

Studying Abroad?

TOP TIPS for Wildcat WORLD Travel!





First time going abroad? NO PROBLEM!

Here are some frequently asked questions:

Where can I purchase plane tickets?

- ▶ There are lots of options, including (but not limited to):
 - Expedia
 - Google Flights
 - Kayak
 - Momondo
 - SkyScanner
 - Purchasing tickets directly from the airline
- ▶ When using third-parties (*i.e., any website that isn't the airline's website*), pay attention to the details.
 - Are there long layovers?
 - Do you have to pay extra for checked baggage? Are you allowed to bring a free carry-on item, or do you have to pay for it?

Do I need trip insurance?

- ▶ Purchasing trip insurance is entirely up to you.
- ▶ Purchasing trip insurance may allow you to:
 - Receive a refund if you need to cancel your trip (*only for very specific reasons*)
 - Cover unforeseen costs caused by a flight delay
- ▶ Trip insurance varies by airline, so be sure to read the policy thoroughly.

NOTE: Trip insurance is different from travel health insurance. The UA Study Abroad office will enroll you in GeoBlue Health Insurance, the cost of which is covered by your program.

Do I need a passport?

- ▶ Yes, you will need a passport from the country of citizenship in order to study abroad.
- ▶ Passport cards for Canada and Mexico will not suffice to enter any other country.
- ▶ You can apply for a passport at the UA Passport Office on campus!



Do I need a visa?

- ▶ Maybe. A visa is a document (*usually attached to your passport*) that allows you to enter, leave, or stay for a specified amount of time in a particular country.
- ▶ Where you apply, which type of visa you apply for, and whether or not you will need a visa depends on several factors.
- ▶ Check with the Study Abroad Office to see if you need a visa. Whether or not you need a visa depends on the following:
 - The country you are studying in
 - The length of your stay in that country
 - Your nationality
 - We can help you figure out your visa process, but the best resource for what type of visa you will need will be on the Consulate website for the country you are traveling to.



What should I pack?

- ▶ Pack light!
 - A good rule of thumb: lay out everything you plan to pack ... then put half of it back in your closet.
 - Remember: you have to carry your luggage! This may include going up flights of stairs, walking through the airport, walking from a train station to the place you will be staying, etc.
- ▶ In case your luggage is lost, remember to pack the essentials in your carry-on bag or personal item. “Essentials” can include things like:
 - Toothbrush and toothpaste
 - Deodorant
 - Face wash
 - Change of clothes
 - Any electronics and chargers
 - Your travel itinerary
 - The address of the place you will be staying in your host country (such as a hotel or homestay)
- ▶ Think strategically about what you can buy in your host country (e.g., a hair straightener, a hair dryer, etc.). It will allow you to save valuable space in your luggage.

What type of luggage should I pack

- ▶ When flying, there are three types of baggage:
 - Checked baggage: Luggage that is stored in the hold of the airplane. You cannot access it during your flight.
 - Carry-on item: Small piece of luggage you can bring with you on the plane and store in an overhead bin. The TSA will screen your carry-on item before you're allowed to board the plane.
 - Personal item: Small item (such as a purse or backpack) that can be stored under the seat in front of you. The TSA will screen your personal item before you're allowed to board the plane.
- ▶ Policies regarding baggage can vary from airline to airline – check the details on their website.
- ▶ Remember: American airlines are different from international airlines! They oftentimes have different rules and policies regarding baggage. This is especially true for small airlines with cheaper fares.
- ▶ Put your name and phone number on the inside and outside of your bags. You may also consider putting a copy of your itinerary in each checked bag so the airline can find you.



When do I need to arrive at the airport for my flight?

- ▶ Remember to give yourself enough time to get to the airport, check your luggage, go through security, and get to your gate. This is especially important if your flight leaves at a busy time of day (*i.e., when there's a lot of traffic on the road, many people will be trying to check in and get through security, etc.*).
- ▶ Planes tend to begin boarding 30-45 minutes before takeoff.
- ▶ For domestic flights: arrive at the airport at least 2 hours before your flight leaves.
- ▶ For international flights: arrive at the airport at least 3 hours before your flight leaves.

What if I miss my flight?

