

MU Journalism Abroad Study Abroad Checklist

Congratulations, you're about to embark on the experience of a lifetime! Before you set out on your adventures, please review this checklist to assist you in making this unforgettable opportunity a successful endeavor.



Before your departure:

- Apply for a passport or check to see if your current passport is valid.** Visit www.travel.state.gov for more information on doing so. Once acquired, *sign* your full name in your passport in *blue or black ink* and in the information page of your passport in *pencil*.
- Make copies of your passport.** Leave a copy with family, the International Programs Office and carry one with you. *Do not* place a copy in your checked baggage.
- Check your study abroad destination to determine if a VISA is required.** If required, you will need to apply for this prior to your departure and the application usually requires your passport. Please note, VISAs may take up to 6-8 weeks to obtain. Visit www.state.gov for more information.
- Check your host country's entry requirements.** Visit the U.S. Department of State's website at www.state.gov and click on the link "Travel Warnings" for information sheets listing entry requirements including required vaccinations and health records for various countries. For additional information on immunization requirements and "traveler's health," visit www.cdc.gov/travel.
- Research travel plans for weekend excursions and trips once you're abroad.** Sites including www.asaptickets.com, www.studentuniverse.com, www.statravel.com and www.travelcuts.com are possible organizations to book through while abroad.
- Register your travel itinerary with the Dept. of State at www.travel.state.gov.** See "International Travel for U.S. Citizens." Also on this site are important travel advisories and warnings, consular info sheets and tips for traveling abroad. See studentsabroad.state.gov for more info.
- Read up on your destination.** Check out the following sites for destination guides, tips on packing and preparation, current conversions and travel checklists:
 - www.studentsabroad.com
 - www.oanda.com
 - www.studyabroad.com
 - www.travelite.org
 - www.studyabroadlinks.com
 - www.fromers.com
 - www.tripspot.com
 - travelindependent.info/whattopack.htm
 - www.roughguides.com
 - www.eaglecreek.com
 - www.onebag.com/list.htm



- Leave copies of your itinerary and contact info** with friends, family and the International Programs Office back home. Consider leaving copies of your traveler's check documentation with someone at home, as well, in case they may need to be reissued in the event of loss or theft.
- Develop a list of contact phone numbers** for those you'll be working with at your destination. Carry this with you while you're traveling in case your plans should change en route.
- Depending on when you're away** make arrangements for filing your taxes, voting via absentee ballot, filling out FAFSA, etc. with family/guardians.
- Attend pre-departure orientation** and complete any outstanding paperwork (passport, itinerary, etc.) with the study abroad office.
- Review "What's Up with Culture?"** at www.pacific.edu/culture for an interactive, self-guided website focused on assisting students to successfully adjust to living internationally. Consider using this site upon returning home to help you as you readjust upon reentry.

While you're away:

- Keep up with what's going on around campus** by checking your MU email account.
- Register for classes for the next semester** you are to return. Contact your advisor via email.
- Notify family and friends about any travel plans** in case of emergency while you travel.
- Check on your student account in MyZou.** Please be aware that unpaid bills will cause holds to be placed on your registration and financial aid.
- Send an occasional email update** to keep us posted on how well you're doing. We like to highlight student experiences on the MU Journalism Abroad blog, so we always appreciate your pictures and stories about your adventures.
- Confirm at your host university that your transcript will be sent** to the MU Registrar's Office prior to your departure and completion of your study abroad program. The receipt of your transcript and consequent review will ensure that your credits will be transferred with successful completion of the courses. Also, we recommended obtaining a copy for yourself.

Upon your return:

- Arrange an appointment to "debrief"** in the Office of International Programs.
- Check out "What's Up With Culture?"** at www.pacific.edu/culture for an interactive guide to adjusting to "reentry." See Module 2 "Welcome Back! Now What?"
- Consider volunteering at a Study Abroad Fair** to share your experiences with other MU students interested in study abroad. Relive your adventures by sharing with others and encouraging other students to give it a try.

Questions? Contact us!

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