

Pre-Departure Travel Health & Safety Checklist

Upon acceptance/ award notification:

<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, LSA, and on-site staff. There is more information on this at the bottom of this document.</p>
<input type="checkbox"/> Update your passport:	<p>Your passport should be valid for at least six months past the end of your travel. Take <u>color</u> photos of your passport ID page and visa (if applicable), bring a physical and electronic copy with you and leave one with a trusted person in the U.S. or home country.</p>
<input type="checkbox"/> Obtain a visa (if necessary):	<p>The Visa applications process can be long, so secure your visa well ahead of your departure date. Check the State Department website for more information on visas.</p>
<input type="checkbox"/> Complete MCompass requirements:	<p>Sign up for your GeoBlue health insurance and share your contact information in MCompass. In addition, it is recommended to share a copy of your passport information with a trusted person.</p>
<input type="checkbox"/> Obtain immunizations and discuss health concerns with your doctor	<p>Make an appointment with the UHS Travel Clinic or your personal doctor for immunizations and to discuss health risks in your country. The CDC can be a helpful launching point to figure out what you'll need to your destination.</p>
<input type="checkbox"/> Prepare your medications for travel	<p>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.</p>
<input type="checkbox"/> Research your host country	<p>Learn more about the local laws, customs and safety risks in your study abroad country. Also take into</p>

	consideration how your social identities may impact your abroad experience.
<input type="checkbox"/> Language preparation	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.
<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 .

One month before departure date:

<input type="checkbox"/> Enroll in the Smart Traveler Enrollment Program (STEP)	The State Department service provides you with information on safety conditions in your host country and will help local embassies contact you in an emergency situation.
<input type="checkbox"/> Communication	Download WhatsApp to your phone and other devices, as this will be the main way LSA communicates with students abroad. Make a plan for how you will communicate with your support system back home and learn more about wifi access in your host country.
<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"/> 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.

Optional item (to complete upon acceptance/award notification):

- ❑ **Consider your health needs while abroad:** Go through the list of health considerations below and make a plan for how to handle these needs in a foreign country.
 - ❑ **Disclose medical conditions to on-site partners:** In case of emergency, it is important to share important medical information with on-site partners, whether that is an instructor, program facilitator, or a trusted peer who will keep this information confidential. You are recommended to share mental health concerns, allergies, medications, dietary preferences or restrictions, physical disabilities, etc.
 - ❑ **Emotional wellbeing:** Think of strategies to handle the stressors of studying in a foreign country. 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 LSA 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 LSAHealth & Safety team at lsatravel@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 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.