- ▶ Check your airline's policies in advance so you know what to expect.
- ▶ Don't panic if this happens!
- ▶ If you're not already at the airport and you know you're going to miss your flight: Call your airline immediately.
- ▶ If you are already at the airport: Go to the airline counter and explain the situation.

I'm here! Where do I go?

- ▶ Upon arriving in the airport in your host country, you'll probably go through Passport Check / Border Control first.
- ▶ Pick up your luggage at the baggage claim.
- ▶ Pass through customs. When entering your host country, you probably won't have anything to declare.
- ▶ You should arrive in the international arrivals hall.





What if my luggage hasn't arrived?

- ▶ Don't panic! You were smart and packed some essentials in your carry-on to see you through at least the first 24 hours.
- ▶ If your luggage is simply delayed:
 - Go to the airline counter and file a claim.
 - Have your in-country address and phone number on hand to provide.
 - Get a reference number for your claim.
 - Ask how you can check on your bag's status.
- ▶ In rare cases, your luggage may be lost, which means you should:
 - Go to the airline counter and get a written claim for damages.
- ▶ Many airlines have a long list of valuables they won't be held responsible for – leave these at home!

How do I get to my in-country destination?

- ▶ Does your program arrange for someone to pick you up at the airport?
- ▶ If YES – what time? Where will you meet? Will there be other people from your program there? You can get this information from your faculty lead and/or study abroad coordinator.
- ▶ If NO – how are you planning on getting from the airport to your destination? Think about this ahead of time and make a plan.
- ▶ There may be multiple transportation options depending on your host country and region, including:
 - Metros/subways (*especially in urban areas*)
 - Trains
 - Buses
 - Taxis
 - Uber/Lyft

Tips & Tricks from Study Abroad Returnees:

“You can use apps like Google Maps and Moovit to plan your route. If you're in a major city with a metro/subway, there may be special apps available to help you navigate the subway!”

I don't really know the language of my host country. How will I communicate?

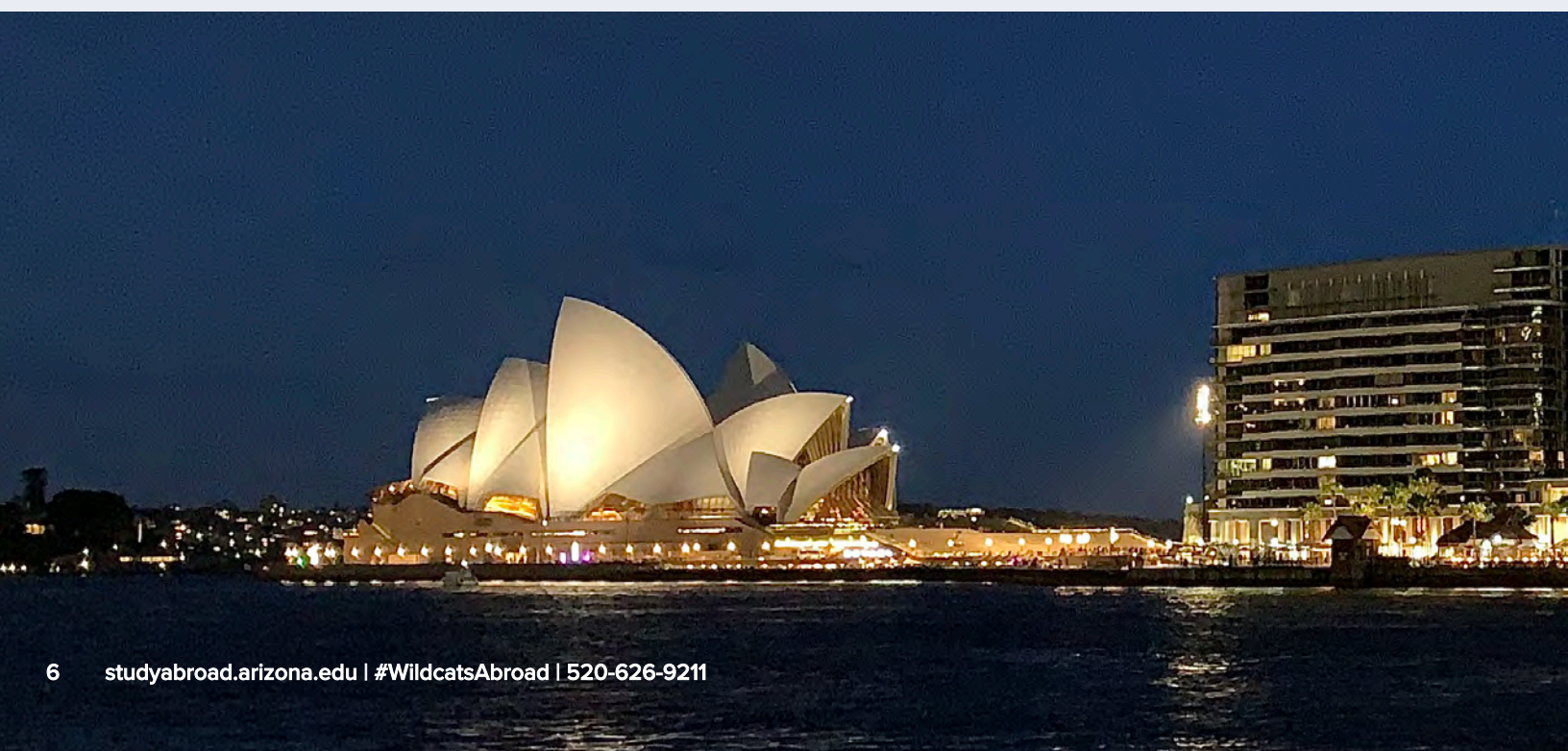
- ▶ If you don't know the language, learn some key words and phrases, such as:
 - "Hello" / "Goodbye"
 - "Thank you"
 - "Excuse me"
 - "Do you speak English?"
- ▶ If you do speak the language somewhat, it can still be a good idea to know how to say:
 - "Can you please repeat that?"
 - "I'm sorry, I don't understand."
 - In large cities, people will most likely speak at least some English.
 - Remember that you're a guest. People will appreciate your efforts to speak their language!

