

CALIFORNIA STATE UNIVERSITY, EAST BAY

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CSUEB Pre-Departure Information

Part of ensuring that you have a successful study abroad experience is preparing yourself well. Preparation includes not only learning about your host country, its politics, culture, language, but also preparing yourself for the unexpected. You will want to think about your health, safety, and your finances while abroad. Below are some things to help in preparation for departure.

Turn into the Center for International Education (CIE) before departure:

- Study Abroad Participant Consent & Release Agreement
- Academic Advising Agreement
- Study Abroad Program Medical insurance Statement

If you are participating in NSE and remaining in the U.S., it is your responsibility to be sure you have adequate health insurance coverage while you are outside California.

INTERNATIONAL STUDENT IDENTIFICATION CARD (ISIC)

The ISIC card (www.mylSIC.com) provides some student discounts, as well as **basic medical coverage** (the CSU requires that you also maintain additional health insurance coverage) including emergency evacuation and repatriation at an affordable price- about \$22. Depending on where you will be living, the benefits could be worth the cost of the card.

MONEY MATTERS AND OTHER LOGISTICAL QUESTIONS

Make plans to handle payment of bills while you are away, as well as monitoring snail mail.

Check with your local US bank to check about access to ATMs abroad and what any additional charges, if any, there are. You should have with you a combination of cash (U.S. or foreign currency) and credit or debit cards, but take care not to put them all in the same place. You should have some local currency with you for the first few days.

Arrange how money can be sent to you in case you unexpectedly have lost access to local funds (e.g. wallet stolen, emergency funds needed, etc.)

Make arrangements ahead of time with family and close friends so they know how to contact you. Set up a regular schedule for calls and/or email, and be sure that family/friends know who to contact in case of emergency if they cannot reach you.

Update CSUEB regarding with a valid mailing address at <https://my.csueastbay.edu>

Continue to monitor your **Horizon Email** for any communication from the university, including the Center for International Education. It is your responsibility to take care of payments by stipulated deadlines.

Research how to vote in state and federal elections while you are overseas: <http://www.fvap.gov/>

Pack light! Comfortable walking shoes, weather-appropriate outerwear, a dressier outfit or two, and some jeans and tops are your basics. Research what kinds of personal items/toiletries you can purchase at your

Make extra copies of your travel documents (i.e. passport page, visa page, air ticket). Give one copy to a trusted family member/friend. Keep one copy with you in case you lose your passport or air ticket.

information, etc.

Keep a sheet of important contacts (including the CIE office and the contact information for the host
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information in your cellphone.)

Keep track of your health insurance documentation, so that the health insurance company can be contacted ASAP in the event that you are sick or hospitalized.

If you decide to leave the study abroad site for a weekend/vacation, let the host institution international student office know and provide them with contact information in case of emergency.

UNDERSTAND LOCAL LAWS

Obey local and national laws, including local laws re: drugs & alcohol. In many countries, penalties re: illegal drugs are very strict.

Rights of the U.S. do not apply abroad.

The U.S. Embassy is not likely to be able to assist if you are found in violation of local laws.

AVOID HIGH RISK BEHAVIOUR

Try to blend in. Tourists can be targets for crimes (pickpocketing, etc.) Be aware that speaking loudly in English in public may draw attention to yourself.

Avoid going out alone (in particular at night), especially until you are more familiar with your new surroundings.

their own cultural stereotypes about you as an American. Make friends with local students to learn more about the ins and outs of dating expectations.

If you choose to drink while abroad, drink in moderation. Drinking to excess may give others a bad impression of you (and therefore of Americans). More importantly, adding alcohol to unfamiliar cultural surroundings can lead to dangerous situations (date rape, robbery, or worse.)

Be mindful of participating high-risk physical activities (sky diving, whitewater rafting, skiing, etc.) particularly in areas which you are not familiar.

Avoid political demonstrations.

FBI Foreign Intelligence Warnings (Glenn Duffy Shriver Story)

See: <https://www.fbi.gov/news/stories/advice-for-us-college-students-abroad>

WITHDRAWAL POLICY

If for any reason you need to withdraw from your study abroad/exchange program, you must notify Kelly Moran or Lé Shawn Cheatham and, if applicable, the Financial Aid Office, ***immediately in writing***.

FACEBOOK GROUP

Our Facebook group is an excellent way to communicate with other CSUEB students who are also participating in Study Abroad or NSE! <https://www.facebook.com/groups/1592164801049279/>

CONTACT INFORMATION at CSUEB

Center for International Education (510) 885-2880

- o Kelly Moran (510) 885-2903 or cell (in case of emergencies) (510) 825-2159 or kelly.moran@csueastbay.edu

- o Lé Shawn Cheatham (510) 885-2979 or leshawn.cheatham@csueastbay.edu

University Police (510) 885-3791

Student Health & Counseling Services (510) 885-3735