

Pre-Departure Travel Health & Safety Checklist

Upon acceptance:

<input type="checkbox"/> Consider necessary accommodations	<p>You are recommended to share mental health concerns, allergies, medications, dietary preferences or restrictions, physical disabilities, etc in case there is an emergency where these conditions may affect your health and/or safety. The information you share is confidential with all UofM, CGIS, and on-site staff. There is more information on this at the bottom of this document.</p>
<input type="checkbox"/> Update/obtain your passport	<p>Your passport should be valid for at least 6 months past the end of your travel. Take <u>color</u> photo copies of your passport ID page and visa (if applicable) with you and leave one with a trusted person in the U.S.</p>
<input type="checkbox"/> Obtain a visa (if necessary)	<p>The Visa application process can be long, so secure your visa well ahead of your departure date. You are responsible for seeing if your program requires you to obtain a visa, but your program advisor may be able to provide guidance. Check the State Department website for more information on visas.</p>
<input type="checkbox"/> Complete MCompass requirements	<p>Key health and safety requirements related to your passport, travel itinerary, and health preparations.</p>
<input type="checkbox"/> Research your host country	<p>Learn about the local laws, customs and safety risks in your study abroad country. Consider how your social identities may impact your study abroad experience.</p>
<input type="checkbox"/> Language preparation	<p>Don't know the language? Learn essential phrases before you travel, check out the Language Resource Center, and consider how you will navigate the language barrier.</p>
<input type="checkbox"/> Obtain immunizations and discuss health concerns with your doctor	<p>Make an appointment with the UHS Travel Clinic or your doctor for immunizations and to discuss health risks in your country. Check the CDC to figure out what you'll need to your destination.</p>

<input type="checkbox"/> Schedule a dental checkup	Visit your dentist prior to departure, as dental is not covered by GeoBlue. If you don't have a local dentist, you can make an appointment at the School of Dentistry .
<input type="checkbox"/> Prepare your medications for travel	If you take medications, you will need a letter from your doctor explaining your medications and why you use them. Try to secure a medication supply that will last for the full length of your trip. See this medication travel guide from the NY Times on this process. Medications legal in the U.S. may not be legal in your host country.

One month before departure date:

<input type="checkbox"/> Download GeoBlue App	GeoBlue insurance provides resources on its website about health concerns, medication translations, and finding local doctors and hospitals while abroad. Your GeoBlue information can be found in the documents section of your MCompass application.
<input type="checkbox"/> Research COVID-19 in your host country	Learn about the local laws/regulations regarding COVID-19. This can include entry requirements, testing locations near you, requirements for entering sites in your country, and the quarantine or isolation process.
<input type="checkbox"/> Enroll in the Smart Traveler Enrollment Program (STEP)	This State Department service provides you with information on safety conditions in your host country and will help local embassies contact you in an emergency.
<input type="checkbox"/> Communication	Download WhatsApp and plan how you will communicate with your support system back home and research wifi access in your host country.

Optional item (to complete upon acceptance):

<input type="checkbox"/> Disclose medical conditions to on-site staff: In case of emergency, we strongly recommend sharing important medical information with on-site staff, who will keep this information confidential. You are recommended to share mental health concerns, allergies, medications, dietary preferences or restrictions, physical disabilities, etc in case there is an emergency where these conditions may affect your health and safety. Some things to consider:

- ❑ **Emotional wellbeing:** Studying in a foreign country can be stressful at times. If you have mental health concerns going in, talk to your support system and doctor about what treatment you might need abroad.
- ❑ **Physical health:** Do you have physical health conditions that could impact your travel? Discuss with your doctor coping methods to have a successful experience.
- ❑ **Allergies and dietary needs:** Will you be at risk of exposure to an allergy abroad? What is your plan if you do get exposed? If you have dietary restrictions, will these restrictions be hard to accommodate in your location? What can you do to make sure you are healthy? These are important questions to research and talk about with your doctor.
- ❑ **Accommodations:** If you require accommodations during your program, make sure to reach out to CGIS and [SSD](#) to figure out your options. Accommodations are not guaranteed abroad, so do your research early on if possible.

Health & Safety Team

Have health and safety questions? Contact the CGIS Health & Safety team at cgis-healthsafety@umich.edu

Helpful Resource Links

- **ProQuest CultureGrams:** Guide\’s to cultures, customs, people, language and etiquette of countries around the world
- **Resilient Traveling:** Website from UM School of Social Work to help students manage stress and enhance their experience abroad
- **Mobility International:** Resource on traveling internationally with a disability
- **Her Own Way:** Women’s safe travel guide from the Canadian govt.
- **EqualDex:** Collaborative LGBT knowledge base with data, maps, timelines, etc, of LGBT laws by country, state, province and region
- **Diversity and Inclusion Abroad Guide:** Diversity Abroad articles on having identities such as first gen, students of color, heritage seekers, etc, abroad
- **CGIS Brief:** A series of presentations where CGIS staff and prospective study abroad students connect on various topics as a way to encourage students to start thinking more about their time abroad prior to departure.
- **CGIS Diversity Handbook:** A guide intended to help students and other travelers understand how their identities may be received in different regional contexts around the globe.