Study Abroad Travel and Emergency Resources for Students

Pre-Departure Checklist

☐ Research your destination: [https://travel.state.gov/content/travel/en.html](https://travel.state.gov/content/travel/en.html)

☐ Be sure your passport and visa(s) are current. Your passport should not expire less than 90 days after returning home.

☐ Visit a travel health clinic such as the MSU Travel Clinic: [http://travelclinic.msu.edu](http://travelclinic.msu.edu) for advice concerning significant/chronic health conditions, updating immunizations, and information about bringing medication/prescriptions abroad.

☐ Review your GeoBlue international health insurance coverage before departure and carry your insurance card – which you will receive by email - on you at all times when abroad.

☐ Enroll in STEP – Smart Travelers Enrollment Program: [https://step.state.gov/step/](https://step.state.gov/step/). Non-U.S. citizens - check if your local embassy/consulate offers a similar service.

☐ Make two copies of all important documents being carried.

Safety Tips While Traveling

☐ Maintain a high level of vigilance and always travel with a buddy or group.

☐ Alcohol consumption impairs judgement, consume responsibly.

☐ Minimize time spent in large crowds remain aware of exits when inside buildings.

☐ Regularly monitor local and international media to increase awareness of local events.

☐ Heed the advice of local authorities and your host institution or program leadership.

☐ Do not participate in protests or demonstrations as even those with peaceful intentions may become unsafe.

☐ Program important contact numbers – like the MSU 24/7 International Emergency Assistance Line into your mobile phone.

Office of International Health and Safety (OIHS)

OIHS supports the health, safety, and security of all MSU international travelers. We can offer travel safety guidance and are available 24/7 respond to crises. If you have any questions or concerns do not hesitate to contact:

Maureen Handrahan
Coordinator, International Health and Safety
Tel. 517-884-9419
Email: handraha@msu.edu
Webpage: [www.oihs.isp.msu.edu](http://www.oihs.isp.msu.edu)

Emergency Contacts

24/7 MSU International Emergency Assistance Line: +1-517-353-3784
24/7 GeoBlue Health Insurance Assistance Line: +1-610-254-8771
*For immediate assistance, contact your destination local emergency number (911 equivalent)

Resources

GeoBlue
[www.geobluestudents.com](http://www.geobluestudents.com)

U.S. Department of State
[http://travel.state.gov](http://travel.state.gov)

Centers for Disease Control