

# MICHIGAN STATE UNIVERSITY

## Travel and Emergency Resources for Education Abroad Students

### Pre- Departure Checklist

- Research your destination: [travel.state.gov](http://travel.state.gov) and [cdc.gov/travel](http://cdc.gov/travel) and [diversityabroad.com](http://diversityabroad.com)
- Be sure your passport and visa(s) are current. Your passport should not expire less than six months after you will return.
- Visit a travel health clinic such as the MSU Travel Clinic: [travelclinic.msu.edu](http://travelclinic.msu.edu) for advice on significant/chronic health conditions, updating immunizations, and bringing medication/prescriptions abroad.
- Complete the “SpartansAbroad” pre-departure orientation on D2L.
- Review your international health insurance and medical/security assistance coverage through International SOS ([oihs.msu.edu/ea-isos](http://oihs.msu.edu/ea-isos)) before departure.
- Download the International SOS app at [app.internationalsos.com](http://app.internationalsos.com) in your phone’s web browser or by searching “International SOS” in the App/Google Play store. The MSU membership # is 11BCAS798617.
- Enroll in STEP – Smart Travelers Enrollment Program: [step.state.gov](http://step.state.gov) . Non-U.S. citizens - check if your local embassy/consulate offers a similar service.
- Make two copies of all important documents being carried.
- Make sure you’ve received a “Staying Healthy and Safe Abroad” trifold – if you haven’t, contact your program coordinator.

### Safety Tips While Traveling

- Maintain a high level of vigilance and always travel with a buddy or a group.
- Alcohol consumption impairs judgement so consume legally and responsibly.
- Minimize time spent in large crowds and 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 even those with peaceful intentions.
- Program important contact numbers – like the MSU 24/7 International Emergency Assistance Line and International SOS 24/7 Scholastic Assistance Line – into your mobile phone.



## International Studies and Programs

Office of  
International Health  
and Safety

427 N. Shaw Lane  
Room 308  
East Lansing, MI  
48824

517-884-2174

[oihs.isp.msu.edu](http://oihs.isp.msu.edu)

### 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](mailto:handraha@msu.edu)

Webpage: [oihs.isp.msu.edu](http://oihs.isp.msu.edu)

### Emergency Contacts

**24/7 MSU International Emergency Assistance Line: +1-517-353-3784**

**24/7 International SOS Assistance Line: 215-942-8478**

\*For immediate assistance, contact your destination local emergency number (911 equivalent)

### Resources

International SOS: [internationalsos.com](http://internationalsos.com)

How To Call Abroad: [howtocallabroad.com](http://howtocallabroad.com)