UT students participating in travel programs are encouraged to:

- Ask questions you have about your travel programs before committing to your program. Seek advice and make informed decisions
- Assume responsibility for personal preparation and participate in orientations. Accept responsibility for decisions and actions.
- Read all materials and forms issued by faculty leader or sponsor before and during program
- Conduct your own research on the location with emphasis on health and safety, as well as cultural, social, and political situations
- Create your own personal emergency plan, noting your doctors, important contact numbers and personal information. Obtain insurance coverage as required and needed
- Provide parents and other key individuals with your contact information. Keep them informed and stay in touch with The University of Toledo CISP as needed.
- Obey host-location rules and laws, as well as The University of Toledo Student Code Of Conduct. You are a UT ambassador and a U.S. citizen, represent us well.
- Become familiar with the procedures for obtaining emergency health and legal system services in host country
- Beware of your surroundings as you travel

There are unavoidable risks in traveling abroad. Be aware of the risks and dangers to your health and safety by travel to and from the host country, by possible civil unrest, political instability, crime and disease in the host country. You have a real and direct impact on your own health and safety through the decisions made before travel, during the program, and by daily choices and activities.

Pre-Planning Travel Tips

- Contact your bank and credit card company to notify them of your international travel plans
- Pack and dress for your destination; consider the season and the culture of where you are going
- Be aware of local conditions & customs that present health and safety risks when making daily choices and decisions
- Review your travel plans with your physician and bring medical records with you, if you have health concerns
- Contact your health care provider
- Make sure your prescription medicines are available in your host country; bring medicine in their original containers
- Cell phone coverage – check with your cell phone provider for options while you are abroad. Consider picking up a pay-as-you-go phone while abroad, in most case the cost per minute will be a lot less.
- Review the TSA international flight information

Make copies of the following:

- Make multiple photocopies of your passport and leave one copy at home
- Travel tickets

Make a list of the following:

- Medical prescriptions
- Traveler's check numbers

Travel Tips while Abroad:

- Keep your passport and important papers with you, not in your luggage
- Carry your passport with you at all times
- Beware of your baggage at all times; do not leave bags unattended while waiting in the airport, bus, or train station
- Be aware of travel baggage allowances within the host country travel (e.i. While in China traveling from Beijing to Shanghai)