

# Essential Travel Logistics for Students

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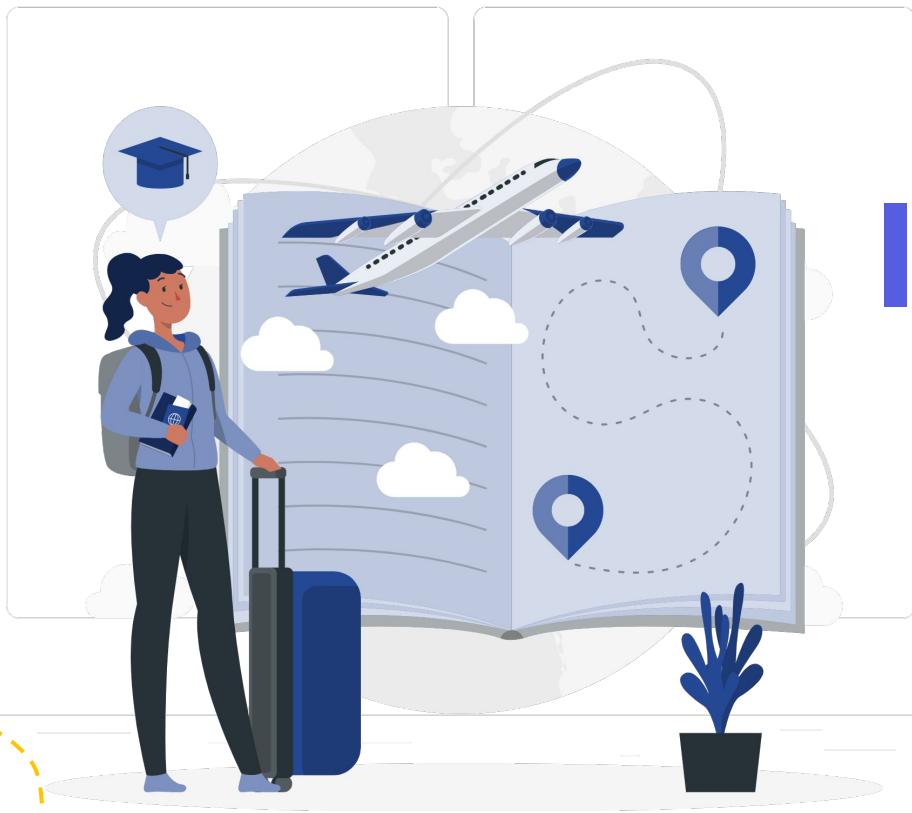
## **Stories Abroad + Q&A**

Teaching, Studying, and Interning abroad



**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 6 - 8 weeks for routine passport processing
  - Expedited processing is 2 - 3 weeks
- 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
  - Some countries offer visa on arrival, so make sure you do your research
- Make copies and/or email yourself
  - Passport and visa
  - Passport picture (for visa on arrival)
  - 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

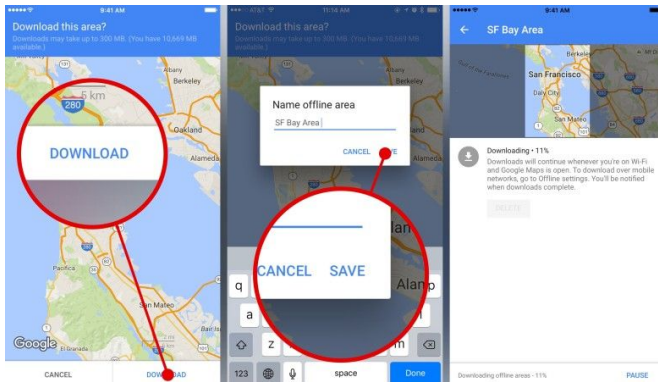
- Be sure to have **cash at all times**. Order some ahead of time.
- Have some US dollars and an additional debit/credit card as a back-up
- Consider getting a credit card with no foreign transaction fees
- Download a [currency conversion app](#)
- Come up with a budget (more on that later)





# CELL PHONE

- **Most phones** use e-sims now
  - **Airalo** for local, regional, and global **e-sims**
- 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](#) (\$1.62/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!