How do I travel on my own?

- ▶ Make sure you've budgeted money for independent travel. Expenses can include (but may not be limited to)
 - Transportation (*both from your host country to your destination country, as well as within the destination country*)
 - Lodging
 - Meals
 - Entrance fees to sites like museums
- ▶ You can find recommendations for places to visit online or by asking other students who have previously studied abroad in the same region.
- ▶ Ask someone you trust who knows the country – where would they recommend you visit?

Tips & Tricks from Study Abroad Returnees:

"If you're traveling to a place where you don't speak the language, check out the Google Translate app. The app lets you download an entire language so you can still translate even when you don't have access to WiFi or data!"





What if I lose my passport?

- ▶ Make sure to register with STEP (Smart Traveler Enrollment Program) before leaving the U.S.
- ▶ Contact the nearest U.S. embassy or consulate in your host country.
- ▶ Make sure you have all of the documents you need to replace your passport. This may include:
 - A passport photo
 - Identification (such as a driver's license)
 - Evidence of U.S. citizenship (such as a photocopy of your missing passport)
 - Your travel itinerary
- ▶ You will be asked to provide a statement regarding your lost passport.
- ▶ The normal passport fee is required.
 - If you can't afford to pay this fee, you'll be asked to provide the contact information for someone in the U.S. who can assist you financially
- ▶ For more information: visit **Travel.State.Gov**
 - International Travel > Emergencies > Lost or Stolen Passports Abroad

It's important to fully enjoy your trip!

- ▶ From a student:
"Going to foreign places, learning about new cultures, eating amazing food, and seeing breathtaking sights is undoubtedly one of the best experiences of my life. So much had happened over three months and I wasn't sure I was completely ready for it to end. However, I've learned that an even more important part of the journey is the return home. After my time abroad, I was able to come back to the US feeling like a real adult because of all I was able to experience. So don't be sad to return home and don't think of it as an ending. Instead, think of it as the beginning of your newfound confidence and adulthood. When this happens, you truly realize the wealth of your experience."

Tips & Tricks from Study Abroad Returnees:

"Make a plan before leaving the U.S., but remember to allow yourself some flexibility. You may hear about a great new place to visit, or you may like a town you're visiting so well that you decide to stay longer than you'd planned!"

Be aware of important differences between countries. For instance, you may need to change currency when traveling. Laws will also vary between nations."



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