior to departure
- Learn the local language
- Ignore complaints about the country
- Respect local customs
- Try to fit in as much as possible
- Respect the laws of the country

Accept the challenge of establishing yourself in the new country and work hard to enjoy your stay!

Knowledge of Home Culture

The unspoken rules of social interaction are different and the attitudes & behavior that characterize life in the United States are not necessarily appropriate in the host country.

“Rules” that concern culture...

- Language
- Family structure
- Faculty-student relationships
- Friendships
- Gender & Personal relations

Knowledge of Home Culture

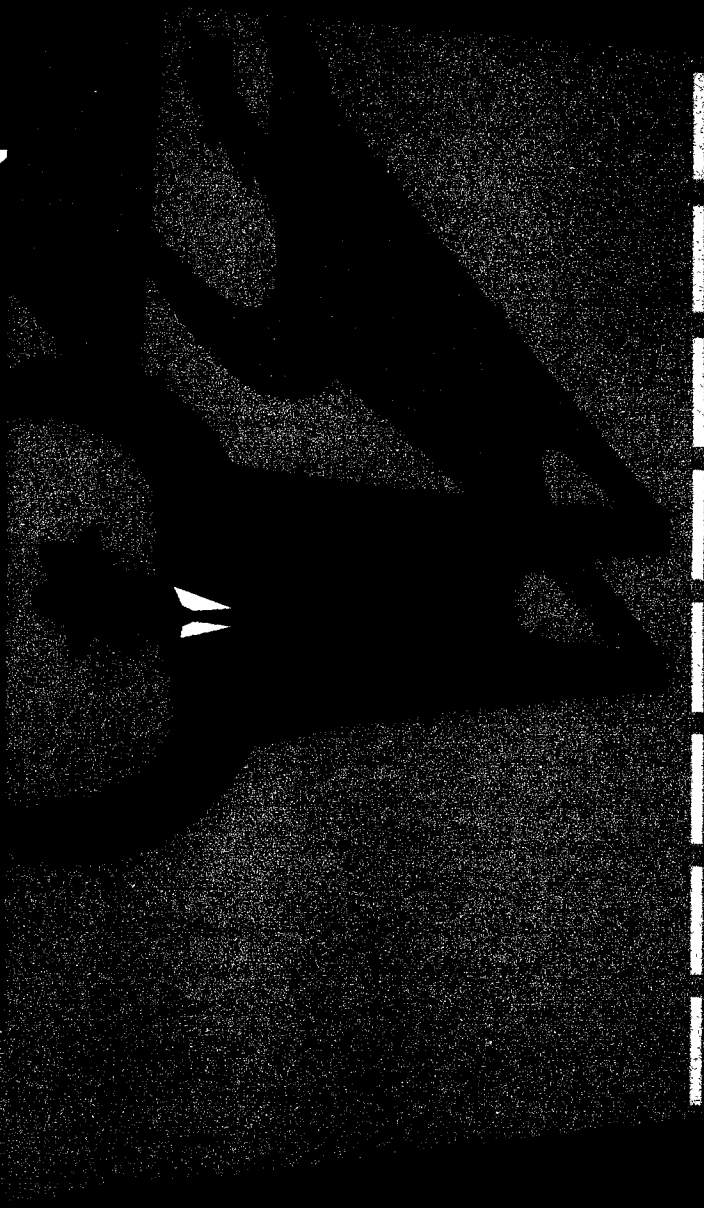
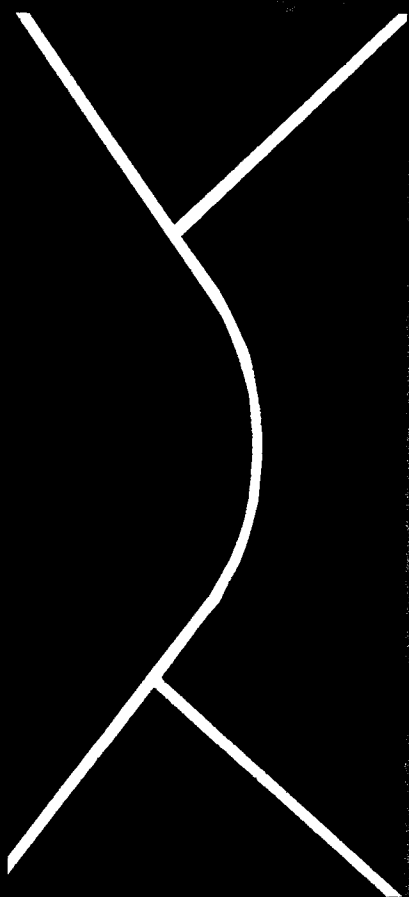
Americans are viewed as...

- Outgoing
- Assertive
- Successful
- Powerful
- Loud
- Friendly
- Insincere
- Wasteful
- Large

Knowledge of Home Culture

We are accustomed to being successful, powerful, loud and joyful. Even the poorest among us are wealthy by much of the world's standards. Our comfortable overt friendliness is louder and seemingly less sincere than many cultures are prepared for.

Although you as students cannot make new foreign policy, you can work in other areas to make an impact on the way the world views us. If we can make a positive impact as American students in foreign countries, it could lead to a healthier & brighter future!



Keeping In Touch

Keep in touch with family & friends. Although you are out of sight, you are not out of mind! The OLE office wants to hear from you as well. It will be good to know that you arrived safely and have access to e-mail when we need to contact you. We also love postcards & pictures!

Ways of communicating:

- Telephone
- Mail
- E-mail