## 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
- Prescription medications!



\*\*Many things are accessible in country!



# 04 TRIP PLANNING

# TRANSPORTATION

## Flights

- Search Engines
  - [Skyscanner](#)
  - [Google Flights](#)
- Discounted Student Tickets
  - [StudentUniverse](#)
- Very cheap flight deals
  - [Going \(formerly Scott's Cheap Flights\)](#)
- 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
- Many cities have public transportation apps
- [CityMapper](#) – better than Google Maps



# LODGING

- **Hostels**

- [Hostelworld](#)

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



**HOSTELWORLD**  
MEET THE WORLD



# LODGING

- **Hotels**

- [Booking.com](#)

- From budget hotels (and hostels) to luxurious ones
    - Safer and more private
    - Breakfast sometimes included

- **Staying with Locals**

- [Airbnb](#): 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](#): Stay on locals' couches

- Free
    - Great for meeting locals/other travelers

**Booking.com**



*couchsurfing*<sup>™</sup>





**05**  
**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
  - Book lodging with kitchen access to cook meals
  - Apps to help you find food:
    - [LocalEats](#), [Grab](#) (for airports), [HappyCow](#) (for vegetarians)
- Entertainment
  - Some museums have free days or designated hours
  - Outdoor markets, fairs, art galleries, etc.
  - Google "best free things to do in..."
- Apps
  - [Rausgegangen](#) (DE), [Spotted by Locals](#), [Headout](#), etc.
- **Bring your MCard with you for student discounts!**
- **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](#) slides!



# 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

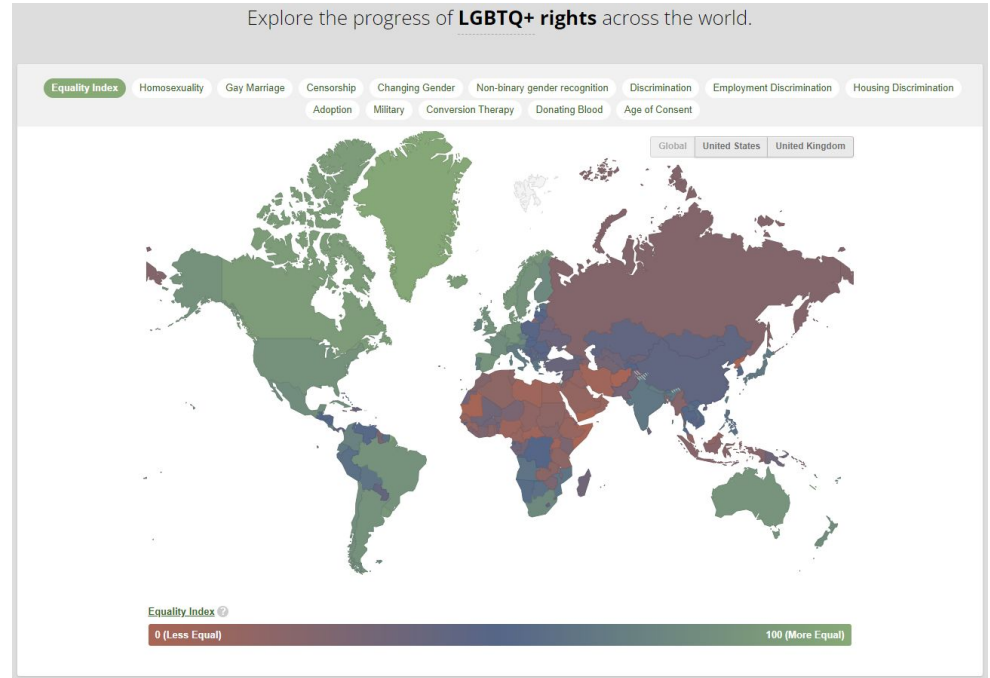
- Take time to get to know the community first
- Ask for consent
- Credit those in the picture when sharing (know their names)
- Ask yourself what kind of message this sends when outsiders see it
- Share pictures of your home, family, and friends with those you connect with in country
- Be mindful of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

\* Ginsberg Center's ["Foundations of Community Engagement"](#) session on May 7!



