

MICHIGAN STATE UNIVERSITY

Travel and Emergency Resources for Education Abroad Students

Pre- Departure Checklist

- Research your destination: <http://travel.state.gov> and <http://wwwnc.cdc.gov/travel>
- 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: <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 GeoBlue international health insurance coverage before departure and carry your insurance card – which you will receive by email - with you at all times when abroad.
- Enroll in STEP – Smart Travelers Enrollment Program: <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.
- Printable pre-departure checklist and "In Case of Emergency" wallet card: <https://goo.gl/b75KYp>

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 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 – into your mobile phone.



International Studies and Programs

Office of
International Health
and Safety

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Room 308
East Lansing, MI
48824

517-884-2174

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
Webpage: 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

How To Call Abroad
<http://www.howtocallabroad.com>