

## **ADDITIONAL RESOURCES AVAILABLE ON-LINE**

**U.S. Department of State website for such information as: resources for living abroad, travel warning, public announcements and consular information sheets, tips for U.S. students abroad, and links to U.S. embassies and consulates worldwide.**

[Http://www.travel.state.gov](http://www.travel.state.gov)

**Center for Disease Control**

[Http://www.cdc.gov/travel](http://www.cdc.gov/travel)

**Student Handbook on Study Abroad**

[Http://www.studyabroad.com/handbook](http://www.studyabroad.com/handbook)

**Information for gay, lesbian, bisexual or transgendered study abroad students**

[Http://www.indiana.edu/~overseas/lesbigay/student.htm](http://www.indiana.edu/~overseas/lesbigay/student.htm)

**Mobility International USA**

[Http://miusa.org](http://miusa.org)

**SAFETI Clearinghouse: provides health & safety information for study abroad students.**

[Http://www.usc.edu/dept/education/globaled/safeti](http://www.usc.edu/dept/education/globaled/safeti)

**Oanda Currency Converter**

[Http://www.oanda.com/convert/classic](http://www.oanda.com/convert/classic)

**Association for Safe International Road Travel (ASIRT)**

[Http://www.asirt.org](http://www.asirt.org)

**Worldwide ATM locator**

[Http://www.atmlocator.info/](http://www.atmlocator.info/)



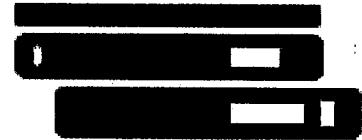
# FIU

FLORIDA INTERNATIONAL UNIVERSITY

**Office of International Studies**  
**University Park—Tower Trailer 100**  
**Miami, FL 33199**  
**Phone: (305)348- 1913**  
**Fax: (305)348-1941**  
**Email: [ois@fiu.edu](mailto:ois@fiu.edu)**  
**Web: <http://ois.fiu.edu>**

**OFFICE OF INTERNATIONAL  
STUDIES**

# **Practical Tips for Study Abroad Participants**



**305-348-1913**

**[ois@fiu.edu](mailto:ois@fiu.edu)**

**[Http://ois.fiu.edu](http://ois.fiu.edu)**

**F L O R I D A**

# Tips for a Safe Study Abroad Program

## Dear Student:

Studying abroad can be one of the most rewarding experiences of your life. The Office of International Studies wants you to derive the most out of your program by having a safe and incident-free experience.

## BEFORE YOU GO:

- Remember that a wardrobe that is too flashy or too casual can mark you as a tourist. Dress conservatively and appropriate for your host country.
- If you can't afford to lose it, don't take it. Carry valuables in a pouch or money belt under your clothing.
- Bring one or two major credit cards and travelers checks instead of cash. Notify your credit card company that you will be overseas and learn of any associated fees.
- Take copies of any prescriptions you need and bring the medications in their original bottles with the label.
- Bring an extra pair of glasses or contact lenses and a copy of your prescription.
- Make sure you have major medical care insurance that will cover you while overseas, it is highly recommended to obtain emergency assistance insurance and repatriation insurance also. Take multiple copies of your insurance card and carry one with you at all times.

- Pack an extra set of passport pictures and a copy of your passport information page.
- Set up a web-based email account to use abroad, like Yahoo or Hotmail and consider getting a calling card that can be used overseas. Have more than one method of keeping in touch.
- Familiarize yourself with the local laws and customs of the countries you will visit.
- Do not leave any bags or luggage unattended in public areas and never accept packages from strangers.

## WHAT TO LEAVE AT HOME:

- Valuables or expensive-looking jewelry, your cell phone.
- Irreplaceable objects.
- All unnecessary credit cards and other identification cards (social security, FIU ID, voter's registration, library card, etc.)
- Leave with your family copies of the following: your itinerary, your passport, airplane tickets, driver's license, traveler's checks and credit cards that you are taking with you.
- Clothing that clearly marks you as an American or tourist, such as FIU t-shirts, baseball caps.

## WHILE YOU ARE OVERSEAS:

- Use common sense and trust your natural instincts. Be cautious in or avoid areas where you are likely to be victimized: subways, train stations, tourist sites, festivals, marginal areas of cities.
- Do not travel alone at night. Avoid short cuts, alleys and poorly-lit areas.

- Be aware of pickpockets. They often work in teams and distract you by asking questions or creating a scene.
- If you are staying in a hotel or dormitory, keep your door locked at all times. Meet visitors in the lobby. Keep valuables in a hotel safe.
- Be extremely careful with alcohol. Many countries do not regulate alcohol content and have different attitudes toward alcohol.
- Obey local laws, you are subject to them whether you are aware of the law or not.
- Only take taxis that are clearly identified with official markings. Negotiate price before getting into the taxi and have your money ready to pay when you arrive at your destination.
- Avoid political demonstrations and rallies.
- Do not accept food or drink from strangers.
- Try to use public transportation. In most countries it is convenient and affordable. **DO NOT DRIVE!!!!**

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