# SOCIAL IDENTITIES ABROAD

- [Identities Abroad](#)
- [Equaldex](#)
- [Diversity Abroad](#)
- Perceptions of Americans abroad

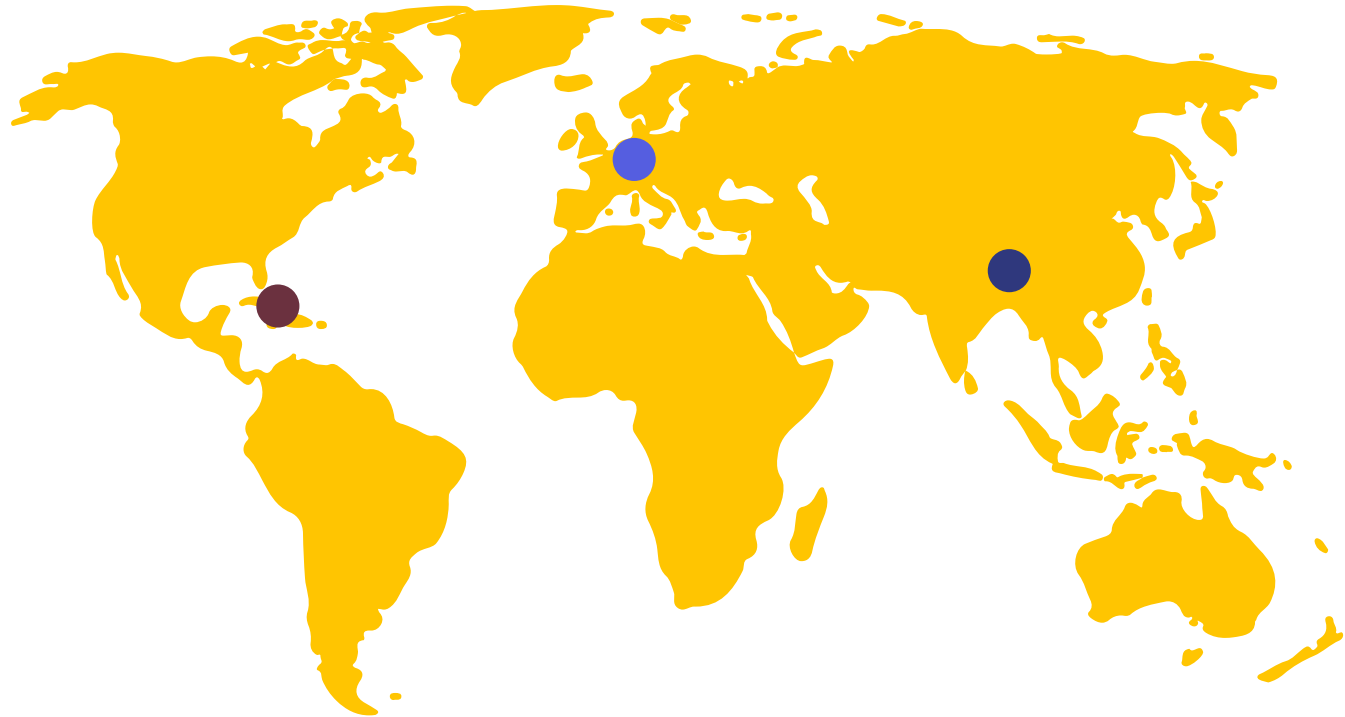






**06**  
**STORIES**  
**ABROAD**  
**+ QA**

# Study Abroad: Val's Experiences in TCI, Germany, and Bhutan





# 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

OR

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STUDENT LIFE

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