Essential Travel Logistics for Students

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01 INTRODUCTIONS WHERE ARE YOU GOING?
INTRODUCTIONS

Send in the chat where you’re going this summer! If you want, put the program or reason you’ll be there, and the time range to see if you overlap with other U-M students!
02 BEFORE YOU GO
PASSPORTS/ VISAS

- State Dept estimates 8 - 11 weeks, but you can pay for expedited processing
- Make sure passport is valid at least six months after going abroad
- Assume you need a visa
  - IC Visas Page: How to apply, different types of visas, application requirements, visas for international students, resources, FAQs
- When in doubt, contact the consulate or embassy
  - Calling is better, but limited hours. Email responses can take a while, so plan in advance
- Some countries offer visa on arrival, so look up costs and currencies
- Make copies and/or email yourself
  - Passport and visa
  - Passport picture
  - Flight information
PACKING

Luggage
- Be aware of airline dimensions
- Pack less than you think you need
- Consider packing in a backpacking pack

Clothing
- Comfortable shoes
- Cardigans or jackets for visiting churches
- Pack for layering

TIP: Dress like a local to be treated like a local / avoid unwanted attention

DON’T FORGET
- Adapter/converter
- Quick-dry towel
- Water bottle
- Umbrella/raincoat
- Day pack
- Small lock
- Paper copy of passport and/or visa
FINANCES

- Be sure to have **cash at all times**. Order some ahead of time.
- Have some US dollars and an additional debit/credit card as a back-up
- Consider getting a credit card with no foreign transaction fees
- Alert your bank of travels to different countries
- Download a [currency conversion app](#)
- Come up with a budget (more on that later)
CELL PHONE

- Unlock your phone and purchase a local SIM card
- Purchase a cheap cell phone locally
- Buy an international plan through your U.S. provider (most expensive)
- Access WiFi in cities, cafes, and accommodations
  - WhatsApp, GroupMe, iMessage
- Google Maps offers offline access:
03 HEALTH AND SAFETY
**HEALTH and SAFETY**

- **GeoBlue International Health Insurance**
  ($1.57/day)

- **UHS Travel Health Clinic**
  - Schedule 6-8 weeks before departure
  - Vaccines (e.g. Yellow Fever, Typhoid, Malaria, Hepatitis A & B)
  - Medication recommendations

- **U-M Travel Designations**

- **U-M Travel Registry**

- **Smart Traveler Enrollment Program** (Register travel with the US State Department)

*View recording of Staying Safe & Healthy While Abroad presentation!

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**Simple first-aid kit**

- Band-aids, gauze pads, medical/ cloth tape
- Neosporin, antiseptic wipes
- Burn ointment
- Medication - Imodium, Pepto-Bismol tablets, Tylenol/Advil, etc.
- Rehydration salts
- Condoms, birth control
- Contact solution

**Many things are accessible in country!**
TRIP PLANNING
TRANSPORTATION

Flights

- Search Engines
  - Skyscanner
  - Google Flights
  - Momondo
- Discounted Student Tickets
  - StudentUniverse
- Very cheap flight deals
  - Scott’s Cheap Flights
- Stopovers
  - Icelandair
  - TAP Air Portugal

*Flying from Canada or Chicago is often cheaper than Detroit

**View recording of Booking International Flights on a Budget
**TRANSPORTATION**

**Trains (Single Country)**
- Each country’s railway system works differently
- Examples:
  - Deutsche Bahn: Germany
  - Japan Rail

**Trains (Multi Country)**
- **Eurail**
  - Explore up to 28 countries
  - 2 types of passes:
    - **Global Pass**: 5+ countries
    - **One Country Pass**: 1 country
  - **Flexi Pass**: can be applied to any of the 3 passes
    - Allows you to travel during a fixed number of days
    - Expensive but flexible
TRANSPORTATION

Buses

- Most time but cheapest option
- **Megabus**
- **Flixbus**

Metro/Tram/City Bus

- Options for buying multi-day, weekly, or monthly passes
- Some countries require validating ticket
LODGING

- Hostels
  - Hostelworld
    - Inexpensive
    - Central locations
    - Full of young travelers
    - Community kitchens
    - Privacy and security issues
    - Room options: private or dorm-style
LODGING

● **Hotels**
  ○ [Booking.com](https://www.booking.com)
    ■ From budget hotels (and hostels) to luxurious ones
    ■ Safer and more private
    ■ Breakfast sometimes included

● **Staying with Locals**
  ○ [Airbnb](https://www.airbnb.com)
    : Rent shared rooms, your own room, or an entire apartment
    ■ Prices vary greatly
    ■ Safer and more private
    ■ Great for large groups
    ■ Tips/recommendations from locals
  ○ [Couchsurfing](https://www.couchsurfing.com)
    : Stay on locals’ couches
    ■ Free
    ■ Great for meeting locals/other travelers
BUDGETING

- Big costs: transportation, lodging, food, entertainment
- Save money by booking in advance
- Something will not go according to plan (e.g. lose money, impromptu trip, etc.)
  - consider factoring “incidentals” into your budget
- Track your spending to make sure you are following your budget
- Travel Budget Worksheet
WHILE YOU'RE ABROAD
BUDGETING TIPS WHILE ABROAD

● Transportation
  ○ Walking is a great way to see a city!
  ○ There are many airport transportation options
● Food
  ○ Google “best cheap food in...”
  ○ Filter by “cheap eats” on Tripadvisor
  ○ Book lodging with kitchen access to cook meals
● Entertainment
  ○ Some museums have free days or designated hours
  ○ Google “best free things to do in...”
● Don’t be afraid to talk to locals!
LANGUAGE & CULTURE

● Learn and practice some phrases ahead of time, be confident!
  ○ Greetings, “Where is ...?”, “How much is ...?”
● Urban vs. rural
  ○ Regional dialects & accents
● Resources
  ○ U-M Language Resource Center, Google Translate, Duolingo
● Cultural norms
  ○ May have different concepts of time and space
  ○ Gender norms
  ○ Drinking culture
  ○ Be aware of local holidays (busy times/closures)
● Workplace vs. personal settings
  ○ Research appropriate behavior

* Survival Language & Culture session on April 5!
AVOIDING PICKPOCKETS

● Keep your belongings close and closed
● Don’t put anything in your back pockets. Wear backpacks in the front
● Avoid large crowds
● Only carry bags that zip or at least have a clasp
● Don’t carry around your passport or a lot of money
● Be wary of scams - trust your instincts
ETHICAL PHOTOGRAPHY

- Take time to get to know the community first
- Pause
- Ask for consent
- Credit those in the picture when sharing (know their names)
- Ask yourself what kind of message this propagates when outsiders see it
- Share pictures of your home, family, and friends with those you connect with in country
- Be mindful of your camera and equipment, this can draw attention to you and create issues you might not be aware of

*Exploring Culture & Respectful Community Engagement session on April 11!*
SOCIAL IDENTITIES ABROAD

- **Identities Abroad**
- **Equaldex**
- **Diversity Abroad**
- Perceptions of Americans abroad
06 STORIES ABROAD + QA
Intern & Study Abroad: Robbie’s Experience in Denmark
Study & Teach Abroad: Shaylyn’s Experiences in Spain, the UK, and Rwanda
REGION-SPECIFIC QUESTIONS?

- International Institute Area Studies Centers
- U-M Language Departments
- International Center
THANKS!

DO YOU HAVE ANY QUESTIONS?

We offer Education Abroad Advising by appointment only
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